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Mangosteen cures root canal infection

Glenna de Lisle: Before my experience using mangosteen, I never would have thought possible what ended up happening to me.

I had a standard root canal operation that ended up terribly infected. My dentist had to re-enter the tooth and perform a surgical procedure to try and repair the problem. However, the procedure didn't help. The pain and infection only became worse. My condition deteriorated so dramatically, in fact, that I was in bed, completely miserable, for seven weeks!

During this time, the infection went systemic, meaning it had entered the various systems of my body. My doctors prescribed three different antibiotics to fight the tenacious infection, but the medications were useless. I continued to experience high fevers and terrible pain, despite efforts to lance the wound and clear the infection. At this point, the doctors were ready to admit me into the hospital.

My friend then approached me about trying mangosteen juice. I was familiar with the juice because this same friend had approached me earlier. But I was very skeptical at that time and had nothing more to do with it. However, I decided I would at least try the mangosteen, if only for a bit of relief. After all, I had nothing to lose and was in constant pain at this point.

I probably went overboard on my initial dosage, but I drank one third of a bottle of the juice for four days in a row. And believe it or not, after the four days, my infection was gone, the fever was gone, and the pain was gone! My doctors were shocked and could not understand what had turned the infection around. Just days earlier, they had been ready to treat me with heavy antibiotics in the hospital. Needless to say, I was absolutely convinced about the power of mangosteen at that point. I now take the juice daily and am grateful that it came along in my life when it did.

Why Mangosteen? Scientific studies validate natural remedy

Heart attacks and strokes kill 52% of all Americans. Another 23% die of cancer. Three-quarters of all deaths occur despite the clear evidence that these diseases can be prevented. You have to wonder at the basic flaw in our society's thinking that leads us to kill ourselves in such numbers! The equation for optimum health is: Nutrition + Exercise + Supplementation = Optimum Health. This simple formula guarantees to minimize disability and prevent the diseases that lead to premature aging and death. This formula is not a secret, and it is not complex, so why don't people follow its lifesaving principles? The only answer that makes sense is that they don't believe they are subject to the basic laws of nature. They believe they are exceptions. "Bad stuff happens to others, not to me." Do not buy into this lie! There is atherosclerotic plaque in your arteries. Free radicals are damaging your cells. Your food, water and air are polluted. If you aren't exercising, eating wisely and supplementing effectively, you're deteriorating and you will die prematurely.

Let's proceed on the assumption that you accept the truth of what I have written so far. *What do you need to do now in order to protect yourself?* The principles of nutrition and exercise are straightforward. How to supplement, however, is not. There are a multitude of supplements, and all of them promise results. What products should you choose? You need criteria. An excellent product will:

- Have scientific evidence to back up its claims of effectiveness.
- Possess potent, broad-spectrum antimicrobial effect.
- Have powerful antioxidant effects.
- Be affordable and readily available.

- Have impressive testimonials from consumers.

So let us scrutinize the mangosteen and examine it against these criteria. We will begin with the scientific studies.

I have examined over 40 research papers documenting the laboratory evidence of the antimicrobial, antioxidant, anti-inflammatory and anti-tumor effects of the mangosteen. There are several other papers that remain, as yet, unstudied. None of these papers are tainted, in-house studies produced by researchers who are employed by companies with a commercial interest in the research produced. They come from independent laboratories in schools of pharmacy and medicine in Asia, Australia and Europe. Their evidence is impressive and substantial.

Scientists from Japan, under the leadership of Dr. Nakatani, published several articles on the anti-inflammatory and anti-histamine effects of the mangosteen. The most impressive of these articles appeared in the journal "Biochemical Pharmacology." In it, the scientists described how mangosteen prevented inflammation in laboratory brain cell preparations. It is important to note that brain inflammation is one of the basic disease processes in Multiple Sclerosis, Parkinson's disease and all brain infections. Dr. Nakatani suggested that *Gamma-mangostin*, a xanthone, should be investigated as a therapeutic agent for use in the treatment of Parkinson's disease and Multiple Sclerosis patients. Xanthones are biologically active substances in the mangosteen. Taiwan and other far East countries have

“Queen of Fruits” a traditional source of many health benefits

Mangosteen juice is a revolutionary development made of the whole fruit puree of the mangosteen. Although this fruit is foreign to most of us living in the temperate Western hemisphere, the mangosteen is a fruit prized above all others in the tropical countries of Southeast Asia. In fact, it is often referred to as the "Queen of Fruits" or the "Fruit of the Gods" in these areas of the world. So why does this mysterious fruit merit such praise and adoration?

