



Mangosteen Testimonials

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I had planned to write to you to tell you that your claim about mangosteen replacing painkillers such as Vicodin, Percocet, etc was a disservice to **mangosteen**. How could mangosteen relieve pain that was serious enough to warrant that level of prescription pain medication? That is what I planned to tell you; here is what happened. My wife called my hotel room at the Salt Lake City Hilton and told me her pain was getting worse. I suggested she increase her **mangosteen** from one ounce a day to four, as you had suggested. However, I told her under no circumstances should she quit taking the percocet. I hate it when she is in pain. When I got home on Monday, she told me how much better she was feeling. The pain was all but gone and she was walking normally. I said, "Great news, darling. I am so glad it helped. In addition, I am glad you did not stop taking the percocet. I can't stand it when you hurt." She replied, "But I DID stop taking the percocet. I do not like it. It makes me feel weird, and sometimes it does not even help with the pain. So, I just drank two ounces of **mangosteen** twice a day and by the end of the second day, the pain was gone." Doctor Templeman, I never expected those kinds of results. I want to thank you again for all the effort you have made to help people in pain, people with all kinds of illnesses and people like me who love **mangosteen** and can't wait to tell everyone about it.

Will & Jeannette, Albuquerque, New Mexico

A skeptical cousin of mine tried **mangosteen** at 30 ML's (1 oz) morning and night and found that after four days his gout had totally stopped giving him pain, and the swelling in both feet had completely disappeared. He had been on medication for over a year, which at best kept the pain to a bearable level. He is now going to continue with the product, as he is also prone to diabetes. Thank you for providing this valuable information avenue.

Lance F., Rockhampton, Queensland, Australia

I have osteoarthritis in my right knee and am limited in my ability to walk. Whenever I sit down for any length of time, I have a difficult time standing up as my knee "locks" and I have to rise slowly until it unlocks and I have to walk slowly at first. It has been like this for three years. After one week on **mangosteen** (5 ozs. daily), I suddenly realized I was standing up and walking normally. I have taken Celebrex ever since my knee scope almost three years ago. I take it once a day, but I am going to see how I do without it for a few days. I have also been able to discontinue my antibiotic for my skin, another plus.

Loene A.

A few weeks ago I picked my daughter (12 1/2 years old) up after school. She had a fever around 99.4. I decided to give my daughter **mangosteen** after hearing about another mom giving her daughter **mangosteen** to bring down her child's fever. I gave her 1.5 ounces every 2-3 hours and watched her closely. Five hours later her fever peaked at 103.4, so I continued a close watch and faithfully gave her **mangosteen** and liquids. I checked an hour later and her fever had come down to 103 so continued every two hrs. Her last dose was around 3:00 a.m. She was resting well so I settled down after having my **mangosteen** ! I woke at 7:00 in the morning to go check her again. Much to my shock and surprise she was sitting in bed, reading a book, bright eyed, asking me if she could go to school! She gave me a puzzled look as I just stared at her. I said no, you had a very high fever and I am going to watch you today! Her fever NEVER returned! In my experience as a mom for 17 years, and as a teacher for 8 years, I have not heard of any child getting beyond a high fever like hers in that short period of time and bounces back with energy as she



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did. Oh, did I mention, she loves her **mangosteen** and makes sure she has hers everyday!

Cheri M.

I have had migraine headaches for years and they consistently happen two or three times a month. They last for days at a time. I took 1600 mg of Ibuprofen, which did not seem to help much, but being a mother of young children, I could not take anything that would knock me out. I have tried other medicines but nothing seemed to help. My doctor had no other suggestions for my dilemma. I tried **mangosteen** and was surprised that it tasted great! I decided that I would try it for a couple of days and see what would come out of it. After three days, I noticed that I had not had a migraine so I really started to pay attention to my situation and noticed my aches and pains in my neck were lessening. For about 2 weeks, I could feel my body beginning the onset of a migraine by getting tense in my head and neck but never developing into a headache. Now I seldom feel that tension sensation and have not had a headache since I began taking **mangosteen**. I wake up every morning prepared for a feel good day and never forget to take my **mangosteen**. Note: I was taking about 1 oz. to 1 ½ ozs. in the morning.

