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- Asthma
- Arthritis
- Blemishes
- Broken Bones
- Cancer
- Diabetes
- Diarrhea
- Flu
- Headaches
- High Blood Pressure
- Infection
- Immune System Failure
- Indigestion
- Malignancies
- Pain
- Toothache

# Health Matters

## SURGICAL INCISION & RADIATION

**Inez Strand:** About two years ago I was diagnosed with breast cancer. I went through chemotherapy and radiation therapy. I feel that I had excellent doctors and that they did everything that they possibly could to help me, however, I was not healing up from the radiation treatments. Approximately a year after my last radiation treatment, I had still not healed. The incision was still swollen, very uncomfortable and the skin was in terrible shape. I had lung damage and suffered from radiation pneumonia and I had two ribs that were badly burned. I could not get healed to the point where it was comfortable to wear tight clothing., pick up my grandchildren, or get a hug from anyone. My radiologist told me that I had received enough chemotherapy that my immune system probably wasn't back to par and that was the reason that it was taking so long to heal. He told me that it can take a year or two, or even longer for people to heal completely from the radiation treatment. I went home pretty demoral-



ized. Shortly after that, a friend called and told me about **Noni** I began taking and the first thing that I noticed was an immediate surge of energy. After I had been taking **Noni** for about three weeks. I woke up at about two o'clock one morning and the whole area where the surgery had been done was tingling and burning and very uncomfortable. I was frightened. I thought that I was getting the cancer back again. I woke my husband up to tell him what was happening and he said. "I'll bet that's the **Noni** starting to work." The next day it did feel better, and within three weeks you could hardly tell that I had received radiation. The rib damage is gone and I can hug anybody that I want to. I can wear clothing comfortably again and my skin has healed to the point where you cannot even tell where I was worked. on. One of the technicians at my doctor's office told me that she has seen the healing process take as long as seven years for the type of radiation treatments I had. It's a miracle to me. We are really sold on **Noni**

### Noni Is Helping Lupus & Arthritis

**Amy Faber:** I was diagnosed with lupus in 1979, at the age of 17. I had an extremely serious case. It affected my heart, my brain, and my lungs. I had pleurisy for seven years and I had to sit up in bed to sleep. I took high doses of steroids for ten years. As a result, I have had to have multiple joint replacements. I have had both shoulders replaced, both hips (the left one twice), and my right knee. During a ten year period, I was constantly in the hospital, once The first change I noticed was that I wasn't taking my pain medication as often. As a test, I quit taking **Noni** and I required taking more pain medication. So I started taking **NONI** once more and again noticed that my level of pain was lower. I started weaning myself off of my medications. I did this one medication at a time. When I first began taking **Noni** I was on five different medications. I am now down to just two, one of which is for my thyroid. I had been on medications for eight years Last year at this time I had to wear air casts because of the pain. I no longer need them and this is the least amount of medication I have required since becoming ill in 1979. This is the most active and the least sick I have ever been!



## Help With Chronic Fatigue Syndrome

**Michelle Sanchez:** An auto accident in 1988 resulted in a broken pelvic bone, tail bone and permanent muscle and nerve damage to my neck and back. After months of unsuccessful drug therapy and physical therapy, my last hope seemed to be a dangerous surgical procedure. I chose not to have the surgery and began experiment in with numerous alternative

therapies, all of which offered only short-term results. I also developed Chronic Fatigue Syndrome. For years I suffered from joint pain, flu-like symptoms, mental confusion, panic anxiety, multiple allergies, insomnia, and unrelenting fatigue. Within a few days after I started taking **Noni**, I had more energy, the pain disappeared, and the CFS symptoms faded completely away.

