

-----Benefits of Goji-----

<http://www.webspawner.com/users/wonderhealth/34healthyreason.html>

Goji Berry

China's Super Energizing Herb

Amazing health benefits!

34 Healthy Reasons to Drink Himalayan Goji Juice Daily

Scientific research reveals that goji's four unique polysaccharides (LBP1, LBP2, LBP3 and LBP4) work in the body by serving as directors and carriers of the instructions that cells use to communicate with each other. In this way, it can be said that the goji polysaccharides are "master molecules" by virtue of their ability to command and control many of the body's most important biochemical defense systems, and are of great importance to the smooth functioning of virtually every cell in the entire body.

Usual Dosage level: 2-4 oz. of juice daily for general health; 4-8 oz. daily for more difficult conditions.

1. Extend Your Life

Your body's ten trillion cells are under constant attack by free radicals. These harmful environmental agents can accelerate aging by destroying vital body cells faster than they can be replaced. Goji is known as the "longevity fruit." Its unique master molecule polysaccharides and powerful antioxidants defend against premature aging, fighting free-radical damage throughout the body.

2. Increase Your Energy and Strength

Ranked as one of Asia's premier adaptogens, goji increases exercise tolerance, stamina, and endurance. It helps to eliminate fatigue, especially when recovering from illness.

3. Look and Feel Younger

Goji stimulates the release by the pituitary gland of hGH (human growth hormone), the youth hormone. The benefits of hGH are extensive and include reduction of body fat, better sleep, improved memory, accelerated healing, restored libido, and a more youthful appearance.

4. Lower Your Blood Pressure

Nearly one in four U.S. adults has high blood pressure (hypertension). Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure and/or kidney failure. This is why high blood pressure is often called the "silent killer." A 1998 research study showed that increased blood pressure could be prevented significantly by goji's master molecule polysaccharides.

5. Prevent Cancer

Goji is one of the only plant species on earth that contains the anti-cancer mineral germanium. Its antioxidants and unique polysaccharides can halt the genetic mutations that can lead to cancer. Some scientists believe that goji may be an especially good supplement to prevent liver cancer because it exerts liver protection and anti-cancer effects at the same time. This is important, as the liver is the body's primary detoxifying organ.

6. Maintain Healthy Cholesterol Levels

Goji contains beta-sitosterol, which has been shown to lower cholesterol levels. Its antioxidants keep cholesterol from oxidizing and forming arterial plaques. The flavonoids in goji help to keep your arteries open and functioning smoothly.

7. Balance Blood Sugar and Manage Diabetes

Goji has been used in China for the treatment of adult-onset diabetes for many years, and its polysaccharides have been shown to help balance blood sugar and insulin response. It also contains betaine, which can prevent fatty liver disease and vascular damage often seen in diabetics.

8. Enhance Libido and Sexual Function

The goji berry is revered as one of the premier sexual tonic herbs in all of Asian medicine, and is legendary for helping to spark the passions. In fact, an old Chinese proverb cautions men who are traveling far from their wives and families: "He who travels one thousand kilometers from home should not eat goji!" Modern scientific studies have shown that goji markedly increases testosterone in the blood, thereby increasing libido in both men and women.

9. Lose Weight

In an Asian anti-obesity study, patients were given goji each morning and each afternoon. Results were excellent with most patients losing significant weight. In another study, goji polysaccharides were shown to reduce body weight by enhancing the conversion of food into energy instead of fat.

10. Relieve Headaches and Dizziness

In Traditional Chinese Medicine, headache and dizziness are often said to be caused by deficiencies in kidney yin (vital essence) and yang (function). Goji is among the most frequently used herbs for restoring yin/yang balance.

11. Get Better Sleep

Goji has long been used throughout Asia in the natural treatment of insomnia. In several medical study groups with elderly people, nearly all patients taking goji reported better quality of sleep.

12. Improve Your Vision

Since ancient times, goji berries have been very popular in China for their vision improvement properties. Modern Chinese scientists have found that goji is able to reduce the time it takes for vision to adapt to darkness. It also improves vision under subdued light. Blind spots were reduced in patients taking goji. Its powerful antioxidant carotenoids may also protect against macular degeneration and cataracts.

13. Strengthen Your Heart

Goji contains caryophyllene, a sesquiterpene that benefits the heart and blood pressure. Its anthocyanins help to maintain the strength and integrity of coronary arteries.