J.S., Salt Lake City, UT

A lifelong friend, who called me very excited about the positive results she was experiencing with her leg problem, introduced me to **mangosteen**. I knew she had tried many different methods of treatment and nothing seemed to improve her leg. I was curious and since the company was a short distance from my home, I chose to investigate. I was given a sample of **mangosteen** and was pleasantly surprised by the texture and flavor. It was delicious to the taste. I was also given some literature to take home. A few days later, which happened to be Sunday, I awakened with a full-blown migraine. I have suffered with migraines most of my life and since I have such extreme adverse reactions to all medications this has been a challenge for me. I nursed the migraine all day long into the early morning hours on Monday. I had been told **mangosteen** would help migraines and I thought this could be a good test for me. Therefore, I went back to **mangosteen** and asked for a sample bottle to take home. Upon arriving home, I immediately took 1 to 2 ounces of the juice and within 15 minutes, the pain was completely gone. In addition, to my surprise the nausea feeling, this usually lingers for a day or so, was gone as well. As the day progressed, I had a high level of energy, which I never have had before with a migraine. I am usually wiped out for a few days even after I get control of the pain. What a thrill this is to me. I am excited to know I have found something natural and healthy with no adverse side effects that I feel will eliminate my migraines forever!



S. Stover

I burned my thumb and two fingers on a larger commercial waffle iron. I had poured the batter into the waffle iron and waited for it to cook. I squeezed and lifted the lid and realized I was holding the cooking part and had not reached the wooden handle. The pain was excruciating! I remembered a bottle of **mangosteen** in my hotel room and hurried to get the juice and pour it into a Styrofoam cup. I placed my burned fingers in the juice and contemplated all the changes I would need to make to my day because of the burn. 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 the burn. My day continued just as I had originally planned.

Dion B., Highland, UT

My daughter was seriously injured in a horse riding accident and was in a coma for 7 days. She came out of it quite well but required extensive Physical Therapy for at least 2 months. She was only 11 years old and in the fall upon returning to school, we began to find just how much damage she still had. She had lost short-term memory and the ability to follow even simple instructions that required systematic procedures. This made her very angry, very frustrated and would exhaust her. Her Doctors wanted to put her on anti-depressants and "try" her on Adderral (an Rx often given to those w/ ADHD). A cousin of mine called me and told me about **mangosteen**. She said, "Hey it is a juice, it cannot hurt her!" After about two days of thinking about it, and tired of seeing my daughter fight this inside battle with herself, I decided to try it first instead of the prescriptions waiting at the pharmacy. She tried the juice and thought it was a little tart but she said, "If it gets me back on my horse and competing again I will drink it by the glassful." It took about 5 days to see a change but she began to smile more and had more energy just as if she was in a good mood on a beautiful spring day. After two weeks, this was a completely different child; she is not angry and is more outgoing, she is silly

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once again. Her teacher has even noticed a big change in her attitude as well as her academics. She has progressed past the point of needing help from the resource department. This makes her feel like she is on top again even though it has only been since January. The change has been incredible and I owe it all to **mangosteen**.

Anderson

Annie, whom I have known for several years, listened patiently while I told her about **mangosteen** and all it was capable of. I have seen Annie sitting in church, crying in pain and having to get up and go home. Annie has MS, you see, and has great leg pain. She also has Type II diabetes, rheumatoid arthritis, and high blood pressure. Last Saturday I went to her house to trim her hair for her. I had some **mangosteen** in the trunk of my car. I am never without a supply to carry with me. Annie said that when her Social Security check came she wanted two bottles. I told her to write me a check and I would wait to deposit it. That way she could get started on the juice that day. When I came home today, I had a message on my answering machine from Annie. She wanted to know if I had more juice. I called her back and asked if she had already drunk all that juice in less than a week. She said no, that she had sold one of the bottles. She went on to say that she had taken two ounces that Saturday and woke up Sunday morning after the best night's sleep she could ever remember. She had absolutely no pain. The numbness that had been in her pinky finger and the finger next to it now has feeling. She could walk so much better. Her energy level is so high, the senior citizens that she plays Rook with wanted to know what she was on. Her sister-in-law says it is a miracle. Annie has been taking only one ounce a day since last Sunday (five days ago) and says she never wants to be without **mangosteen**. She also stated that she has not felt this good in 25 years!

