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## Goji Juice

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# Medical Professionals Praise Goji

### Nurse with severe gastro-esophageal reflux gets her life back

**Judith Israel:** Goji juice has been nothing short of a miracle for me! I cannot remember when I have ever felt this wonderful! You see, I had been coughing constantly since the third week in February. My regular doctor had sent me by ambulance to the emergency room when he saw me soon after the coughing began. They thought it was severe asthma. After 6½ hours of breathing treatments, they sent me home on steroids and a cough suppressant. I continued to cough! I live in the Boston area and went to a pulmonary specialist, then an ear, nose and throat specialist, and then a GI specialist. I was diagnosed with severe gastro-esophageal reflux. The stomach acid was getting out of my esophagus and onto my larynx, burning it. That's what made me cough. They put me on Protonix, a double dose of Nexium, and a cough suppressant that only worked if I took enough to totally knock me out. By morning, I was coughing again, and groggy from the medication that was no longer stopping the cough. Then I made my first step toward recovery! I had my first taste of Goji juice. I stopped coughing within 24 hours of drinking the juice. A week later, my hair stopped falling out! After 3 weeks of drinking the juice, I stopped feeling exhausted all of the time! I used to sleep from 10:00 p.m. on Friday night until at least 1:00 p.m. on Saturday every weekend and I still woke up exhausted. Now I'm up by 7:30 a.m. on Saturdays and Sundays, ready to take on the day! I have my life back!



### Goji eases doctor's painful prostate symptoms

**Dr. Ed Slauter:** I have had prostate concerns for many years, and limited urine flow. When I began drinking Goji juice daily, my urine flow improved immediately. I know it was the Goji juice, because I was without it for several days while I was fishing in Louisiana and experienced my old symptoms. Once I returned home and started back on my Goji juice, the condition improved 100% again!

### Physician has more energy than ever before!

**Dr. Ron Friedman:** The Goji experience just keeps getting better! I've really only been able to run 5 miles once or twice a week for 4 months now because of a hamstring injury. I know you're not supposed to increase mileage abruptly, but today I just went for it. I ran 9 miles (including hills) as hard as I could. I just felt great and strong. I broke my old record by 6 minutes from the days when I was training a lot and running longer distances. When I got home, I honestly had as much energy as when I started! I can't wait to see my friends at work tomorrow. Goji juice is truly a wonderful thing for people.

### Doctor reports great results - especially with sex drive!

**Dr. Matthew Silver:** As a nutritionally-oriented Family Practice physician and wellness educator, I believe that Goji juice has the potential to improve the health of many hundreds of thousands, if not millions of people around the world. Quite frankly, I have never seen so many diverse health benefits attributed to any one food, and the scope of the research documentation as to its many health benefits would satisfy even the most skeptical scientist or health professional. I've personally been drinking it daily for several months now, and have noted the following benefits: greater energy throughout the day, more stamina during my workouts and while running, improved sleep, and a greatly enhanced sense of well-being. I've also received some very impressive testimonials from many people that I have recommended Goji juice to. Here are just a few of them: relief from migraine headaches, facial wrinkles smoothing out, "age spots" fading, softer skin, relief from painful menstrual cycles, a drop in cholesterol without any other diet change, and last, but by no means least, several men have reported experiencing major increases in their sex drive and performance within just a few hours of drinking Goji juice. My recommendation: Try it, you'll like it!

### Mother sees amazing difference in son with autism

**Darlene Souvanlasy:** This is about my son Zane. He is 2 years old and suffers from allergies, asthma, speech delay and expressive language development. In so many words, he has a lot of characteristics of a child with high-functioning autism. We started the Goji juice with him and he is responding much better to us. His eye contact is better, and he is really trying to talk a lot more. This week, when his speech teacher

came, she noticed a change in him. He did not have one single tantrum during his session with her, nor did he ask her to leave. In the past, as soon as she came to our house Zane would tell her "bye-bye," hoping she would leave. Of course that did not work. He always had a few tantrums during his session. Today his occupational therapist came and Zane did a wonderful job, again having no tantrums, responding to her requests with good eye contact, speaking to her, and sharing and giving her his toys. It might not sound like a lot to you in reading this, but I, as his mother, do see a wonderful difference in my son.