The mangosteen has been prized for thousands of years because of the role it played in ancient Southeast Asian medicine. Traditionally, natural healers used it to help fight infection, control fever, and aid in a number of other health conditions.

The mature fruit has a unique and unusual appearance. It is roughly the size of a tangerine, with a dark purple rind that is rather thick and tough. Encased within this protective coating is a snow-white fruit that separates into wedges, much like a citrus fruit. The taste of the fruit's flesh is exqui-

site and unique, with a sweet, mild flavor that seems to appeal to the masses. However, the mangosteen is a very delicate fruit that does not transport well, which prevents many people around the world from enjoying its many benefits.

Although the mangosteen tree necessitates a decade or so to grow and mature in order to bear fruit, once it does, the mangosteen can be harvested from the trees twice a year. The mangosteen is then welcomed with

Please see Xanthones—Page 2



Mangosteen soothes chronic acid reflux discomfort

“Undeniable benefits” from mangosteen

Scott Bishop: About five years ago, I was diagnosed with a hiatal hernia, Esophageal Reflux Disease, and other problems that had developed from an extremely high acidity level in my stomach. My symptoms included acid reflux and extreme heartburn, ranging from at least three times a week minimum to every night. Many nights I would sit straight up in bed with acid burning my throat and search for anything that would help.

Over the past five years, I have tried every remedy that has been offered to me. These remedies have ranged from vitamins to a change in eating habits to drugs such as Zantac®, Tagamet®, Prevacid®, Prilosec®, Nexium®, and even just Mylanta® or Tums® in high dosages and quantities. Each had some effect, but no remedy stopped my acid reflux during the nights.

The closest thing to relief that I had felt was taking Prilosec® every day and Tagamet® every other day to supplement. Naturally, I became concerned about what long-term affect this ritual might have on my body, but the short-term semi-relief was worth it for the time being. However, even with this everyday ritual, my acid reflux kept me leaping from bed at least twice a week on average.

I started taking mangosteen in November 2002 after seeing that my wife was experiencing some

meaningful and exciting results while on the juice. I was the world's biggest skeptic of mangosteen juice as a “functional beverage”, and my original intent was to prove to myself that the effects others were seeing were the result of a placebo effect.

I started myself on a regimen of three ounces per day without letting my wife know that I was taking more than the ounce she had suggested for a “wellness” program. After two weeks of being on my mangosteen experiment, I realized that I had not been waking up during the night from acid reflux during the previous week and a half! I decided to take the experiment a little further and went off all my medications without telling anyone. I wanted to see how I would feel and see if my wife would notice anything.

After another two weeks passed, I told my wife about the experiment. She hadn't noticed that I stopped taking my drugs and was quite upset with my stealthy decision until she realized that she had not been awakened during the last several weeks by my race to find relief in the night.

I have now been on mangosteen for a little over two months. I haven't taken any other medications, and I have not experienced the many effects of acid reflux disease that I used to suffer weekly and sometimes nightly. Had I not experienced this for myself, I never would have believed it was possible. But mangosteen worked for me!

Kellene Bishop: I was introduced to mangosteen juice in the fall of 2002. I had heard many health-related stories about mangosteen, but I wanted to experience the product for myself.

I was able to obtain a small, seven ounce bottle of the juice and initially took one ounce daily. However, I didn't really notice any major health improvement after my first trial.

Although I had my share of health problems over the last three years, such as frequent migraines, adult acne, sleeplessness, hypothyroidism, high insulin levels, and most importantly, some serious female problems including endometriosis and all that it entails, I didn't have any particular expectation as to what mangosteen would help.