Alice M., Gallatin

A good friend of ours introduced my husband and me to **mangosteen** around November 1, 2002. Let me tell you a little bit about our first experience with the product. We have an 18-year-old daughter who has fought depression for years. She would sleep until 2:00-3:00 in the afternoon, was always in her room with the door locked, and did not want anyone to bother her. If you looked at her wrong or made her mad, she would scream at you, yell that she hated you, and slam the door, sit and cry. We have taken her to doctors, got medication to help with the depression, (Celexia), and even tried to get her counseling. She would not take the medication because it hurt her stomach, it was stupid and it did not work. The counselor, after meeting with her once, said that the counseling would not do her any good because she was filled with so much anger and hatred, and she did not want to be helped. She was also diagnosed as borderline anorexic and even talked about suicide. When I would pick her up from school, the first thing that would come out of her mouth after getting in the car would be, I hate, I hate, I hate. By the time, I drove 1/2 a mile home I was so drained and exhausted from her being so negative that I just wanted to get as far away from her as I could get. It was very difficult to get along with her. After we started to learn more about



mangosteen and what it was doing to help people, we decided to try **mangosteen** with our daughter. When we gave her the first taste of **mangosteen**, she fought us and kept telling us that it would not work. After about a day or two, we started to notice that someone was getting into the fridge and drinking the **mangosteen**. It was disappearing very fast. Then we started to notice that she was acting better, eating and seemed to be happier. She could tell that the juice was helping her to feel better and to be happy. Our daughter has now been on the juice for about a month and a half and she is a new person. Every time we get low or run out of the juice, she wants to know when we can get more. We have now permanently parked her broom in the closet and she is fun to be around. Yes, she still has her days and gets a little grumpy, but not angry and hateful like she used to. She has a friend whose father said that he would never try **mangosteen** and that it was just a bunch of garbage. Well that was the wrong thing to say to her. Boy did she put him in his place. She will be the first to tell you that **mangosteen** really works.

Jill G., Salt Lake City, UT

I was diagnosed with degenerative bone disease and before being introduced to **mangosteen**, it was unbearably difficult to turn over in bed at night because of the pain. Since taking about 6 ounces each day of the beverage, I can now sleep at night. I have been on the product since the 2nd week in June. I am sure that there will be additional improvements with the passage of time.

Beatrice S.

I was diagnosed with Fibromyalgia and Chronic Obstructive Pulmonary Disease 3 years ago. Prior to that, the only health problem that I had was migraine headaches. In the fall of 2001, my condition became much worse. I was unable to sleep more than an hour at a time and was up and down all night. I awoke each morning extremely stiff throughout my complete body. I would run hot water over my hands until I was able to actually turn the shower on to take a hot shower massage or take a hot bath. I tried everything that I could think of and anything that anyone suggested. Finally, in October, my doctors put me on disability from work because I could not stand up straight or walk without holding on to a wall or rail, scooting up and down stairs in my home, and walking with a cane when away from home. Additional medicines were added. I was now taking 13 medicines and I was not getting very much relief. I was taking anti-inflammatory medicine, 2 different anti-depressants, medicine for Irritable Bowel Syndrome, muscle relaxants, 3 different pain medications, medicine to put and keep me asleep at night and 2 different inhalers for the COPD plus migraine medicines and finally medicine to overcome the stomach problems all the other medications had caused. I thought my life, as I had always known it, was over. I decided that I had to find a way to "become" myself again. A friend of mine sent me a bottle of **mangosteen**. After 1 month on **mangosteen**, I am no longer taking any prescribed medication. I use **mangosteen** only. I am pain free and my depression is gone. I sleep all night every night instead of fighting to fall asleep and waking constantly all night and have so much energy!