### Woman ends chronic pain in just 10 days

**Sharon Moffett:** I have chronic back pain from my sciatic nerve. Also, in the last 3 1/2 years I've had 4 operations, plus other hospital procedures on my left arm, which was shattered completely, leaving me with plates, nuts, and bolts. I am now called "the bionic woman." In 10 days Goji juice has allowed me to sleep from 4-10 hours a day, waking up with no pain. This is INCREDIBLE! I wept tears of happiness!

### Mental Health Therapist ends a year of depression

**Carolyn Stevenson:** For the past year, I have been sluggish physically and mentally, and have had to force any energy and interest into my life. I had just decided that I needed an anti-depressant for depression, a condition that I have been diagnosing for others for years as a Mental Health Therapist, when I started drinking Goji juice. Within 3 days of taking Goji in the morning, I have felt I was back to the person I had always been with a high interest in the people and world around me. Goji must provide what the body is lacking, resulting in a rise in serotonin levels, which provide the sense of well-being. I have been on Goji juice for 13 days, and I have not had a remission in attitude or energy. I see Goji juice as something I will take daily for the rest of my life. Thank goodness those dark sluggish days are behind me and that I didn't have to force a change in myself through the use of medication.

### Woman with muscular dystrophy gets off pain medication

**Patricia Meade:** I have muscular dystrophy and I have learned to tolerate living with chronic pain. I have taken 1,000 mg. of naproxen daily for several years. This summer, it was no longer helping. The MDA clinic recommended a different medication at

bedtime. It worked for pain management, but the side effects were not good. I really did not want to do anything. I had no energy or motivation. I was beginning to think that this was the way my life was going to be — dysfunctional. After reading about Goji juice, I thought I'd just try it, not expecting too much. I took some on Friday and my medication at night. I had no pain on Saturday. I did not take any pain medicine on Saturday or Sunday, just Goji juice 2-3 times a day. I had very little pain. It is just a great pleasure to get up and walk, to be able to move, and to sit for any length of time without discomfort. My attitude and disposition have greatly improved, just knowing that I can still walk.

#### **Kidney pain gone**

**Jose Cintron:** I had really bad pains in my lower back by my kidney area, and I was afraid that my kidney stones had come back. After 2 days of taking Goji juice, I noticed that the pain was gone. I was amazed at the results, and excited that if it can do that in 2 days, I can't imagine what it will do long term!

#### **Headache pain relieved**

**Holly Bossert:** Early yesterday morning, I developed a headache that I couldn't shake. When I arrived home, I immediately took some Goji juice. Within 15 minutes, my headache was gone! I will never be without it again.

#### **Woman with fibromyalgia ends the nightmare of panic attacks**

**Wanda Santiago:** Four years ago, I was diagnosed with fibromyalgia and chronic fatigue syndrome. I went from being a very energetic person to suddenly suffering constantly from a lack of energy and very little stamina. I started to have what I call bodily "shut downs", a state in which I had to lie down and do nothing. I could not do what I used to do at full capacity. I suffered from a lot of pain in my joints and it was difficult for me to do simple tasks such as wash dishes, bathe, and all the important errands of a normal person. Naturally I felt sad, frustrated, and very depressed. To make matters worse, I started to suffer from panic attacks and the doctors put me on Xanax and other medication for depression. To overcome my daily panic attacks, I had to take from 4 to 6 pills every day, and I had to double the dosage in stressful situations. A miracle literally occurred on October 18, 2003 when I started to drink Goji juice. My health changed dramatically. Now I have more energy, less pain, and more importantly, I take zero Xanax!

#### **Libido better than ever at 70!**

**Charlie McNiff:** I was amazed at how quickly Goji juice started working. In only 4 hours, I felt more clarity of vision and a clearer mind. On the 4th day, I jogged and skipped with no aches! Over the next 10 days, my wellness kept getting better and better, and my libido heightened immensely. I'm beginning to feel better now than I did in my early forties. This summer I will be a very youthful 70 years of age!

