

Knowing the Acai Berry Side Effects - By Mark Heyar

No matter what you eat, there will be side effects. If you have coffee, you can get hyper, if you have peppers, you can sweat. The same is true with acai berry side effects, to a degree.

The acai berry is a revolutionary fruit that has been growing in the Amazon rain forest for a very long time. The people of the region have made the acai berry about 40 to 42 percent of their diet, and they are incredibly healthy and are free of many of the harmful toxins that exist in our bodies in the western world. Some other benefits of the acai berry include 300 percent more anti-oxidants, which are used by your body to fight cancer cells, high quantities of vitamin A, vitamin B, vitamin C, iron and calcium, as well as other types of minerals, acids and more that benefit your body.

However, while you may hear a lot about the acai berry benefits, what about the acai berry side effects. Well, it is true there is one noticeable acai berry side effect. No, it will not damage your heart, your liver or any other organ in your body. In fact, the only known side effect of this amazing fruit is a decreased appetite.

For many people, a decreased appetite is not a side effect at all, and many pills are bought that do that exact thing as their primary task, rather than a side effect. Therefore, while the acai berry is a greater cleanser because of the high fibre, and while it can remove toxins from your body and replace them with healthy vitamins, minerals and acids, it will also cause you to lose weight. That appetite suppression side effect means that you get healthy, and you get trim, without having to jump on some fad diet that may or may not work out properly for you.

It should be noted that to experience the side effect of appetite suppression from the acai berry, you have to have a lot of acai berries. Of course, with something that tastes so good and has so many benefits for the body, it may be hard not to have a lot of it. Therefore, the acai berry side-effects may be common for many people, but at least it is beneficial to the body and to those who want to be healthy and to lose weight.