

Acai Berries Aid Quick Weight Loss

Tired of being overweight? After you get home from a long day at work, do you just crash in front of the television while waiting for the frozen pizza in the microwave to heat up? Losing weight can be a challenge whether it's 15 pounds or 50 pounds.

You're not alone. Almost everyone has packed on extra pounds. People today have a higher rate of obesity than any previous generations. Our lives have slowed down and become more sedentary. We work in an office instead of manual labor. We talk about getting in shape but don't do much about it.

Evolutionarily speaking, the human body was engineered for a diet low in fat, high in fiber, with lots of fresh vegetables and fruits with occasional protein from meat. But these days, our diets are the opposite. Our meat and fat consumption has increased while vegetables and fruits in our diet have decreased significantly and people as a whole receive a lot less exercise. It should come as no surprise that energy levels have decreased as our weight has increased.

However, there may be a solution to these two problems. It's Acai Berries.

These berries are small and grow on acai palm trees in South America. The taste is similar to chocolate blueberries. Some nutritionists consider it a super food. The pulp of these berries contains natural energy boosters that have the added bonus of enabling weight loss quickly and naturally. Acai berries have been accepted by many as an essential for improving your energy levels and health.

Unfortunately, there are some downsides. The berries don't last long after harvesting, as they're very perishable. Fresh berries won't be found at the supermarket. Fortunately, processed berries keep their beneficial qualities even if they're preserved, made into a juice, or even a powder supplement.

Acai berries don't affect your eating habits, they increase your metabolism. These berries can boost the rate that calories are burned from your body when you're engaged in daily activities. The increased burn rate means an increase in metabolism. Even when you're asleep your body will use up more calories, and that translates into weight loss.

Acai berries also have an extremely high amount of antioxidants, more than 10 and 12 times the content of grapes and blueberries, respectively. Not to mention the fact that these berries are also a fantastic source of Amino Acids, Anthocyanins, Fiber, Healthy Fats, Minerals, Plant Sterols, and Vitamins. These are all essential to any weight loss plan, making acai berries an even better weapon for fighting fat.

Combine acai berries with a regular exercise program and healthy eating and the pounds will just melt away.

About the Author

Free Tips Report to [Lose Weight Fast](#) Dee Power is the author of several nonfiction business books and the novel, *Over Time*. [Buy Acai Berry Blast](#) for Women and [Buy Acai Fire](#) for men.

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