#### **Woman wins the menopause battle**

Sandy Moreland: For about the last 4 years at

least, I have been suffering from the effects of menopause. I was experiencing everything from hot flashes, to insomnia, to weight gain, to vaginal dryness. I was very upset because I did not want to go on HRT (hormone replacement therapy), yet I was uncomfortable, and I really did not like these aging effects. I started drinking Goji juice about 2 months ago and here are the results I have experienced so far: 1. Much better sleep. 2. I am actually having light menstrual periods, which I should have been having and now the bloating is much relieved. 3. Increased libido (very increased) 4. No more vaginal dryness! (Really!) 5. Few, if any, hot flashes and I'm much calmer. 6. Finally getting control of my appetite and losing some of the fat build-up around my middle! This is a gift from God, and I am telling everyone to take it.

#### **Unbearable back pain disappears**

**Carol Worthey:** I had a tremendous health gain after just 2 days of drinking Goji juice. I woke up yesterday with a terrible pain in the middle of my spine, it felt like a vertebra was actually missing, but it was probably a slipped disk. I might have been flat on my back most of the day had it not been for the fabulous and delicious Goji juice that I drank immediately upon arising. In 20 minutes the pain was gone, the slipped disk seemed just to go back into place, and my back felt better than it had in MONTHS! I also have noticed more restful sleep and higher energy, and this is in JUST 2 DAYS of use. I can hardly wait to experience the many benefits over time that are coming from this delicious, miraculous juice!

#### **51-year-old concert pianist recharges career**

**Sally Christian:** I am a 51-year old concert pianist. The last few years, my daily practicing had become physically exhausting. I did the work through my discipline and commitment only. There was little of the old joy and enthusiasm that my work used to give me. My workouts at the gym were suffering similarly. I would do the work, but my attitude was that of just slugging it out. It really felt like hard work and didn't really energize me as it had throughout my forties. I started taking the Goji juice just in case it might help me. I took it several times daily. To my amazement, I felt results almost immediately. The taste alone was exquisite. By the 2nd day, I noticed a calm and gentle sense of well being, despite the fact that I had not gotten enough sleep the night before. On the 3rd day, I sat down at the piano and in no time, I was completely into it. It was like the good old days when I couldn't wait to get to the piano. I had a "pop" to my playing. I felt a joy returning for the sheer fun of the physicality of playing. I had power, stamina, and, above all, I loved it! I felt as if I had come home after a long absence. Later that day I went to the gym. I experienced the same kind of energy. When I returned from the gym, my husband exclaimed, "Wow, your skin looks great!" Sure enough, it had a glow and smoothness of years past. Since then, I have



continued to receive compliments on my skin. By day 5, I realized that I wasn't sleeping as much as I used to, but I wasn't suffering from the usual fatigue and dark mood that would always happen if I hadn't slept enough. My husband and I went on a trail run, and we cut 4 minutes off our usual 1/2 hour sprint! By day 10, I weighed myself at the gym, and was thrilled that I had dropped those last 5 pounds that I hadn't been able to lose. (When I had turned 50, I was very proud that I was at my perfect weight. But by the next year, I couldn't seem to maintain this weight, despite regular gym workouts.) The big difference now is that I have control at night with what I eat.

I can say no to all the foods I used to crave, and it isn't a problem. It has been 6 weeks now. I have discontinued the anti-inflammatory pills I used to take regularly to control the pain. I have experienced tendonitis in my hands because of the constant use of my hands. I am seeing that I might be able to play at a virtuoso level for years to come. I am thrilled beyond words. This has given use back my life!

#### **High Blood pressure lowered and headaches relieved**

**Denise Murphy:** I was skeptical of Goji juice at first. I thought: how could one product be able to help so many different conditions? I came into the office one morning sporting a very nasty headache and ended up giving Goji juice a chance. An hour later, a co-worker asked, "How's your headache?" and I realized it was completely gone! I should tell you why this was such a huge surprise to me. I have had high blood pressure for the past year and refuse to take prescription drugs for it because of the nasty side effects. Well, headaches go hand in hand with high blood pressure. I decided to use goji juice, and two weeks later my blood pressure was down to 130/80 compared to its usual 153/102 or higher Goji juice tastes great and has no nasty aftertaste. It has my complete confidence!



**Disabled woman kicks anti-depressants & sleeping pills!**

**Robyn Manor:** Three years ago, I was in an accident that left me disabled. I was put on high doses of sleeping pills and anti-depressants. I have been taking Goji juice for about 2 weeks. I noticed a change within a few days. So far I have gotten completely off my sleeping pills and cut down drastically on my anti-depressant medication. I will soon be off all prescription medications. My muscles and joints don't hurt nearly as bad, and I have more energy than I have had in years. Goji juice has changed my life!