After about a week of taking one ounce a day, I decided to increase my dosage two ounces each day. After two days, I noticed that I had gone without a migraine, had slept better, and most significantly, that I finally had some relief from my endometriosis attacks that plagued me regularly. Since then, I have been taking mangosteen juice daily in one to two ounce servings.

To make a long story short, my female problems have had dramatic improvements, my thyroid has finally been regulated, my skin looks better than it has in years, I sleep much better at night, and my endometriosis has been much more manageable. Additionally, my husband and I have not been sick like so many others around us during this dreadful flu season.

Although I don't believe mangosteen is a “cure all,” I do believe it has undeniable medicinal benefits that will greatly influence many lives.

Off all meds, thanks to our mangosteen!

Xanthenes found in mangosteen fruit fight inflammation, bacteria

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great anticipation, as natives revere this fruit above all others.

Modern science has examined the mangosteen for its beneficial pharmacological compounds, and those that receive the most scientific attention are the xanthenes. Xanthenes are biologically active, natural chemical substances found in only a few tropical plants. They are extremely potent antioxidants, which demonstrate a variety of proven medical benefits. The mangosteen houses at least eight different types of these xanthenes, two of which (alpha-mangostin and gamma-mangostin) have been the focus of numerous recent studies.

Results from these clinical analyses show that xanthenes found in the man-

gosteen plant fight inflammation, bacteria, fungus, histamines (which cause allergies), and cancer, among other maladies. And one of the greatest discoveries is that xanthenes inhibit the oxidation of low-density lipoprotein (LDL). Oxidized LDL is one of the causes of atherosclerosis and heart disease.

Mangosteen is the greatest known supply of these powerful xanthenes, and only recently has the fruit become commercially available in North America. Bottling and preserving its juice has now made it possible for anyone to partake of the healing power found in mangosteen. This sweet-tasting juice has already influenced many lives and will continue to benefit thousands as it spreads around the world.

Rory Richeson: Our family has benefited greatly from using mangosteen. I take Zyrtec® for my allergies and Detrol® for my overactive bladder, which is a side effect from taking Zyrtec®. I was also taking Celebrex® for my plantar fasciitis, which is inflammation of the tissues that support the arch of the foot.

My oldest daughter suffers from migraines, and her doctor prescribed high blood pressure medicine to control them. Despite the medicine, she continued to have headaches, feel nauseous, and have no appetite.

And every winter, my wife, Barb, gets a rash on her hands. She has tried several types of ointments and creams, but nothing has worked.

After learning about the healing properties of mangosteen, we all stopped using our various medications and started drinking two ounces of the juice each day. At the beginning, I had a few sleepless nights without my Detrol.® But I waited patiently for the results.

Finally, after only five days on mangosteen, I slept all night for the first time in three years! Plus, the inflammation and pain in my feet went away about the same time. My allergies have also been greatly reduced. As a UPS driver, I was picking up a lot of oranges at this time. In the past, the dust would wreak havoc on my eyes and contacts, but because of mangosteen, I didn't have any problems this year.

In addition, my daughter's headaches are gone, and my wife's hands are healed. We believe in the power of mangosteen!

Health practitioner sees results with mangosteen

Laura Jacobs: As a practitioner for the past eight years in the natural and alternative health industry, I have had extensive exposure to the various health products and supplements that are daily entering the market place. Each one comes well equipped with a fabulous sales pitch, but I always carefully read labels and literature to research the product fully. If the product passes initial stages of approval, then I do trial cases to see if the proof is indeed in the pudding. Sometimes I am pleased and sometimes disappointed.

In the case of mangosteen juice, I used the same approach. I have done extensive reading of the vast information and studies available on the mangosteen fruit and xanthenes. I have found the information to be consistent in its conclusions, and these conclusions are very impressive. Better yet, I am seeing results! Indeed, “the proof is in this pudding.”

