

GojiBerries. The Guide ...

Come along as we Journey to the Past in Search of the True Healing Powers of the Goji Berry...



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What is the Difference between Wolfberry and Goji Berries?

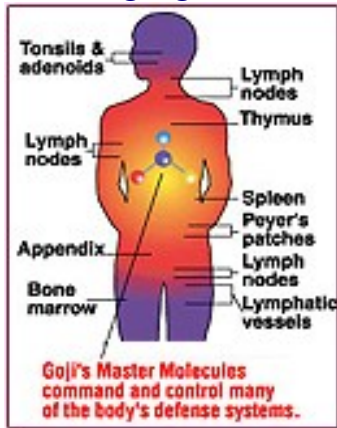
 **Wolfberry Fruit (Fructus Lycii)** This herb is the ripe fruit of *Lycium barbarum* L. (family Solanaceae), which is chiefly produced in Ningxia, Gansu and Qinghai provinces. It is picked in summer and autumn, dried in shade till the skin is shrunk and then exposed to strong sunlight till the fruit is crusted with the pulp still soft. This herb is used unprepared. It has the property of strengthening the kidney, replenishing the vital essence, nourishing the liver to improve the acuity of vision, and nourishing yin to moisten the lung.

 The plant is used for deficiency of the kidney and vital essence with symptoms of lassitude of the loins and legs and seminal emission, wolfberry can be used together with Siberian solo-minseal rhizome; for deficiency of both the liver-yin and kidney-yin marked by dizziness and blurred vision, it is often used with chrysanthemum flower, prepared rehmannia root, dogwood fruit and Chinese yam, as in Rehmannia Bolus of Six Herbs Plus Wolf-berry and Chrysanthemum (Qi Ju DihuangWan), for yin deficiency with phthysical cough, it can be given with lily bulb, anemarrhena rhizome and fritillary tuber. Besides, steam-cooked and eaten after chewing, it can be used to treat diabetes.

Dosage and administration: 5-10g, decocted in water for an oral dose.

 Scientists in modern China have extensively studied wolfberry fruits, their nutrients and their medical benefits. They have further substantiated the ancient medical applications such as: maintain healthy immune system (including specific and non-specific immune response), improving eye conditions, support healthy liver function, maintain healthy blood pressure and blood sugar. Wolfberry is also an excellent herb for anti-oxidant and anti-aging.

Goji is the World's
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Ancient Wisdom
with
Modern Science
to Bring You a
Powerful Income
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Many studies have shown wolfberry fruits support a strong immune system by increasing the lymphocyte transformation rate and improve the macrophage phagocytic function in animals (uptake of waste material, such as microorganisms or cell fragments into a cell). Wolfberry assists spleen lymphocyte transformation induced by Concavalin A. It increases the antibody reaction to T cell-dependant antigen (SRBC) which means that wolfberry fruit selectively strengthen the T cell immune response.

Wolfberry enhances the T cell immune response by increasing the number of E receptors on the surface of T cells or increasing the numbers of T cells directly. One study was done on seniors in China. This study showed after taking wolfberry, lysozyme, IgG and IgA in serum increased in all participants. The activities of interleukin 2 (IL-2) were found to increase 2.26 fold in two-thirds of the participants.

Wolfberry fruit also can be used to reduce lead toxicity because it inhibits the reduction of T cells and delayed allergy activity induced by lead.

Wolfberry fruit have been traditionally regarded as longevity, strength-building and sexual potency food of the highest order. In several study groups with elderly people the berry was given once a day for 3 weeks, many beneficial results were experienced and 67% of the patients T cell transformation functions tripled and the activity of the patients' white cell interleukin-2 doubled. In addition, the results showed that all the patients' spirit and optimism increased significantly, appetite improved in 95% of the patients, 95% of the patients slept better, and 35% of the patients partially recovered their sexual function.

Wolfberry fruit functions to maintain normal cell growth and improve DNA restoration and repair, plus the function of anti-peroxidation of free radicals, therefore changing the electrical parameters of cell membranes to the normal range.

In one study in China, a 48% increase of Super Oxide Dismutase and a 12% increase of hemoglobin were found in serum for all senior participants. A 65% decrease of LPO in serum was found in the same study. This indicates wolfberry fruit is a potent anti-oxidant, which may slow the aging process.

Each Goji Berry Contains:

Goji Berry Nutrition Power!

***19 Amino Acids including
all 8 essential for life**

***21 trace minerals
(including germanium -
rare in foods)**

***More protein than whole
wheat (13%)**

***A complete spectrum of
antioxidant carotenoids
including Beta-Carotene
(better source than carrots)**

***The richest source of
carotenoids of all known
foods**

***Vitamin C (5 times more
by weight than oranges)**

***B-Complex vitamins**

***Vitamin E (usually only in
grains, seeds, and nuts)**

***Essential fatty acids**

***Beta-Sitosterols -
Cyperone, Salavetivane,
Physalin, Betaine & More**

**Plus 4 Master Molecules
Not Found in Any Other
Food On the Planet**

 Wolfberry fruits have a higher antioxidant status than most foods ever studied. According to a new laboratory test known as the ORAC (Oxygen Radical Absorbance Capacity), developed by researchers at Tufts University, here is how some common foods rate in their ability to neutralize free radicals:

Top Antioxidant Foods ORAC

 Wolfberry Juice 3,472

 Vitamin E oil 3,309

 Pomegranates 3,037

 Blueberries 2,400

 Noni fruit 1,506

 Raspberries 1,220

 Modern herbalists use wolfberry roots to treat high blood pressure. There is some scientific basis for this treatment, since extracts from the root have been shown in laboratory experiments to relax the involuntary muscles, including artery muscles. This relaxation lowers blood pressure.

 Other modern scientific studies have shown that extracts of wolfberry root can reduce fever, including fever associated with malaria. One Korean study published in 1999 looked at the effect extracts from the berries and roots had on the blood of mice that were exposed to whole body X rays. They concluded that the mice that received doses of root extract replaced leukocytes, erythrocytes, and thrombocytes faster than those that did not receive the extract. This effect may account for wolfberry fruit's reputation for creating good health, vigor, and long life.

 Wolfberry fruit is traditionally believed to have many different effects upon the body. In addition to being a general longevity herb, it is said to raise the spirits, fight depression, and increase cheerfulness. Berries are made into a blood tonic that is given for general weakness, to improve circulation, and increase the cells' ability to absorb nutrients. When blended with more *yang* herbs, wolfberry fruit is used as a sexual tonic.

 People who have a fever due to infection or who have diarrhea or bloating are advised not to take wolfberry fruit.

 Although no records of toxicity have been seen, some caution should be exercised with this species, particularly with regard to its edible leaves, since it belongs to a family that often contains toxins. However, use of the leaves is well documented and fairly widespread in some areas. The unripe fruit might also be suspect though the ripe fruit is wholesome.

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