Mari H., Atlanta, GA

I am a distributor for **mangosteen** and I have Fibromyalgia. I just wanted to tell you a few of the problems I have encountered with my Fibromyalgia and tell you about some of the successes I have had with the **mangosteen** Juice and my Fibromyalgia. I have had Fibromyalgia for over 8 years. I have been on many pain pills, muscle relaxers and anti-inflammatories. I took all of these before I was introduced to more natural and healthy ways a couple of years ago. I started seeing a chiropractor and he started me on different supplements. The supplements and the adjustments helped but I was still having some issues. The issues I was having were... I had a severe case of irritable bowel syndrome, acid reflux, chronic headaches, sore stomach, leg aches and leg cramping, abdominal cramping, sleep disorders and always being tired and never having enough energy. I also have an ovarian disease (Polycystic Ovarian Disease). I was having excessive bleeding and cramping and my cycles were very irregular. My O.B. told me that this disease is linked to my insulin and my blood not being balanced. Being young and single, you can imagine this puts a big damper on things. Dr. Lindberg, my chiropractor, introduced me to **mangosteen** close to two months ago. I was very skeptical. I have tried so many vitamin supplements and natural things. I have tried just about everything else and thought why not. I started taking **mangosteen** and within a couple of days, I noticed a difference. My stomach was not sore. I did not have the burning acid come up my throat. My abdominal cramping and irritable bowels were almost gone. I continued to take it. My chronic headaches started disappearing. I was not having all the aches and pains and the leg cramping. In addition, my blood was being neutralized and my insulin was as well, so my cycle became regular and not so heavy and I was not cramping as much. Therefore, I investigated the product. WOW... I could not believe that it had xanthonenes and antioxidants. All the things that I needed to be healthy, but especially the things I needed because I had Fibromyalgia. I went to a seminar to learn more about antioxidants and xanthonenes. It is vital for everyone especially when you have Fibromyalgia. One thing with Fibromyalgia is that your body is too acidic. **mangosteen** helps neutralize the blood and helps your body to not be so acidic. In addition, it is a natural anti-inflammatory, natural anti-fungal, natural anti-biotic, natural anti-viral, natural anti-bacterial, natural anti-depressant, and natural anti-anxiety. These are only a few. The great thing about this product is it is natural, it is safe, it has medical and scientific background and it works. I am so thankful that I was told about this product. I have seen great success with my family, friends, and many of the patients I encounter daily. It almost sounds to good to be true, however, once you research why we need anti-oxidants and xanthonenes it all makes sense as to why it has so many wonderful effects on people.

Becky T., Orem, UT

When I first started taking **mangosteen** juice, I was very skeptical. I had tried another juice for 8 months with no results. I started taking **mangosteen** juice and for the first 5 days, I could not tell much difference. One evening I was at a meeting and heard a doctor share a few patient experiences when I realized that I had not pain in my right leg. I have a bulging disc in my lower back that is hitting a nerve and it cuts off circulation to my leg. It feels like pain times 10! It hurts badly every day. For the past week and a half now, I have had no pain in my right leg. It probably went away even sooner than I realized but I was just so used to the pain that I assumed that it was still there. This doctor also told about a patient's wife who had diabetes and the drop in her sugar level after drinking **mangosteen** at the suggestion of her husband. Being a diabetic, I realized that it is hard to tell what level the blood sugar is unless one is

high or low. After hearing about this woman, I wanted to try it on myself. The next morning I tested my blood sugar level and because I had not taken my insulin the night before it was a little high at 171. I took 2 ounces of **mangosteen**, and then lay down for 1 hour. I tested one and a half hours later and it was 132. I dipped almost 40 points in that short time! From that day, I was sold on this juice and will be grateful to those who brought this to my family and me. My father in-law, who has emphysema, is on oxygen 24 hours a day. He has an increased energy level now that he also takes **mangosteen** juice. My wife also takes **mangosteen** and has eczema on her skin. She has received several comments at work about how beautiful her skin looks lately (it has only been a week). I know it is the **mangosteen**!

Neil R., Salt Lake City, UT

I have been drinking the **mangosteen** now for 4 days. I had a normal bowel movement yesterday & today. Before now, I could not tell you when the last time I had a normal bowel movement was. They were always rare and very painful. I am so happy that **mangosteen** is making a difference. I thought I would share this with you.

Tracy Ross, Hattiesburg, MS

My family has a history of bad teeth. My grandmother and her mother both had "false" teeth. My mother and I both have had to undergo the treatment called "deep cleaning." This requires at least 6-8 injections (painful) to first numb the entire mouth. I believe the next step is the actual deep cleaning which is actually a scraping of the calcium build-up deep under the gums on the teeth. After the cleaning, painkillers are administered by prescription to help with the pain, which could last throughout the night. I started taking **mangosteen** since early March of 2003, and aside from the boost in energy and the curbing of my appetite, I was okay. Usually when bored, I play with my very easily shakable tooth in my mouth. Just recently, upon reaching for my loose tooth to play with, I discovered that it could not be shaken even slightly! In addition, since I just realized that, I noted that my gums did not bleed as much when brushing my teeth. I am so amazed with this wonderful, God-given juice! I usually take 3 ounces per day and swish it around my mouth before swallowing. Since then, I have shared this with several dentists who are also **mangosteen** believers!