**Man with congestive heart failure breathes easier**

**Charles Premoe:** I have a history of congestive heart failure. Many times my lungs fill with fluid and it becomes very difficult to breathe. I often experience chest pains along with shortness of breath. I went to see a good friend of mine the day after going through a nearly sleepless night of breathing problems. She offered me a sample of her Goji juice. Just as soon as I tasted it, it was much the same feeling as receiving a cup of cool crystal-clear spring water after overexposure to a long trek out in the hot desert. It was absolutely refreshing and it was as if I could feel my body literally crying out for more! That night, I slept all night. Within 4 days of drinking Goji juice on a regular basis, the ringing in my ears due to high blood pressure had almost completely subsided, I had no more chest pains, and I was once again able to breathe freely.

**Chronic headaches from car wreck a thing of the past**

**Marilyn Hunt:** I had a car wreck 2½ years ago. Since then, I always have back pain, I have headaches almost every day, and I have bad allergies. Goji juice has worked wonders on my body! I sleep better now, I don't get a runny nose, and I don't get headaches every day. I take it several times a day and so do my mom husband and 2 children. I'm positive that Goji juice will flush all those toxins from the body that cause a lot of the sickness nowadays.

**Woman's life changed after 15 years of chronic fatigue syndrome**

**Donna Gattone:** Fifteen years ago, I was diagnosed with chronic fatigue syndrome. I have tested positive for Epstein Barr, a virus often associated with this immune disorder. My doctors could do little for me because there is no cure. Along with this problem, I have developed multiple allergies, which only exacerbated my condition. Although I felt tired every day, I found it difficult to sleep. Over the years, I have tried several nutritional products with very little success, until I tried Goji juice. From the first day I drank Goji, I had more energy and vitality than I have had for years. Sleepless nights are no longer a problem, in fact, I need less sleep than ever before! Now I take Goji juice in the morning and at night. Not only do I have continued energy, but my allergies are significantly reduced. Goji juice has changed my life!

**Chronic pain becomes a thing of the past**

**Linda French:** I have been bothered with pain in my right ankle for quite some time. It would bother me the most when I would first get up, or after sitting for a long time. It was hard to put weight on my right foot, causing me to limp. After taking Goji juice for 5 days there is no more pain. The best part is, it tastes great!

**Type II diabetic woman's recovery praised as a miracle by her doctor!**

**Linda Johnson:** In 1994 I was diagnosed with Type 11 diabetes. In 1998 I went blind due to high range diabetic readings of 400-500 every day. In 2000 I had surgery on both eyes to restore my sight. After the surgery, I was running the risk of losing my sight again because of high range diabetic readings of 275-375 on most days. I had also started to develop a cloudy film over my eyes. But 10 days after taking Goji juice, my reading went down to that of a normal person (80-120), and my eyes cleared up, too. My eyes and my readings still remain normal today. In May 2003 I developed a hole in part of my heart, and I was told I had an irregular heart beat (brought on by the diabetes that I had). After taking Goji juice, I went to my cardiology doctor on December 4, 2003, and he ran a lot of tests. After the tests, the doctor told me: "It's a miracle the hole that was in your heart and the irregular heart-beat have healed." I told him it was Jesus and Goji juice. The doctor said, "Whatever you are doing, keep doing it because its working." I have since lost weight. I went from a size 24 dress to a 13. My doctor told me that I didn't have to take and more medication. I thank God I am free from all that medication I was taking. I thank God for Goji juice, because with Him it saved my life. Its great to be free of diabetes, heart problems and all that medication.

**Fifteen years of insomnia gone!**

**Victor Dalida:** I have been working as a radiology technologist for 35 years. For the past 15 years of my life I have been suffering with insomnia, which I developed through the different hours of night shifts I worked. I t u r n e d t o sleeping pills and drinking a small amount of alcohol to sleep at least an hour or two. I tend to do a lot of activities that will make me so tired that I can have a nice sleep when I need to, but it didn't happen. I tried taking a lot of supplements but I didn't see any improvement, until after I started drinking Goji juice. I drink it in the morning and before I go to bed. The result is incredibly awesome! I sleep better! My problem that has been haunting me for 15 years is solved!