## LOWER CHOLESTEROL And BLOOD PRESSURE

**Alex And Dora Lee Brewer:** I have been blessed with good health, having been on flying status in the USAF for several years, but the aging process was catching up with me. Like most seniors. I had moderately high blood pressure, high cholesterol and an enlarged prostate. Some of the prescription medications I was taking seemed to be of help, but the side effects were not all that desirable. A long-time friend convinced me to give **Noni** a try. After taking **Noni** for only ten days, my nocturnal visits to the bathroom were reduced to once or twice, down from the usual five-to-six. What a great relief, as getting up so often was disturbing my sleep. I visited my family doctor after taking **Noni** for only three months and my blood pressure was down to 130 over 70. Needless to say, I was pleased, and my cholesterol had come down from 280 to a little over 200. My doctor reduced my blood pressure medication and wants me back in for a cholesterol check to confirm this dramatic improvement, all thanks to **Noni**. Dora Lee, my wife of 46 years, has had three heart attacks in the past two years and after angioplasty surgery last summer was experiencing side effects such as lack of energy and continuous fatigue. She actually started taking **Noni** two weeks before I did and after only seven days on **Noni**, she told me she was feeling much better and was finally getting back her energy. Since she also suffers from diabetes and is insulin dependent, she now takes **Noni** both in the morning and late afternoon. Dora Lee has been able to keep her sugar levels stabilized around 120 which is really a dramatic and significant improvement over insulin injections alone. The **Noni** worked so good for us that we started telling others about it. Most everyone has some sort of ailment, and the results have been impressive.

## Bone Cancer Is In Remission

**Nata Nolen:** My father, Aubrey Fowler was diagnosed with multiple myeloma (bone cancer) in June of 1994, at the age of 82. His doctor told us that even with chemotherapy, daddy would last only twelve months and that the cancer had spread to every bone in his body. Both of my parents have a deep belief in the power of prayer and are very receptive to natural healing. My mother researched daddy's illness and natural methods of treating his cancer. He started chemotherapy treatments while he, my mother, and I continued to search for natural products. Eventually, he was no longer able to eat. Almost all the food and liquids were intolerable. The chemotherapy treatments had destroyed his taste buds. Food could not be prepared where he could smell it, or he would become nauseous. He could not put any food into his mouth. This problem was constant and, we feared, permanent. My mother came up with a health shake, which she mixed with chocolate syrup and served ice cold through a straw. Daddy has survived on four of these drinks a day for three years. While able to take only one or two ounces of **Noni** a day, my father noticed improvement within the first two weeks. Some of the pain in his spine and rib cage subsided. Later, the pain in his legs diminished. **Noni** has definitely helped relieve the pain caused by the bone cancer. He is able to stand straighter and he has been able to swap his walker for canes. Sometimes, he doesn't even need a cane. Daddy is able to drive his car short distances and walks his very

long driveway to collect his mail. Most Wednesdays he is able to go to his Kiwanis Club meeting and, many Sundays, he is able to attend his Sunday School class. On December 2nd, my father's doctor told him that he could discontinue his chemotherapy treatments until further notice. Finally, my father's cancer was in remission. Daddy said this was the best Christmas present he has ever received. He said that **Noni** has helped him so much that he never wants to be without it. **Noni** truly is a gift from God and it has given my father a very special blessing. According to his doctor, every patient diagnosed with multiple myeloma at approximately the same time, has since died. My father is the only survivor.

### Quadriplegic is Still Improving

**Scott Milam:** (As related by his sister, Marie Glendenning.) ed. note: As we first reported in the Volume 4, Number 2 edition of Health Matters, Scott is a quadriplegic as the result of an automobile accident in 1992. His neck was broken in two places. As you can see by comparing this recent photograph with the one we published in that previous edition, Scott has made such remarkable progress that we felt compelled to bring you an update. Scott is now living with us at home. The sore on his tail bone has healed so well that it is not even a stage one. His RN has been absolutely amazed at what the **Noni** has done to heal this sore. Scott's memory has improved to the point that he will soon be a human computer again. He needs to use his ventilator less often now and he has feeling from his fingers to his neck and from his toes to his thighs. Scott and our entire family praise God for sending us **Noni**!

## We No Longer Need Insulin

**Sheree and Ed Frazier:** . We both have diabetes and we were both on insulin. I was taking 40 units of 70/30 daily. Ed was taking 48 units or more, of 70/30, as well as "R" as needed. He had an angioplasty in November 1996. His hip became very inflamed while he was in the hospital and he could hardly walk for months due to the pain. His blood sugar level shot up to over 400 from the pain and stress. His eyes leaked fluid from the retinopathy and he was legally blind. He had three laser surgeries on his eyes. His legs and feet hurt constantly even at

night in bed. He had lost forty percent of the muscle and nerves in his legs and feet and much of his balancing ability. As a result of the pain from walking and the blindness he was forced to retire from his job as a construction superintendent at age sixty-two. We were told about **Noni** by a friend who told us how it had helped other diabetics. We both began taking **Noni** and after taking it for ten weeks, our blood sugar levels had dropped to 62 and 63.. We haven't had to take insulin since. It is easy to control our diabetes with our diet now where we couldn't do that before the **Noni** .