Anon.

"Before I started drinking **mangosteen** juice, I guess you could best describe me as an old car. Looked good on the outside but inside nothing worked well.

I had high cholesterol, peripheral neuropathy, Fibromyalgia, acid reflux, allergies, breathing problems and depression. Why wouldn't I be depressed. I had been to so many doctors and taken thousand of pills. Then the Greatest Physician of the whole world answered my prayers. He sent me to my present Doctor (Dr. Templeman). He told me to buy some **mangosteen**, juice made from a fruit grown in Asia, called mangosteen, an amazing natural healer. I have been drinking **mangosteen** juice for one month. I had a check-up today and told the doctor I had no pain. I slept all night and my nerves are calm. I have energy and I am surprised to notice that I lost five pounds. I have stopped all pain medication and anxiety medicine. I am hoping to throw all medicine in the garbage. What I am trying to say is that if I were that old car, I would be up and running well now.

Ina S, Camilla, GA

I am 68-years-old and suffer from the normal aches, pains and other health related issues that come with age. One day I told my son that I was taking Aloe Vera to help with my aches and pains and found that it gave me some relief. He told me had access to a new revolutionary product that he would like me to try. That product was **mangosteen**. Before I go any further let me just say, I love this product! I was given a six-week supply to try. Immediately I felt my energy level increase. My energy level was so good I began to forget about my aches and pains. My joints do not hurt anymore. In addition, I had a few other exciting side effects. Within the first three weeks of taking **mangosteen**, I lost nine pounds. Before taking **mangosteen**, I had a hard time stabilizing my blood pressure with medicine. Now my blood pressure is under control. I feel **mangosteen** helped my blood pressure medicine to work more effectively. I have now been off **mangosteen** for a couple of weeks. My energy level is down and the aches and pains have returned. I cannot wait



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to get some more and begin to feel energized again. **mangosteen** is an amazing product!

Donald D.

The best thing I can say about this product **mangosteen** is that it makes you feel like a million bucks. I had taken it for the first time on a day when I had been very stressed. I was feeling blah. I took about 3 oz. and felt a very noticeable lift in my spirits and clarity of thought within a half an hour. I got to read some of the data about the product and was immediately sold. What a thrill. By the way--I love the way it tastes!

Bob A.

I started on **mangosteen** Tuesday evening (3/11/3). By Friday evening, 3/14/3, I had no evidence of my atopic dermatitis or eczema! Hurray! My eczema is of recent onset. It showed up in December 2002. Prior to that, I had only had short occasional bouts with it requiring no visits to the doctor. This time I finally went to the physician and had received a prescription for Eucerin and a corticosteroid. I decided not to fill it because I learned of **mangosteen** that day. I thought I would see if **mangosteen** could help the eczema. It did!

Ellen R., Chapel Hill, NC

I have been taking 1-2 oz of **mangosteen** daily for about 8 weeks. I have also been undergoing chiropractic care for a disc problem. Yesterday, I received ice therapy on my back for about 10 minutes. In spite of the usual precautions taken by the chiropractor while doing this therapy, I developed an ice burn which the doctor greatly apologized for and indicated would take quite a while to heal. As my skin thawed, it developed a large red welt that measured about 5 inches across the mid-section of my back. Attached to this message is a picture of the burn 5 hours after the exposure to the ice. I took an extra 2oz of **mangosteen** upon returning home from the doctor's office and another 2oz before bedtime. (Total of six for the day) I applied the **mangosteen** topically 5 hours after exposure and then again 13 hours after exposure. This morning, I woke up, washed the purple film from my back and discovered the burn was gone. I have attached a picture of the area 23 hours after exposure. The topical application of the **mangosteen** helped to ease the pins and needles pain I was experiencing from the burn and allowed me to sleep without discomfort. I personally believe it was healed more systemically from my oral dosages than from the topical application, but that is just my opinion.

Do you think this is pertinent? I have never had an ice burn before so am not able to compare it to previous "pre mangosteen" experiences. All I can go by is that the doctor said it would take a long time to heal. I figured this would help, but I was amazed!