My clients are sharing with me a myriad of rapid results from taking mangosteen. I have heard back from them regarding the relief of chronic pain, chronic migraines, headaches,

hormone and blood sugar imbalances, insomnia, nervous twitches, chronic uncontrollable coughing, illness, skin conditions, severe gall bladder pain and discomfort, and the release of suppressed conditions to name a few. I have also been told of increased immunity to illness, increased energy and stamina.

I am thrilled to make this superior product available for valued customers. And as a mother of five children, I am pleased that mangosteen juice has become a part of our daily regimen.

Natural healing from mangosteen touches entire family

**Mangosteen:
Good for the body**

JoEll Starr: When a neighbor of ours learned about mangosteen's healing benefits in November 2002, it didn't take long before he knocked on our door to share this incredible juice. He asked if any of us had eczema. I told him that I had suffered from it all my life, and a spot on my arm was currently bothering me. He then took some of the mangosteen juice and rubbed a little on the irritated red skin.

I thought this was a joke and really didn't think it was going to work. However, within minutes I felt cooling sensation, and the itch was completely gone. I couldn't believe it!

As a child, my mom would have to buy special soaps and eczema creams for us, and we couldn't use anything else. But these creams and soaps were just a temporary fix. While growing up, the inside of my arms would have large red rashes, and kids at my high school would tease me and say it looked like I had track marks from drug use.

My sister and I would even take the metal caps off of our perfume bottles in order to itch our legs. We would scratch until our arms and legs would bleed, but at least the itch would fade for a while. So needless to say, I was shocked and extremely impressed at how well mangos-

teen treated my eczema!

My daughter is five and has asthma. She had been on mangosteen for two and a half months when I finally took her to our asthma doctor for the first time this winter. He said she is doing great! This is the first winter since my daughter was 18 months old that she has not been on steroids on a somewhat continual basis to help her asthma.

My husband is a type one diabetic and he has high blood pressure and high cholesterol. He takes a fist full of medication every day. We are very hopeful that mangosteen will help with reducing some of his medications, and we are going in next month for a check up. We have heard that mangosteen has helped lower blood pressure and cholesterol in other individuals that have taken it for several months. I truly believe it will help my husband!

I can't say enough about this product. Mangosteen juice is AMAZING! I love sharing this product because I know it can improve people's health. And mangosteen does not discriminate. It is for both men and women, the young, old, healthy, and not so healthy. This fruit can help everyone!

Nicki Nunley: I am a diabetic and have difficulty controlling my blood sugar. Within days of trying mangosteen my blood sugar dropped from more than 200 to around 120. I hadn't made any other changes except drinking mangosteen juice.

My energy also improved significantly. And for the first time in many years, I came home from work on a Friday and instead of going right to bed because of my energy drain and blood sugar spikes and crashes, I went shopping for five hours after work! Thanks to mangosteen, I haven't slowed down since.

Rony Chinchilla: My daughter, Dayana, is 13 years old and has been taking Welbutrin® for five months to help with depression. She was taking this medication morning and night, plus a sleeping pill at night. Because of the depression, she would always stay in her room. Then she started drinking two ounces of mangosteen juice twice a day. On the third day of taking it she chose to go to a party, which was surprising because she never would on anywhere before. Dayana had such a good time and was dancing and laughing. We started cutting back on her dosage of antidepressants and within four days of being on the mangosteen juice, she didn't feel like taking the pills anymore. It now has been over one month, and my daughter is back to being her happy and kind self, thanks to mangosteen!

Dwayne Dyer: My family has been greatly blessed since being introduced to the benefits of mangosteen. Specifically, our 16-year old son, Devin, has always suffered from a form of psoriasis, especially during the dry winter months. Since taking mangosteen, he has not had a single case of psoriasis all winter. He also notices that his skin is much clearer, especially for a teenager. And it's not even difficult to get him to take the product, because he absolutely loves the taste. I know that mangosteen will be successful as a healing supplement. It is a solid product backed by scientific research with RESULTS!

Only Mangosteen could treat baby's eczema

Sarah Hoopes: My neighbor's daughter has suffered from eczema since winter started, especially when it has been cold and dry.

