

Cupuacu - The "Taste of the Amazon"

The next super food treasure found in Fruta Vida is the Cupuacu Fruit, also harvested in the Amazon rainforest. This delicious fruit happens to be a potent health resource, as well. It contains unique antioxidant phytonutrients called *polyphenols*

The Cupuacu fruit grows on the Cupuacu tree, which is a small to medium tree in the Rainforest canopy that belongs to the Cocoa family and can reach up to 20 meters in height. Cupuacu fruit has been a primary food source in the Rainforest for both indigenous peoples and animals alike.



The Cupuacu fruit is known for its creamy exotic tasting pulp. The pulp is used throughout Brazil and Peru to make fresh juice, ice cream, jam and tarts. The fruit ripens in the rainy months from January to April and is considered *a culinary delicacy* in South American cities. The seeds contain a sweet-smelling, white butter, which can also be used to make excellent-quality white chocolate.

Indigenous peoples, as well as local communities along the Amazon, have cultivated Cupuacu as a primary food source for generations. In former times, Cupuacu seeds were traded along the Rio Negro and Upper Orinoco rivers where indigenous people drink Cupuacu juice after it has been blessed by a shaman to facilitate difficult births. The "beans" are utilized by the indigenous Tikuna people for abdominal pains.

Cupuacu also has a unique type of polyphenols called theograndins. Theograndins have *potent antioxidant activity* and provide cardiovascular protective and immune supportive benefits, which can be extremely important to diabetics or anyone with a weakened immune system. Yet, every day brings new findings of other advantages of theograndins that are unique to Cupuacu.



For example, in tests on particular cancer lines, *theograndins were uniquely effective at killing colon cancer cells*. Research is underway to determine whether Cupuacu or isolated theograndins have a place in modern cancer therapy.



The marvelous discovery about the polyphenols in Cupuacu is that they are totally unique, and have never been seen before. This new revelation is causing a stir in scientific circles and has prompted experts to give the new polyphenols in Cupuacu their own name. These theograndins are excellent antioxidants, and can help you achieve optimum health the natural way.

The Cupuacu fruit is also becoming well known outside Brazil, and is already used in the West, to make a tasty and healthy chocolate alternative. In fact, like chocolate, the Cupuacu is being widely studied by scientists keen to understand some of its health-giving properties.

Because of the close relationship between chocolate and Cupuacu, many of the health benefits that are attributed to chocolate also apply to Cupuacu. It may well be just a matter of time until Cupuacu becomes more famous than chocolate! As well as the wonderful taste, it has some amazing health properties, and scientists are very excited about its potential to deliver a superb boost to human health. Some call it "[A Pharmacy In A Fruit.](#)"

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The antioxidants in Cupuacu are extremely potent and provide outstanding cardiovascular and immune system benefits. This is because antioxidants are essential to help us neutralize free radicals, the compounds that often cause the body to grow wrinkled and develop degenerative diseases.

Free radicals are reactive and very dangerous forms of oxygen that can enter the body as the result of pollution, sunlight, and chemicals in the environment. Most free radicals in our bodies are there as a by-product of our own metabolism. When cells use oxygen and hydrogen to make energy, positive and negative charges are moved around, and elements that are normally stable become charged and unstable. These charged and unstable particles are called free radicals, and are highly damaging to healthy cells unless they are removed or neutralized.

In addition to strongly contributing to the effects of aging (wrinkled skin and degenerative diseases), free radicals are also implicated in one of the most frightening diseases of our time: cancer. Studies have shown that certain cells, when damaged by free radicals, begin to reproduce out of control. If these cells are allowed to carry on reproducing, they can become cancerous.

It is reassuring to know that we can help neutralize the dangerous free radicals and therefore give ourselves the edge against a host of diseases and other age related problems, by taking natural products high in antioxidants.

For those of us wanting to live a long and healthy life, antioxidants are an extremely powerful way to stabilize and neutralize free radicals, so that they stop damaging cells.





Fortunately, there are fewer antioxidants more powerful than the theograndins in the fruit.

Powerful antioxidants are also an excellent way to strengthen your cardiovascular system as they protect artery walls from the damage that can lead to heart disease by destroying the damage free radicals cause. As we know, the Cupuacu fruit is full of antioxidants.

The fruit also contains essential fatty acids, such as the omegas 3 and 6. These fatty acids help to reduce "bad" cholesterol and keep the good cholesterol intact. This mix of antioxidants and essential fatty acids makes it an essential ingredient in the fight to maintain a healthy heart and cardiovascular system. Given the rapid cellular deterioration associated with diabetes, any properties that help to counteract the affects of aging or heart disease may be helpful to a diabetic.

Oleic acid (omega 9 - which is also found in Fruta Vida) is important for a number of reasons. It helps omega-3 penetrate the cell membranes of the body; together they help make cell membranes more supple. By keeping the cell membrane supple, all hormones, neurotransmitter, and insulin receptors function more efficiently. This is particularly important because high insulin levels create an inflammatory state, as well as other complications.

These essential fatty acids can also be *extremely important* to a diabetic because in type 2 diabetes, either the body does not produce enough insulin, or the cells ignore the insulin, and there can be high insulin levels present. This excessive insulin production is a contributing cause to a host of degenerative disorders, including heart disease and cancer.

Further analysis of this amazing fruit has revealed that in addition to the health boosting theograndins, it contains at least nine other antioxidants, including the powerful vitamins C and A. **This makes the Cupuacu a real "one stop shop" for antioxidant replenishment.** The antioxidants in Cupuacu will help protect against heart disease.

This delicious fruit will increase your libido, help protect your heart, boost your stamina, help build and strengthen your immune system, and even make your skin more healthy and younger looking. Those who want to optimize their health in a natural way should consider the champion cupuacu their closest ally.

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| <ul style="list-style-type: none"> • 10.8% brix • 21.91% amino acids • 23.12% vitamin C per mg • 3.0% reducing sugars • pH is 3.3 | <ul style="list-style-type: none"> • Vitamin A 30,00(mg) • Vitamin B1 1800,00(mg) • Vitamin B2 215,00 (mg) • Vitamin C 26,50 (mg) • Niacin 3,20(mg) • Calories 72,00(Kcal) |
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According to Dr. Jeffrey Klein, Ph. D. - a leading researcher in the field of antioxidants and their effects on living organisms, the Top 5 reasons to make Cupuacu a regular part of your diet are...

1. *Increased ability to fight disease and cancer.*
2. *More youthful and healthier looking skin and hair.*
3. *Lower cholesterol levels.*
4. *Increased libido and stamina.*
5. *A cell-protective antioxidant cocktail.*