14. Inhibit Lipid Peroxidation

Cholesterol and other blood lipids can become deadly when they react in the body to form lipid peroxides. The accumulation of sticky lipid peroxides in the blood can lead to cardiovascular disease, heart attack, atherosclerosis, and stroke. Goji increases levels of an important blood enzyme that inhibits the formation of dangerous lipid peroxides.

15. Resist Disease

The free radical superoxide has been implicated as having an important role in the onset and progression of human disease. Superoxide is neutralized in the body by the enzyme superoxide dismutase (SOD), but you produce less SOD as you age. At any age, the stresses of everyday life can overwhelm your body's

ability to produce sufficient SOD to ward off illness. Taking goji has been shown to result in a remarkable 40 percent increase of the important SOD enzyme.

16. Improve Immune Response

The immune system is your body's "armed forces." More than 40 years of research have revealed goji's ability to regulate immunity by commanding and controlling many of the body's important defense functions. Goji polysaccharides enhance and balance the activity of all classes of immune cells, including T-cells, cytotoxic T-cells, NK cells, lysozyme, tumor necrosis factor-alpha, and the immunoglobulins IgG and IgA.

17. Manage and Fight Cancer

Patients receiving a cancer drug together with goji exhibited response rates up to 250 percent better than those obtained by the drug alone. These advanced cancer patients experienced amazing regressions of malignant melanoma, renal cell carcinoma, colorectal carcinoma, lung cancer, nasopharyngeal carcinoma, and malignant hydrothorax. Remission of cancers in patients treated with goji lasted significantly longer than those treated without goji.

18. Protect Your Precious DNA

DNA is the most important chemical in your body. It carries the blueprint for all the traits inherited from your ancestors, and also ensures that - as they need replacement - your ten trillion cells are faithfully reproduced as healthy, exact duplicates. Exposure to chemicals, pollutants, and free radicals can cause DNA damage and breakage, leading to genetic mutations, cancer, and even death. Goji's betaine and master molecule polysaccharides can restore and repair damaged DNA.

19. Inhibit Tumor Growth

Interleukin-2 (IL-2) is a crucial cytokine (cell protein) that induces potent anti-tumor responses in a variety of cancers. Goji polysaccharides have been shown in Chinese studies to enhance the production of IL-2. In the U.S., IL-2 has been under study as an immune promoting factor since 1983, used for some cancers and for HIV infection. Goji also has the ability to cause the death of tumor cells by inducing apoptosis, a process in which cancer cells are broken down and recycled.

20. Reduce the Toxic Effects of Chemotherapy and Radiation

In one study, goji was shown to enhance the effects of radiation in combating lung cancer, allowing a lower dose to be used. Other research indicates that goji can protect against some of the noxious side effects of chemotherapy and radiation.

21. Build Strong Blood

Goji is a renowned blood builder and rejuvenator. In one study, the berry caused the blood of older people to revert to a markedly younger state. In another trial, vital red blood cells were protected against free-radical damage by goji's flavonoids. Goji has also been used in a number of recent clinical trials for treatment of bone marrow deficiency conditions (low production of red blood cells, white blood cells, and platelets).

22. Improve Your Lymphocyte Count

A lymphocyte is any of a group of white blood cells of crucial importance to the adaptive part of the body's immune system. The adaptive portion of the immune system mounts a tailor-made defense when dangerous invading organisms penetrate the body's general defenses. Goji increases lymphocyte count and helps to activate them when the body is under attack.

23. Fight Inflammation and Arthritis

Extensive scientific research over the past 20 years has shown that, in acute and chronic inflammation, the free radical superoxide is produced at a rate that overwhelms the capacity of the body's SOD enzyme defense system to remove them. Such an imbalance results in pain and damage to joints and tissues. Goji can restore the balance of the important anti-inflammatory SOD enzyme.

24. Support Your Liver

Goji contains a novel cerebroside that was shown to protect liver cells, even from highly toxic chlorinated hydrocarbons.

25. Treat Menopausal Symptoms

In Traditional Chinese Medicine, many menopause symptoms are ascribed to a deficiency of kidney yin. For ages, goji has been the yin tonic of choice to restore hormonal balance.

26. Prevent Morning Sickness

In China, goji in the form of a hot tea is commonly used by first trimester mothers to prevent morning sickness. Drinking this tea is a quick and effective remedy. It can be duplicated by combining two ounces of high-quality goji juice with hot water.