Recently, I invited this neighbor to learn more about mangosteen juice, but she was rather skeptical. However, she decided to give it a try, realizing that she had nothing to lose but plenty to gain if it worked. The following night, she gave her baby about eight drops of mangosteen juice. As a result, the baby suffered terrible diarrhea throughout the night.

By the end of the next day, the baby was not doing well. Her skin was really covered with eczema. I frantically called my friend, who is a health expert, and she explained that the mangosteen was causing the baby to detoxify. She explained that the lymph system, which is throughout our entire skin, has the ability to dump and detox. Since eczema is a skin condition, it detoxes through the skin. My friend said that because of this, the baby might get worse before she gets better.

In the meantime, my friend took her baby to the doctor. The doctor prescribed cortisone cream, the standard remedy, and sent her off. So she began applying the cortisone cream to her baby's skin while she kept feeding her mangosteen. Within a few days the eczema went away.

Unfortunately, the sample bottle of mangosteen juice ran out after several days, and so my friend only had the cortisone cream to use. Within days, the unsightly eczema rashes came back.

My friend then decided to try an experiment. She obtained more mangosteen juice and ONLY gave her baby the juice and stopped using the cortisone cream. After only two treatments of mangosteen, the baby's eczema cleared up and has not returned.

Mangosteen helps alleviate pain and stiffness

Treana J. Bolingbroke: I suffer from rheumatoid arthritis and have been in pain for more than 20 years. Every time I sat at my desk or anywhere for too long, I could hardly move when I finally got up.

I would suffer the same stiffness when I would get up in the morning or when I had been riding in the car for very long. It was often difficult to walk, especially in the mornings.

I have been taking mangosteen juice for about nine weeks, and as of two weeks ago, I have had no pain at all! I cannot tell you the difference it has made in my life. I have also noticed a dramatic increase in my energy level. It doesn't come in bursts, but I have noticed that I get so much more accomplished these days, and my mind is clearer.

Recurrent pain finally history after 10 years

Barbara Carr: Our family has achieved incredible results using mangosteen! We received our first shipment, and after only two days of using the juice, I was sleeping soundly and waking up refreshed and feeling like I had slept deeply, which is something that has eluded me for many years.

I had recurrent pain for 10 years following a seemingly unrelated medical procedure, and often it was pain that would wake me up or prevent me from going to sleep at night. For over 10 years, I have only had an occasional hour or just a few days when I haven't felt pain, but this only came with a complete herbal and fiber program.

After finding mangosteen, my stomach and intestinal pain and excruciating nerve pain were virtually gone. Simply adding mangosteen to my life has produced constant relief, a feeling of overall comfort and well-being, as well as mental focus and clarity. WOW!

My husband has also noticed improved sleeping since taking mangosteen and has experienced some dramatic physical improvements. He suffered from fungal related problems, including athlete's

foot, jock itch, and a toenail that was impossible to trim due to a bad fungus. Such problems are generally relieved by antifungal cream, but within days of using mangosteen, the jock itch and athlete's foot were virtually gone, and his toenail was diminishing back to normal!

In addition, my husband had some itchy bumps on the back of his head for many years and realized after about a week on the juice that they had disappeared completely.

Mangosteen has even helped our teenage daughter. She had tried a variety of products for acne with very limited success, but within a few days of taking mangosteen juice, there was a noticeable improvement in her skin. She witnessed a dramatic decrease in her skin's inflammation and overall redness.

Today, she is very happy, not only because cosmetically she feels better, but also she seems more healthy emotionally. And as her mother, I am thrilled because she loves to drink the mangosteen juice. After battling for years to get her to take herbal products, this is something she actually takes on her own!

"After three days, the skin around the boils stayed healthy, but the boils shrank and disappeared!"

Foot Virus lasts a decade before mangosteen

Leslie Lysy: Nine years ago, I went to South Korea and contracted a foot virus that became so bad that I finally went to a Korean specialist. I took internal medicines and applied topical creams that were prescribed, but those remedies never helped.

The boils on my foot would cycle every six months or when my immune system was low. The boils were so deep in my skin that they would begin on the inside and surface to the top outer layer of skin. They looked like blisters, but they were itchy and very painful. The tissue around the boil would die and it would take several weeks for healthy skin to grow back.