## RELIEF FROM TENDINITIS

**Daniel Miller:** I am a professional kick boxer. I train every day and after ten years of training on a heavy bag, fighting super heavyweight and constantly using my arms. I was struck down with a bad case of tendinitis in my right elbow (a boxer's nightmare). I tried a lot of different things to heal this problem and nothing seemed to work. A friend told me about **Noni** . After taking **NONI** for three days, I regained strength in my right arm and

# MEDICAL SCIENCE PROVING NONI BOOSTS IMMUNE SYSTEM

*Much of the information for this article was obtained from an interview with Dr. Darryl M. See, M.D., Associate Clinical Professor of Medicine, in the Division of Infectious Diseases, at UC - Irvine Medical School. Dr. See has published several text book chapters and over twenty-five peer review Journal articles, on chronic viral illnesses and immunologic disorders.*

Dr. See has spent the past five years screening over four hundred different natural products in the laboratory for safety and immune-enhancement. During that time his work has focused on an immune system cell called the natural killer cell. In an article published by DR. See in the Scandinavian Journal of Immunology in April 1997, Dr. See describes the importance of this cell in protecting the body from viral infections and cancers. According to DR. See, his philosophy in the treatment of chronic immunologic or viral diseases is to stimulate or balance the immune system in a non-toxic manner using natural products. Dr. See notes that the vast majority of the natural products that he has screened have not passed his vigorous testing procedures. Some he has found are quite toxic to immune cells. Most of the products simply have no effect at all on natural killer cell function. Still others had some effect, but led to the production of stimulated natural killer cells that produce hormones that can imbalance the global immune system function. However, one natural product tested by Dr. See about which he is very excited is **Noni**. DR. See notes that **Noni** is completely non-toxic and that his laboratory

work has shown that **Noni** increases the natural killer cell function in persons with normal immune systems, as well as in patients with defective immune systems, such as people with AIDS and Chronic Fatigue Syndrome. And it does not disrupt the normal immune system balance. According to Dr. See, there are a large number of diseases that are characterized by diseased natural killer cell function. These include auto-immune diseases such as lupus, all types of cancers, some forms of diabetes, hepatitis B and C, and all viral infections. Dr. See notes that pregnancy and injuries, as well as a host of other processes that each of us encounters on a daily basis, act to decrease natural killer cell function. Studies have been done which show that there is a correlation between low natural killer cell function and chronic fatigue in otherwise normal individuals. Based upon such studies it appears that the natural killer cells regulate the body in some way in which normal functioning is required to maintain normal energy levels. When natural killer cells are suppressed from stress or anxiety for example, people are much more susceptible to colds and flu. Our bodies are constantly bombarded with chemicals and toxins in our air, water, and soil. They are everywhere. Scientists have even found them at the North Pole. According to Dr. See, each of us has cells in our body which have their DNA damaged on a daily basis. This leads to cancerous cells. One primary reason why these do not flourish into full-blown cancers; is that natural killer cells scavenge our body, searching out and destroying these cells before they can cause further damage. Since we cannot get away from dangerous pollutants, it seems that the most logical approach is to focus on protecting our immune system from their harmful effects. Dr. See's laboratory studies with **Noni** have yielded