Sandi B

I started taking **mangosteen** on March 18. In truth, I found no change in my conditions after I had finished four bottles of the "stuff" and spent \$160. it was not getting me anywhere, but I persevered. I am grateful to say that the fifth and sixth bottles (since I decided to become a distributor, the four bottles now only cost me \$100) have started to make significant changes in some ailments--although I felt no immediate 'magical' or miraculous healing! I started with 2 oz twice a day. I decided my body mass needed it! I weigh 350 pounds, am diabetic, have high blood pressure, neuropathy, arthritis, sciatic nerve problems in my right hip and knee, mega pain in my feet, carpal tunnel and some neuropathy in my hands plus tendinitis and arthritis. I take medications such as Actos 45mg, 30 units twice a day of 75/25 Humalog insulin, Lotrel for BP, Prozac, Lortab, Zocor and Ambien...I also take assorted vitamins C, B6, B12, garlic, multi vitamins... I know, I am in a world of major hurt.

Until just recently, I have for many years been unable to sit still for longer than 30-45 minutes (makes going to Church painful!) without feeling that I had somehow 'jelled' or turned to cement. I had a difficult time getting up from a chair--heaven forbid I should ever get down on my knees; I would never get up. Last Thursday I arrived at the meeting at 6:30, I wanted to be sure I had a good seat! I drove for an hour before I got there. Upon arrival, I left my car and walked 'SPRIGHTLY' across the parking lot WITHOUT my cane. I sat through the meeting until about 9:30 and got up without a problem. I walked hurriedly (and I do not hurry--anywhere I cannot) back to my car and drove back home through a torrential rain. In any other occasion, I would have had to take a Lortab for the pain and tension plus a sleeping pill to get any rest. I got home, took a hot shower, took a couple of extra ounces of **mangosteen** and went to bed. I slept for 5 hours--a miracle to me because I have not been able to sleep without a sleeping pill or



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Ice burn 5 hours after exposure



an 800 mg of Ibuprofen (and recently the Lortab) for years for more than two to three (max four) hours at a time. I am grateful for being introduced to the Mangosteen fruit and have far to go to be the best 60+ something I can be. When I first attended a meeting (skeptical that I am - I have tried so many products over the years) I did not believe the results people were getting. I did not think it could happen with me. I have too much wrong with me!

Eve R., Midvale, UT

I am sending you this e-mail as a recently enrolled **mangosteen** distributor to inform you of what I consider a truly remarkable therapeutic response from using **mangosteen**. As a physician who trained at the Yale University School of Medicine and is a former member of the Faculty of Medicine at Harvard Medical School, I have been somewhat skeptical of the health claims of many nutritional supplements. Unlike most other physicians, however, I was always aware of the tremendous importance of nutrition as a factor in many of the most common illnesses. I pursued a Master of Public Health degree at Harvard University in order to learn more about nutrition and the role of alternative treatments in maintaining optimal health. I have always been open to using natural non-toxic treatments, so when I was contacted by my sponsor about **mangosteen** and the fact that it contained xanthones I was very intrigued, because I had been aware of the fact that St. John's Wort, a popular antidepressant in Europe, contained xanthones which were in part felt to be responsible for its mood-elevating and energizing effects. For years, I suffered from a medical disorder known as allergic rhinitis, which resulted in debilitating headaches, repeat sinus infections and required treatment with antibiotics. I had consulted with several ENT and Allergy specialists and was prescribed a variety of antihistaminic agents (Allegra, Zyrtec, Claritin, Nasacort, Flonase) with only marginal relief of my symptoms. I decided to try **mangosteen** for my allergy symptoms after I reviewed some scientific literature and was surprised to discover robust evidence that the xanthones in *Garcinia Mangostana* L. actually inhibited histamine release and reduced prostaglandin E-2 synthesis, which is known to mediate allergic reactions in the human body. To my utter amazement, I can bear witness to the fact that within 2 days of ingesting only one ounce of **mangosteen** twice a day, I had almost complete resolution of my allergic symptoms and was able to discontinue all of my antihistaminic medications. Feeling that this was "too good to be true", I then initiated my own washout protocol by stopping the **mangosteen** for one day. To my astonishment, the following day I was re-introduced to my former allergy symptoms of pounding headaches, congestion, and sneezing, which again resolved after restarting the **mangosteen**. It is extremely gratifying to know that there is strong scientific proof for the health benefits I experienced with **mangosteen**. The validation of this product by identifying the scientific role of xanthones allows me to refute the many skeptics who are biased against the use of all natural non-toxic treatments for medical illnesses and would rather worship at the altar of Big Pharma and buy into the medical establishment's view that all we need are stronger medications to vanquish all of the world's diseases, notwithstanding the fact that the Institute of Medicine reports that adverse reactions to medications kill at least 108,000 people a year. Throughout my medical career, I have been disheartened to observe that in the U.S., we have more medicines but less health, and I am immensely grateful that there exists a natural product such as **mangosteen**, which is health enhancing and non-toxic