27. Improve Fertility

Goji has long been used by Asian physicians for the treatment of infertility in both men and women. In women, goji is said to have an unmatched ability to restore jing (reproductive essence). In men, goji polysaccharides have been found to extend the life of sperm cells, and also were shown to be potent inhibitors of stress-induced structural degradation and cell death in testicular cells.

28. Strengthen Your Muscles and Bones

Goji facilitates the secretion and release of hGH, which is responsible for many of the body's important maintenance, repair, and development functions. These include the production of lean muscle and the incorporation of calcium into bones and teeth.

29. Support Kidney Health

In Traditional Chinese Medicine, the kidneys are the most important of all the vital organs, and they are believed to control the brain and other organs. Proper kidney function is considered to be essential to survival. Goji has a well-deserved reputation as a kidney supertonic, influencing both yin and yang.

30. Improve Your Memory

Goji is the premier "brain tonic" in Asia. It contains betaine, which is converted in the body into choline, a substance that enhances memory and recall ability.

31. Help Chronic Dry Cough

Goji is used by Chinese herbalists, either alone or combined with other herbs, for relieving coughs and wheezing.

32. Alleviate Anxiety and Stress

As an adaptogen, goji helps the body to adapt and to cope with stress. It provides the energy reserves to help you handle just about any difficulty.

33. Brighten Your Spirit

It is said that constant consumption of goji brings a cheerful attitude. In Asia, it is rightfully known as the "happy berry."

34. Improve Digestion

Goji has long been used in the treatment of atrophic gastritis, a weakening of digestion caused by reduced activity of stomach cells. Goji itself is easily digested, especially when taken in its highly bio-available juice

<http://ezinearticles.com/?The-Health-Benefits-of-Goji-Berries&id=3494889>

HOME » Health and Fitness » Nutrition

The Health Benefits of Goji Berries

By Helena Reimer

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Goji berries, also known as wolfberries, *Lycium barbarum*, *gou qi zi*, and *Fructus lycii* are mainly grown in China, Tibet and Mongolia. Amongst these China is the largest commercial grower of these berries.

The berries are a bright orange-red and are 1-2 cm long and contain anywhere from 10 to 60 seeds in each berry. These berries are carefully picked or shaken into trays and preserved by drying them in the sun or in a dehydrator. They are also ground into a powder, processed into juice and into a goji extract.

The goji berry has been used in Chinese medicine for about 4,000 years.

There are many health benefits to these berries as they are high in protein, amino and fatty acids, minerals such as zinc, iron, copper, calcium, germanium, selenium, and phosphorous. Goji berries also contain high levels of Vitamin C, and other vitamins such as A, E, and B vitamins.

With high levels of antioxidants they help the body get rid of free radicals which are known to cause cancers.

These berries have been used to treat diabetes, hypertension, malaria, fever, cancer, high cholesterol, and vision problems such as macular degeneration, cataracts, and retinopathy. They are also known to increase poor blood circulation and strengthen the immune system. Goji berries have been used as a sleeping aid, and contain anti-aging properties which promote long life.

Goji berries are also known as happy berries because they seem to lift the mood. They help with the symptoms of menopause such as hot-flashes, depression and fatigue. They improve sexual function and increase fertility, and also help in child-bearing by strengthening the body and legs.

When taken in large quantities goji berries are known to loosen the bowels. 10-30 grams is all that is needed daily of this super food to obtain all the benefits.

Goji berries can be eaten raw, cooked, or in a powder which can be added to different foods. Dried goji berries have a slight sweet taste, but not as sweet as other dried fruits. The taste is somewhere between a cherry and cranberry.

They can be added to a trail mix, green smoothies, sprinkled into cereals, or used in soups, teas and wine.

These berries are not available in your local grocery store, they can only be found in health food stores, or online. They are somewhat expensive especially the juice, but the health benefits are well worth the price.

<http://ningxiaredjuicenow.com/health-benefits/goji-berries-health-benefits>

Goji Berries: Health Benefits

Goji berries and goji juice have become very popular recently. But do goji berries and goji juice have enough significant health benefits to be worth drinking daily? To answer that question, let's take a brief look at the history of the goji berry and some of the studies.

What are goji berries?