some exciting results. First, in people with normal immune systems, **Noni** increased the function of their natural killer cells by fifty percent. Therefore, even people with normal immune systems can, according to Dr. See, use **Noni** to assist in guarding their body from fatigue, cancer formation, the onset of chronic diseases and colds and flu. The effects of **Noni** in Dr. See's work on patients with Chronic Fatigue Syndrome, who have severely decreased natural killer cell function, were more pronounced. Natural killer cell function increased by over three hundred percent with the introduction of **Noni**. The final group studied by Dr. See was AID patients. These patients have extremely low natural killer cell function, which decreases with the progression of their illness. Dr. See's work in the laboratory showed that the addition of **Noni** stimulates natural killer cell function by up to seven hundred percent. Gilbert Nordan, one of Dr. See's patients, had researched a variety of alternative methods for combating AIDS, before trying **Noni**. After adding **Noni** to his regime of vitamins and alternative therapies for just thirty days, blood tests confirmed a reduction in Gilbert's viral load that Dr. See labeled as both "statistically and clinically significant." Studies have shown that patients with the highest natural killer cell function do the best. Maintaining natural killer cell function is important in preventing and fighting many chronic diseases. It can also be important for healthy people to do as much as possible to strengthen their immune systems as protection against the adverse effects of daily stress, as well as from pollutants that bombard the immune system. Dr. See has been so encouraged by the results of his laboratory work that he is planning clinical trials using **Noni** on patients with AIDS.

## Relief From Depression

**DR Cheryl Toner, PhD:** I've been on anti-depressants for anxiety and panic attacks and dysthymia, since 1985. After taking five or six different antidepressants over the course of more than ten years, I could no longer stand the side effects. I started researching **Noni** about six months ago I read articles, searched the In-ternet, talked to people who had taken **Noni** about their own experiences, and I spoke with other medical professionals. In October I began taking **Noni** and decided to start slowly going off my antidepressants. Over the

course of the next month, I noticed that I was starting to feel better and that the side effects of the anti-depressants were starting to subside. By the end of November, I had been completely off all of my anti-depressants for almost a month. Several months have passed and I am still doing great I have more energy and I no longer have sugar cravings. I no longer have panic attacks and I am totally relaxed and stress-free. I feel better now more than I've ever felt in my life, physically and

## Brown Recluse Bite Heals Fast

**JoAnn Byrd:** I was bitten on the leg by a brown recluse spider. The doctor said I would need a skin graft, as a brown recluse bite causes the flesh around the bite to be eaten away. My leg swelled to three times its normal size. I put **Noni** directly on the spider bite. Within three days, my leg was completely healed. I have since spoken to people who have suffered the effects of these bites for six-to-eighteen months and who spent thousands of dollars on medications.

Registered Nurse Helped With Noni

**A. Lynn Guerrero:** I am a registered nurse living in Ontario, Canada. In 1985, I injured my back lifting a bedridden patient. I suffered intense pain and discomfort and I was able to return to work only after taking prescription medications and physiotherapy. I had to take pain killers two to three times a day. As months and years went by, my back problem was aggravated. In 1991 there was intense, unbearable pain radiating to my right leg. Because of this new turn of events, I was referred to an orthopedic specialists by my family doctor. He conducted some tests and discovered that I had a herniated disc in my lower back area. I had a diskectomy done in February 1992. A few weeks after surgery, I was once again put through physiotherapy. After laboring with all the methods and the medicines that were given to me to alleviate the pain, the intensity and discomfort continued. I was diagnosed with osteoarthritis, which was also found in my knees I had great difficulty walking and climbing up and down the stairs. Even getting in and out of the car took great pains. With back and knee problems, it's hard to do anything. When my sister came from California to visit me, she brought me Noni and told me to try it. I was so skeptical about it, even after reading the newspaper articles she had brought along. I realized that I had nothing to lose by simply trying it out. Amazingly, after taking Noni for only three days. I noticed my back pain had lessened along with the discomfort in my knees. On the fifth day, I stopped taking my pain killers completely. I've felt totally pain-free since I began taking Noni. I am more energetic, and most of all, I can function as normally as I did before my health problems. I even cancelled my knee surgery. Noni has become a friend to me. I don't leave home without it. I thank God that my sister introduced me to Noni because it has totally changed the quality of my life!

## Noni Helps Everything

**Beverly Scroggins:** I want to tell everyone about all the wonderful things I've seen change since I started taking Noni. At age 67 I never thought that I would see such a big improvement with all of these problems. I have more energy. An arthritic hip was so painful that I could barely walk a half block. Now I can walk a mile. I have received relief from cramps in my legs and feet. The stiffness in my neck and shoulders are gone. My sinuses have improved. My sight is greatly improved. I have even lost some weight, maybe because I am now able to walk every day. I love what Noni has done for me!