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LOUIS A., MD, MPH

I have a shop in Honolulu, Hawaii, and I sold a bottle of **mangosteen** to a good customer. She was interested to try this wonderful juice with her father, who has Parkinson's disease. Her dad is very depressed because his wife had just passed on. He also did not have any control of his bowel movements, urinary system, his speech was minimal, and his walk was very difficult. After only four days of drinking 2 ounces of **mangosteen** per day, she (Diana) called me to say, "I don't know if it is the **mangosteen**, but my father no longer wets and messes his diaper. He is also making a lot more conversation; he walks better and is not as depressed as recently. Could this be the **mangosteen**? I had to say, "Of course it is!" She just called me last week and says that with each day, he is improving.

No Name Given

I have been on dialysis for 10 1/2 years. For about 8 years I was not able to sleep more than 3 hours a night and so I was always very tired and restless. In July, I think dialysis had taken its toll on my body. I was tired all the time and just constantly sick with one thing or another. I was introduced to **mangosteen** late September; that day I had a bad headache and was actually contemplating going to the Emergency Room because I felt like I was ready to collapse. My friend gave me a bottle. What was there to lose? I decided to take 1 oz. of **mangosteen** and what happened to me was amazing. My headache and body ache went away and I slept for about eight hours that night. Since I have been on **mangosteen**, I have been able to sleep 6 - 8 hours a night and during the day (even dialysis days) I have been very energetic. My labs and dialysis tests have come back very positive. Since I have been on dialysis, I have been in a couple of studies to test one thing or another.

Diana P., Anaheim, CA

I would like to briefly tell you what **mangosteen** did for me. My mom has been interested in **mangosteen** ever since my Grandfather sent us the stuff. I was a little cautious at first, but Mom made sure it was a daily part of our lives.

With our morning wake-up call, Mom also brings in a little cup full of **mangosteen**, which my siblings and I are expected to take. I did not notice the change in my life at first, because health is one of the many things I unfortunately take for granted. I always used to go to school with a bad attitude, due to the "sickness", I claimed that I was suffering from in the morning. Whether it was the slightest fever to the hair of a cold, I ALWAYS tried to find something wrong.

With **mangosteen**, I never found anything wrong. I felt great in the mornings, and felt great in the afternoons.

With **mangosteen**, my mom sleeps better, and I always take some when something does not feel right - I feel dizzy or lousy. I LOVE **mangosteen** !

Alexis

I used to get three to four severe migraines a month. I have been getting these since I was around 10 years old. These were the full-blown aura and vomit inducing kind. Some would last for days. I have been to many doctors and nobody has a definite answer to it. The only answer that all of them had has been to prescribe some medication and that was that. I have grown up watching my mother suffer from these same migraines. She is frequently in the hospital emergency room or self-inducing Imitrex shots. I decided a long time ago that I would not take medications. They are not the solution. Two months ago, I was introduced to a product called **mangosteen**. Ever since then I have not had a single episode. I had my mother start taking **mangosteen** as well and she has not had one since either.

Brett T.

About 3 years ago I was diagnosed with spinal stenosis, which is a form of arthritis. The calcium deposits cause pinching of the sciatic nerve, which affects and causes pain in the back, legs, and feet. I had a great deal of trouble walking and the pain caused many sleepless nights. About 3 months ago my son-in-law and daughter sent me some

mangosteen, which I took for a few days, gradually noticing that I was able to straighten up without pain for the first time in over 3 years. In addition, I was able to sleep better. I now take **mangosteen** daily and am in much better spirits because I feel so much better. I had not been to the doctor in over 3 months and when he saw me, he said, "Keep up whatever you're doing, you seem to be improving instead of getting worse".

BDK, VT.