This irritating cycle continued for nine years. Doctors in the United States prescribed steroid creams, and even though I knew they were not healthy and they didn't prevent the boils from

returning, at least they would slow the growth of the infection.

Just before I started taking mangosteen juice, the boils were beginning their return cycle. I immediately applied the juice topically to my foot three times a day, and I also drank one ounce of the juice in the morning. After three days, the skin around the boils stayed healthy, but the boils shrank and disappeared!

I continue to drink mangosteen juice daily and the boils have not returned. My husband also takes one ounce of the juice each day after discovering that it stops cold sores from forming when you apply it topically to the sensitive skin. We believe that mangosteen must be doing many other healthy things for us that we don't even know! Plus, we love the taste!

The mangosteen fruit has traditionally been used to heal various ailments

- Bronchitis • Gleet
- Cholera • Gonorrhea
- Cystitis • Influenza
- Diabetes • Menstrual problems
- Diarrhea • Thrush
- Dysentery • Urinary Disorders
- Eczema • Worm infestation

Pain from burn dissipates after using mangosteen

Dion Barron: I burned my thumb and two fingers on a large commercial waffle iron at a hotel breakfast buffet. I had poured some batter into the waffle iron and waited for it to cook.

A group of teenage boys came into the counter area and began to fix their bagels just as the waffle iron timer beeped. Rather than asking the boys to move, I reached around them to lift the handle to stop the beeper. I squeezed and lifted the lid and then realized I was holding the cooking part and had not reached the wooden handle. The pain was excruciating!

I remembered that I had a bottle of mangosteen juice in my hotel room, so I hurried to get the juice and poured it into a Styrofoam cup. I placed my burned fingers into the juice and contemplated on all the changes I would need to make to my day because of the burn.

However, thirty minutes later, the pain was gone and there were no blisters. The mangosteen had sucked the “burn” out of my fingers, and I had no signs of it at all! Thanks to mangosteen’s healing touch, my day continued on just as I had planned.

Mangosteen improves arthritis, depression

Jody Stevenett: When I was first introduced to mangosteen juice, I just had a gut feeling that this product was going to change many lives.

I started taking the juice in November of 2002, and within a few days, I noticed benefits! I have suffered from arthritis in my hands for about the last eight years. It is a hereditary condition that my mother and sister have also suffered from. In fact, my mother’s hands have become so bad that they are constantly swollen and sore.

I was worried about ending up this way myself. Whenever the weather would turn cold or when I was getting sick, I could tell immediately in my hands. They would ache and swell to the point that I could no longer wear my rings. After only a few weeks of taking mangosteen, I noticed that I no longer had this discomfort at all! I am so thrilled that I have found something that offers me relief.

My 13-year-old son has also benefited from taking mangosteen. He has suffered from some anxiety and depression for about a year and was prescribed the drug Celexa® but it has not really worked that well. I decided to have him try mangosteen, and ever since, he is a new kid! He seems happier and more sociable than before. I am going to work toward taking him off of his medications and just keep him on the mangosteen.

I also have my other two children on mangosteen and know that they are experiencing many benefits. I believe in this product because it has worked wonders in my own family.

Mangosteen Impacts Many Lives

Dan Neal: I went to bed late last night and woke up early this morning with a splitting headache. I decided to drink my one ounce of mangosteen juice before I resorted to any ibuprofen for my head. Fifteen minutes after taking it, and before I had a chance to put any poisons into my body, the headache was completely gone. This stuff is amazing! I just wish that I had to drink more each day, because I love the taste!

Consuelo Chinchilla: I am 44 years old. I have been a diabetic for 16 years, and I used to take 30 units of insulin each morning and 30 units in the evening. My blood sugar level would generally be between 300 and 500. The first time I took mangosteen was at Dr. Ken Finsand’s office. My sugar level was tested at 351. I drank four ounces of mangosteen juice and waited for a half an hour. We then tested my sugar level again and it had dropped to 150, without using insulin!

