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Corporate Bodies  
International Fortnightly  
Health Email

### Fortnightly Challenge

Introduce a new brightly  
coloured fruit into your  
diet!



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This fortnight's healthy topic...

## Myth Buster: 'Super' Fruits— Are they the cure all?



### What are they?

'Superfruits' include the heavily marketed Goji, Noni, Acai and Mangosteen berries. These berries, grown overseas, are available dried or in the form of a juice.

### What do they claim to do?

Currently, 'superfruit' juices are promoted as the answer to looking younger and living longer. Claims have been made that they can prevent cancer, reduce visible signs of ageing and cure nearly all health conditions ranging from heart disease to arthritis. Claims made about the properties of these juices stem from the fact they contain antioxidants.

### The Verdict

There are things we shouldn't forget in our excitement about the promising effect consuming these berries may have on our health:

- EVIDENCE to support the claims made about the benefits of the berries. There is presently none!
- The EXPENSE of purchasing the juices. These costly products makes them an unaffordable way of trying to improve health.
- Stick with the FRUIT and VEGETABLES! Not only are fruit and vegetables high in nutrients but are richer sources of antioxidants and are much cheaper!

Getting 2 fruit and 5 veg and 30 mins of physical activity into your day is the most affordable, long-term solution to optimising health! Consuming these berries and juices does not guarantee a life free of wrinkles, cancer and disease!

Here's to demystifying another health topic!

Yours in Health, **[The Corporate Bodies Team.](#)**