**Asthma symptoms disappear**

**Matthew L. Stewart, Sr.:** A couple of weeks before I began taking Goji juice, I began to feel my asthma condition beginning. I started taking my medication, including an extra packet of daily nutritional supplements. I began taking Goji juice in the morning and before dinner. In three days, all of my asthma symptoms were gone! Now my whole family is taking this amazing juice because my son,



who is 8 years old, also has asthma and allergy conditions. I'm hooked for life!

**Chronic cough cleared up**

**Jan Crouch:** For the past 3 weeks I have had a very dry, heavy cough. It was so bad that I would have to go to bed in the middle of the day because the cough was so exhausting. After 3 days of taking Goji juice in the morning and in the evening, my cough has diminished. I'm now able to function throughout the day without my kids telling me I sound terrible. My friends were so impressed with its great results that they all want to try it, too!

**86 - year old man walks with ease again!**

**Ralph Sheets:** I am 86-years-old, and my knees and back hurt so bad I could hardly walk. I took all kinds of medicines and had cortisone shots, but nothing helped. I began drinking Goji juice on the 14th of October. By October 31 I had no pain in my knees or my back. Today I went to the store and walked as big a step as anyone!

**34 Reasons To Drink Goji Juice Every Day**

Widely regarded as the world's #1 nutritionist, Dr. Earl Mindell believes that Goji juice has more powerful benefits on health, well-being and anti-aging than any other product he has seen in the last 40 years. Here are the many benefits his ground-breaking research has revealed about Goji:

- ◆ Extends life, protecting your body from premature aging through its powerful antioxidant action
- ◆ Increases your energy and strength, especially when fighting disease
- ◆ Makes you feel and look younger. Goji stimulates the secretion of hGH (human growth hormone), the "youth hormone."
- ◆ Maintains healthy blood pressure
- ◆ Reduces your risk of cancer
- ◆ Reduces cholesterol
- ◆ Promotes normal blood sugar in early adult-onset diabetes
- ◆ Enhances sexual function and treats sexual dysfunction
- ◆ Helps you lose weight
- ◆ Relieves headaches and dizziness
- ◆ Relieves insomnia and improves quality of sleep
- ◆ Supports eye health and improves your vision
- ◆ Strengthens your heart
- ◆ Inhibits lipid peroxidation (a cause of heart disease)
- ◆ Improves disease resistance
- ◆ Improves immune response (T-cell, IL-2, IgA, IgG)
- ◆ Cancer treatment
- ◆ Restores and repairs DNA (preventing mutations that can cause cancer)
- ◆ Inhibits tumor growth
- ◆ Reduces the toxic effects of chemotherapy and radiation
- ◆ Builds strong blood, enhancing produc-

tion of red blood cells, white blood cells and platelets, and treatment of bone marrow deficiency

- ◆ Improves lymphocyte count
- ◆ Activates anti-inflammatory enzymes
- ◆ Supports healthy liver function
- ◆ Treats menopausal symptoms
- ◆ Prevents morning sickness in the first trimester of pregnancy
- ◆ Improves fertility
- ◆ Strengthens your muscles and bones
- ◆ Supports normal kidney function
- ◆ Improves your memory and recall ability
- ◆ Helps chronic dry cough
- ◆ Alleviates anxiety and stress
- ◆ Promotes cheerfulness and brightens your spirit
- ◆ Improves weakened digestion

Excerpted with permission from the book GOJI: The Himalayan Health Secret by Dr Earl Mindell, R.Ph, M.H, Ph.D. and Rick Handel

**On The 11th day something wonderful happened!**

**John Dy:** I had a hard time going to sleep at night for many years. I tried all kinds of herbal remedies and over-the-counter medicines, but nothing helped me at all. I started to take Goji juice on October 16. On the second night, I slept a lot better, but my wife told me it was all in my head. I didn't argue with her. On or about the 11th day, I started to notice something wonderful happening to me, my hair is growing back! I told my wife, "The Goji juice is not in my head anymore, IT IS NOW ON MY HEAD." The goji juice has done amazing things for me. It helped me relieve insomnia, makes me look younger and gives me more energy and strength. It is really the world's most powerful anti-aging food. It is a fountain of youth!