Since then, I have been drinking mangosteen juice before every meal. My blood sugar level is now between 150 and 225, and have been able to reduce my insulin intake to only 10 units, twice a day. My vision is much better, and I can read now when using my glasses. The cracks on my feet are gone, and I no longer need my asthma inhaler.

Bill Carman: My son-in-law recently shared with us a new product he is very excited about. And when he gets excited about a product we listen, because he knows much about dietary supplements and nutrition. The product he introduced to us is mangosteen juice, and it has changed our lives.

My wife has lymphoma, and she had been experiencing a lot of pain in her back just before Thanksgiving this past year. We knew that the pain was coming from her lungs, as they continually fill with fluid. Two days before Thanksgiving, we took her to the emergency room, because she could not breathe and the pain was excruciating. The doctors performed a scan and told her it was not fluid but that the cancer could be getting worse. Perhaps it was a pulled muscle or another tumor putting pressure on the lung. Needless to say, they did nothing for my wife and told her she would have to wait until Monday to know the results of the scan.

Upon returning home, my son-in-law gave her a bottle of mangosteen juice and told her to drink two ounces a day. He assured us that by the third day she should feel relief. So my wife started taking mangosteen on Thanksgiving Day, and by Saturday, she had absolutely no more pain!

Today my wife is up and about and feeling great. In fact, within two weeks of being on mangosteen, she was off all pain medication! Her energy level was high, her color/complexion was good, and she was even doing a lot of shopping and preparation for the holidays. I wasn’t even sure I would see such activity a few months ago. Mangosteen is totally blowing our minds!

Research confirms healing benefits of mangosteen

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more than their share of deaths from stomach, liver, and lung cancer. The death toll from these diseases is much higher than in the West. Accordingly, scientists from Southeast Asia were interested in investigating Chinese medical claims of the mangosteen’s reputed ability to combat these three cancers.

These scientists also wanted to compare how just one of the 23 xanthenes in the fruit would perform against five drugs already being used to treat these cancers. In a preliminary study, six xanthenes, which were extracted from the mangosteen fruit’s rind, were capable of killing cancer cells. However, because Garcinone E was the most potent of the six, it alone was tested against the cancer drugs.

The results were astounding. Garcinone E was matched against Cisplatin®, 5-Flourouracil®, Mioxantrone®, Methotrexate®, Vincristine®, and Taxol. Only Taxol® proved to be as effective at destroying cancer cells as Garcinone E, which out-performed all the other medicines.

It seems reasonable to conclude that if xanthenes kill cancer cells experimentally in the laboratory, then they should also be effective at reducing cancer risk by snuffing out cancerous cells when they appear (as they do) daily in our bodies.

How about the antimicrobial effects of the mangosteen? Well, it is effective against bacteria in *two* striking ways:

- Mangosteen is an immune system stimulant. Thai scientists have documented how it stimulated two kinds of white blood cells (polymorphonucleocytes and monocytes) to become more efficient killers of bacteria.
- Mangosteen directly inhibits the reproduction of several types of bacteria, according to another Thai medical school study published in the “Journal of the Thai Medical Association.”

Additionally, there are research papers illustrating how mangosteen inhibited the replication of the HIV virus, and how it killed fungi.

I’ll fin’sh up the scientific evidence by referring to

“...there are research papers illustrating how mangosteen inhibited the replication of the HIV virus, and how it killed fungi.”

the results of just two more studies. Australian researchers reported the efficacy of xanthenes as powerful antioxidants that protect against the oxidation of low-density lipoprotein (LDL) or the “bad” cholesterol. If it is not oxidized, LDL *cannot* cross the inner layer of arteries to form atherosclerotic plaques, and this action of the man-

gosteen xanthenes results in increased protection against heart attacks and strokes.

I have made reference in this article to only a few of the more than 40 published research papers regarding the mangosteen’s effects. This may not be sufficient scientific evidence to convince every skeptic, but it is an impressive start.

This editorial is being featured in a paper filled with testimonials. And if “the proof is in the pudding,” as the ancient adage suggests, mangosteen juice certainly fulfills the criterion of satisfying users with results.