## CHILD NEEDS LESS OXYGEN

**Merlin and Bonnie Weeks:** Our granddaughter, Camry, became very ill at the age of five months. She weighed over 10 pounds at birth, but only 16 pounds at seventeen months. At that point, she had been on oxygen for a year and extensive medical tests had not revealed what the problem was. Camry was treated at the leading respiratory hospital in the nation. Their top doctor said that he felt that Camry had contracted a virus at the age of 5 months which had permanently scarred her airways and lungs. The air sacks in the bottom of her lungs were collapsed Retaining fluid. The doctor said that if she were lucky, Camry's airways might grow large enough by the age of 8-10 for her to breath on her own. We heard of a lady who had been on oxygen for 2 years and had gotten off of it after taking Noni. We sent some to Camry. Her mom was reluctant to give it to her, as she was on seven medications at the time. With a little coaxing she put a spoonful of Noni in Camry's bottle twice a day. After only two weeks on Noni, Camry's respiration specialist reduced her oxygen by 25%. A week later an additional 25% reduction was ordered. After just five weeks on Noni, Camry was off all of her medication and her oxygen requirements had been further reduced. She can now go all day without oxygen and requires only a little at night.

## NONI: A 2,000 Year History Of Healing

Countless health care professionals, as well as thousands of people who have reported miraculous, life-changing health improvements are describing Morinda Citrifolia, commonly known as Noni, as one of the most important health discoveries of the twentieth century. However, this discovery comes as no surprise to Polynesian healers who have reportedly used this "miracle from paradise" for over 2,000 years to treat virtually every ailment imaginable. For centuries, they've utilized every part of the Noni plant for medicinal purposes. Noni seeds, for example, are known to have purgative action. Noni bark has strong astringent properties and is used in the treatment of malaria. The leaves of the Noni plant are used to relieve pain, as well as to treat external inflammations. Extracts of the Noni root lower blood pressure and the Noni fruit itself has a

## Noni Helps With Arthritis

**Bootsie Holian:** I was diagnosed with rheumatoid arthritis and osteoarthritis about twenty years ago. I have been on many kinds of medication including gold shots, 20 mg. of prednisone per day, and eight methotrexate a week. The side effects of these medications included spastic colon, spastic bowel and bleeding of the gums. I had to endure all of these side effects in an attempt to get some relief from the pain. I could not close my hands. I could not clap my hands. I could not wear my jewelry. I have had eleven operations on my feet due to the rheumatoid arthritis. I often needed to use crutches or a cane to walk. The pain was so bad that my husband, Jack, told me that I cried in my sleep. After taking Noni for three weeks, I really had not noticed any difference. However, one of the girls that I volunteer with at the church asked, "What have you been doing to your hands?" She told me that my hands did not look as red and inflamed as they had in the past. So, I increased the amount of Noni that I was taking and about two weeks later my gums stopped bleeding and they haven't bled since. I went to my rheumatologist and he reduced my medications by about two thirds. He has been treating me for about twenty years and he said that he has never seen me looking so well. My doctor told me that there is no reason that I cannot take Noni with my medication. He has just reduced the amount that I take to compensate for the fact that the Noni enhances the effectiveness of these medications. Therefore I do not need as much as I did before. I can clap my hands. The swelling is not there anymore. I have an abundance of energy. I now take only 2.5 mg. of prednisone and two methotrexate. I volunteer at the church where I sometimes cook for one hundred people and I am on my feet for eight to ten hours. And, I still have extra energy at the end of the day.

wide variety of medicinal uses. The U.S., military has studied the Noni plant and determined it to be useful in dealing with both inflammation and infection. And virtually all Polynesians have learned from their ancestors, the importance of Noni when it comes to treating most types of poisoning. Mature Noni trees can grow to between 15 to 20 feet tall and they bear fruit year-round. The fruit is about the size of a potato. If picked green, Noni fruit will not ripen. Noni has only recently been made available on the commercial market. Over the past eighteen months, the use of Noni has spread quickly as tens of thousands of people share their dramatic personal experiences about how Noni has helped them to live a more healthy and rewarding life. Noni is also gaining wide acceptance among doctors