**Woman's life-long low blood sugar normalized**

**Katie Walsh:** Low blood sugar is a condition that I've been dealing with all my life. When I go too long without protein, my body gets the shakes. The first day that I drank Goji juice was a day when I had one commitment after the other, and by the time my day ended, it was 9:30 p.m. I had missed my dinner and I didn't feel like eating a meal that late. So I drank Goji juice and went to bed. Normally I would have awakened in the middle of the night with the low blood sugar shakes. That night I slept like a baby and woke up feeling great! The juice stabilized my blood sugar! What a Miracle!

**Diabetic gets feeling back in feet**

**Joe Gutierrez:** Due to being a borderline diabetic, I have poor circulation in my feet. For the last year, I have experienced numbness in my toes and feet, almost to the point of having no feeling at all in my toes. On Monday, I took Goji juice. I continued to enjoy Goji each morning and at night. On Thursday night, only 4 days after my first taste of this delicious juice, I was massaging my feet and toes when I realized that I could

feel what I was doing! The numbness and pain were greatly reduced. I could wiggle my toes and feel the blood flowing!

**Nurse stabilizes blood pressure and sugar levels**

**Hazel Maithya:** I was placed on a hypertension study by my primary physician. This meant I was taken off my medication of over 20 years to go cold turkey for 3 to 4 weeks preparing to start on some experimental drug. Well, that was in the morning, and by that afternoon I thought I was going to have a stroke. My blood pressure was taken by my co workers, as I am a nurse, and it was 190/92. My friend gave me a bottle of Goji juice, and I took some that night before going to bed. The next morning I took more. When I got to work I had one of my co-workers take my blood pressure again, this time at 8:30 a.m., and it was 170/88. By quitting time, I had it taken again, and it was 160/90. I have diabetes, too, and either bursitis or arthritis was tormenting the whole right side of my body with unbelievable pain. I could not sleep due to a painful mass in my right side, and my arm at the bicep felt like lightning was striking it. My hand was numb, and down my thigh into my knee it was painful if I bent it and when I straightened it out to get out of bed. I really began to pray that I was not coming down with rheumatoid arthritis, or something worse. I increased my intake of Goji juice. That night, the pain in my side stopped. I slept like a baby, and it wasn't until I popped up to answer the phone that I noticed that I did pop up and it didn't hurt! Then I took more that morning, at work, and when I got home before going to bed. In two weeks, my blood pressure ranged between 150/90 and 170/90. My blood sugars have stayed less than 80, even after eating heavy soul food, such as cornbread, fried pork chops, candied yams, homemade rolls, and a taste of peach cobbler. Usually I end up crashing for an hour after eating like that, but two hours later my sugar was at 92. Goji juice has helped me tremendously!

**91 year old woman ends painful leg cramps**

**Mary Schultz:** I am a 91-year young woman who has enjoyed the benefits of daily vitamins. As a result of my diabetes and complicated surgery for a slipped disc, I have experienced severe back pain, nightly leg cramps and poor, interrupted sleep. On October 15, I started drinking Goji



juice daily. I now sleep like a baby all night, and I have not had any leg cramps. Plus, I can ride my exercise bike again for an hour every day!

**Lupus sufferer has more energy, less chemotherapy sickness**

**Tamara Hood:** I am a 43-year old with SLE Lupus and I take chemotherapy tablets. I have always been very tired and ill feeling. Goji juice has given me energy and has helped me with my sickness from chemotherapy. I now can work at my job, and still have energy to do some housework and enjoy time with my grandson, who is 2 1/2 years old. I cannot describe everything Goji has done for me in this short statement, except that I feel and look healthy again.

**Man with heart valve replacement feels alive again!**

**Dick Plante:** In May, I had a heart valve replacement. Energy, breathing, feeling alive, walking, using weights to build up my strength, and having an appetite have been a problem. I started taking Goji juice in mid-October and within 2 days I started noticing a huge difference. My energy is at an all time high, my breathing does not feel restricted any longer, I walk with more gusto, and I am able to work with my 10 lb. weights again. More importantly, I have had a prostate problem. When I woke up, it used to take a while to urinate Now I am able to relieve myself immediately. This was a big surprise, and very much welcomed. I intend to tell every guy I know who has a prostate problem to get hooked on Goji!