Finally, as to cost and availability, a therapeutic dose of mangosteen juice costs less than a soda or a cup of coffee. It is available in unlimited quantities and in a formulation that tastes fantastic.

When all these criteria are applied, there are no longer thousands of products. There are not even dozens. There really is only one food supplement that satisfies all these qualifications... and that’s mangosteen juice!

I repeat what I said in my book, Mangosteen the X-Factor: the results you’ll obtain from the mangosteen will be hard for you to imagine.

What are you waiting for?

FROM Dr. James Duke, perhaps America's foremost ethnobotanist. Worked for the USDA and University of Maryland. Prolific writer and created a phytochemical and ethnobotanical database. **MANGOSTEEN** is listed with 138 separate benefits, condensed to the following list:

1. **Anti-fatigue**
2. **Anti-tumor** and cancer prevention - multiple categories cited
3. **Anti-aging**
4. **Antioxidant**
5. **Hypotensive** - blood pressure lowering
6. **Hypoglycemic** - blood sugar lowering (anti-diabetic effect)
7. **Immunostimulant** - multiple categories cited
8. **Anti-lipidemic** - blood fat lowering
9. **Anti-obesity** helps with weight loss
10. **Anti-atherosclerotic** prevents hardening of the arteries
11. **Cardioprotective** - protects the heart
12. **Anti-viral** - prevents or modulates viral infections
13. **Anti-biotoxic** - prevents or modulates bacterial infections
14. **Antifungal** - prevents or modulates fungal infections
15. **Antidepressant**
16. **Anxiolytic** - anti-anxiety effect
17. **Anti-Alzheimerian** - helps prevent dementia
18. **Anti-arthritis** - prevention of arthritis
19. **Anti-osteoporosis** - helps prevent the loss of bone mass
20. **Anti-periodontic** - prevents gum disease
21. **Anti-allergenic** - prevents allergic reaction
22. **Anti-seborrheic** - prevents seborrhea (skin disease that causes dandruff, for example.)
23. **Anti-calculitic** - prevents kidney stones
24. **Anti-pyretic** - fever lowering
25. **Anti-Parkinson**
26. **Anti-diarrheal**
27. **Anti-neuralgic** - reduces nerve pain (i.e. diabetic neuropathy of the feet or hands)
28. **Anti-vertigo** - prevents dizziness
29. **Anti-glaucomic** - prevents glaucoma
30. **Anti-cataract** - prevents cataracts

ALSO IS **ANALGESIC** - prevents pain, **ANTI-INFLAMMATORY** - prevents inflammation,
ANTI-ULCER , prevents both stomach, mouth and bowel ulcers.

To locate additional benefits, visit Dr. Duke's database: <http://www.ars-grin.gov/duke/>

Case Studies - Pain

A sampling of a few "case summaries" recorded by Dr. Templeman over the past few months regarding how the mangosteen preparation effects pain relief:

Visit: <http://www.mangosteenmd.com>

62 year old female

Before mangosteen severe chronic back pain, on oral morphine 3 times per day After mangosteen more energy, experiences less nausea and chronic vertigo has improved

30 year old male

Before mangosteen chronic neck pain, familial hyperlipidemia, fatigue and insomnia After mangosteen much improved energy, decrease of LDL

40 year old female

Before mangosteen : chronic musculoskeletal pain from dysplastic hip, sciatica and fatigue. Taking NSAIDS and pain medication daily; started taking mangosteen January 5th at 1 oz/day After mangosteen decrease in fatigue and sciatica

45 year old male

Before mangosteen carpal tunnel syndrome, chronic neck and arm pain and fatigue Taking NSAIDS and pain medications; started taking mangosteen January 5th at 1 oz/day After mangosteen decrease in pain (no post op pain medications carpal tunnel syndrome), increase in sexual vigor

70 year old female

Before mangosteen hand pain (post traumatic); started taking mangosteen December 2nd at 1 oz/day After mangosteen : within 2 days no more pain

40 year old male

Before mangosteen chronic leg pain started taking mangosteen on Dec 30th at 1 oz/day After mangosteen 50% less leg pain

70 year old female