



Dear Natural Home Cures Acai Member;

My name is Sally Aponte, and I am the Project Manager of Natural Home Cures:
<http://www.naturalhomecures.com?instructions> and the Natural Home Cures Acai product:
<http://www.naturalhomecures.com/acai?instructions>

I want to thank you for your recent purchase of our Natural Home Cures Acai product. It is my opinion that acai is the most remarkable product to hit the supplement industry in recent decades. It is a fruit that possesses a broad array of medicinal applications. Its preventive properties are even more impressive than its therapeutic properties.

However, few of the benefits of the fruit will be experienced without regular and consistent use. If one is seeking therapeutic results from acai, he or she must commit for a period of three months of use.

Before I talk to you about the quantity and frequency of taking acai, I would like to discuss an important issue regarding the timing of acai use. Numerous beneficial substances in the acai are fat-soluble. This means that you should take acai either after a meal or when you have something that is fat soluble in your system. If you consume acai outside of these two conditions, there will be incomplete absorption. To offset this, a few raw almonds taken with the acai will provide all the fat necessary – in lieu of taking acai with a meal.

It is important to take three capsules twice a day – for a total daily consumption of six capsules – when using acai for symptomatic control of chronic disease. This schedule is just as important as the amount consumed, because attaining sufficient blood and tissue levels of the acai properties depends upon a fairly constant intake of acai throughout the day. Like any food we eat, the elements in the acai have a predictable period of time during which they will be present in blood and tissue – before being used up or eliminated from the body. This period is measured by determining what is called the half-life of the element.

The half-life of a substance is a measurement of how long it takes for half of the quantity absorbed to disappear from the body. Studies have indicated the half-life of acai to be six to seven hours after consumption and digestion: meaning that 50% of the acai that were absorbed into the blood and tissue will be gone.

The Loading Dose

If a drug takes a long time to reach therapeutic levels, then a higher dose (the loading dose) may be given initially before dropping down to a lower maintenance dose. For a loading dose of acai, users should take one capsule, three or four times a day. The loading dose can be repeated at intervals corresponding to meals.

For those who have a condition that requires urgent attention, it may be helpful to use the loading dose. This dose is not for everyone, and may rarely cause side effects such as loose stools or constipation. The reason for side effects is the sudden introduction of the acai to the body in large quantities. The side effects are not dangerous, and are no more than an inconvenience.

Another reason for using the loading exposure would be if you sense that an illness is about to strike. For instance, if you wake up with a scratchy throat or find yourself becoming congested, lethargic, or experiencing malaise, you may want to switch to this accelerated dosing.

Remember that if you experience the symptoms of illness that do not respond to a loading dose and subsequent therapeutic dose of the acai, medical action should be sought without delay. Acai is a home remedy .

Maintenance Dose

Many healthy consumers who use acai do not have any serious illness. In fact, one question I often receive is: “Why do I need to take acai if I’m healthy?” The simplest response is: “An ounce of prevention is worth a pound of cure.”

The best thing one can do for his or her body is to protect it from diseases and illnesses that have not yet gained a foothold. Considering the fact that pollution, bacteria, viruses, parasites, and fungi are all around us, we must be on constant guard. It is not merely enough to protect us during cold and flu season – or where certain outbreaks like SARS and West Nile occur.

We must build up our immune defences, and the best way is to consume acai daily: preferably at the same time everyday.

The maintenance dose of two capsules twice a day will enhance internal protection against viral, bacterial, parasitic, and fungal infection.

Safety and Side Effects

There can be side effects when consuming acai but they are not as dangerous as the side of effects of drugs.

The acai is a fruit and as such contains nothing but naturally occurring vitamins and biological compounds in the proportions nature has decided. There is no processing intended to concentrate the fruit or render it more potent than it would be in its natural state. By contrast, drugs are synthetic compounds that contain molecular formulations no longer in their natural state. Additionally, drugs have been designed and synthesized, in most formulations, to deliver maximal potency.

Therefore, we should not be surprised that most drugs have potentially deadly side effects, while the overwhelming majority of botanicals do not.

Some of the side effects that could be experienced from the use of acai can be classified as mild allergic reactions, while others fall into the category of detoxification reactions or healing crises.

While these allergies are not life threatening, they are inconvenient. The most common symptoms of allergic reactions include skin redness, swelling, itching, and rash. If one experiences any of these symptoms while taking the acai, he or she should stop using acai until the symptoms subside. Then begin taking acai again at a lower dosage. Sometimes this lower dosage may need to be one capsule a day taken with a meal. If no allergic reaction occurs at this lower dosage, increase the dosage gradually by taking one additional capsule per day.

Such a gradual increase may allow the process of desensitization to occur, and larger doses may be achieved without adverse reactions. If the rash or symptoms recur, this is proof that the affected individual cannot use acai.

These allergic reactions are both temporary and benign. Discomfort is the worst thing that can occur. A few people upon starting to use acai may experience transient joint pains, mild headaches, aching muscles, stomach upset, loose stools, insomnia, or interrupted sleep. If the symptoms recur and persist for greater than two weeks after stopping then restarting a lower dose acai regime, you can conclude that they are allergic reactions and the affected person cannot use the acai. If the symptoms are tolerable, there is no need to interrupt use of the acai – as the problem will subside without intervention.

In the event that nausea, vomiting, or generalized rash should occur, acai should not be restarted – even as a trial at a low dosage – until a doctor has been consulted. Also remember that the signs or symptoms of serious disease can occur coincidentally with starting the acai – and rather than simply being attributed to the side effects of the acai, these symptoms should be investigated by a physician.

It is very important that you stay in close contact during the first 30 to 90 days of starting on the acai program: to ensure that Natural Home Cures Acai is providing you with the maximum benefits. We encourage your feedback, and want to help you every step of the way with our Natural Home Cures Acai Program.

For more information about Natural Home Cures or the Natural Home Cures Acai, please contact Natural Home Cures at the contact information below:

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