Goji berries are sweet, bright orange-red colored fruits that grow on bushes in Asia. They are also called wolfberries and originate from a shrub native to China. Goji berries have been eaten for generations throughout Asia for their health benefits, high levels of antioxidants and anti-aging properties. The variety with the highest levels of immune-stimulating polysaccharides is called *Lycium barbarum*, known as the Ningxia wolfberry.

Goji berries can be eaten raw, cooked, dried (like raisins) or mixed into juices. They are commonly used in herbal teas, wines, and oriental medicines, as well as sprinkled on top of foods like yogurt and cereals.

What Are The Health Benefits Of Goji Berries?

Research shows that eating berries offers definite health benefits. Berries such as wolfberries, blueberries, raspberries, cranberries, strawberries, and cherries are full of powerful antioxidants and other nutrients which boost health, prevent disease, and keep the heart healthy. But what are the specific health benefits of goji berries?

According to Wikipedia:

Published studies have also reported possible medicinal benefits of *Lycium barbarum* (goji berries), especially due to its antioxidant properties,[27] including potential benefits against cardiovascular and inflammatory diseases,[28][29] vision-related diseases[30] (such as age-related macular degeneration and glaucoma[31]), having neuroprotective properties[32] or as an anticancer[33] and immunomodulatory agent.[34]

In Asia, goji berries are considered the world's most nutrient-dense food and are called the "longevity fruit." Wolfberries have a long tradition of use in folk medicine. Traditionally, Asian people have used goji berries to treat many common health problems such as liver and kidney problems, diabetes, high blood pressure, fever, and eye problems (especially those related to aging).

Historically, the goji berry is thought to:

Increase stamina and endurance and help to eliminate fatigue, especially when recovering from illness.

Protect the liver: Researchers have recently determined that substances found in wolfberries have "prominent hepatoprotective activity," meaning that they help protect the liver.*

Inhibit inflammation: Studies done in Beijing, China, show wolfberries to be effective in inhibiting inflammation and that they may induce an immune response.*

Stimulate the production of hGH (human growth hormone), the youth hormone: This is why goji berries are thought to help people lose weight, sleep better, improve their memory, restore libido and look younger.

Improve vision: Goji berries are rich in carotenoids, vitamins and nutrients, especially vitamin A. Studies show that people who eat or drink goji/wolfberry juice adapt to darkness faster than those who don't.

Provide anti-aging support: High antioxidant foods help minimize cell and DNA damage from free radicals. Because antioxidants minimize the destructive power of free radicals, they help reduce the risk of many serious diseases. And, the less damage your cells have, the younger you look! It has been traditionally believed that goji berries help in preventing cancer.

<http://gojiforhealth.com/7451/>

Benefits Of Goji

Dr. Earl Mindell, R.Ph., Ph.D., world reknown herbalist as registered farmasist gives '34 reasons why we should go for Goji :-

1. Goji extends life, protecting your body from premature aging through its powerful antioxidant action.
2. Goji increases your energy and strength, especially when fighting disease.
3. Goji makes you feel and look younger. Goji stimulates the secretion of hGH (human growth hormone). the "youth hormone".
4. Goji maintains healthy blood pressure.
5. Goji reduces your risk of cancer.
6. Goji reduces cholesterol.
7. Goji promotes normal blood sugar in early adult-onset diabetes.
8. Goji enhances sexual function and treats sexual dysfunction.
9. Goji helps you loose weight.
10. Goji relieves headaches and dizziness.
11. Goji relieves insomnia and improves the quality of sleep.
12. Goji supports eye health and improves your vision.
13. Goji strengthens your heart.
14. Goji inhibits lipid peroxidation (a cause of heart disease)
15. Goji improves disease resistance.
16. Goji improves immune response (T-cell, IL-2, IgA, IgG).
17. Goji is used as a Cancer treatment.
18. Goji restores and repairs DNA (preventing mutations that can cause cancer).
- 19 Goji inhibits tumor growth.
20. Goji reduces the toxic effects of chemotherapy and radiation.
21. Goji builds strong blood, enhancing production of red blood cells, white blood cells and platelets, and treatment of bone marrow deficiency.
22. Goji improves lymphocyte count.
23. Goji activates anti-inflammatory enzymes.
24. Goji supports healthy liver function.
25. Goji treats menopausal symptoms.
26. Goji prevents morning sickness in the first trimester of pregnancy.
- 27 Goji improves fertility.
- 28 Goji strengthens your muscles and bones.
- 29 Goji supports normal kidney function.
30. Goji improves your memory and recall ability.
31. Goji helps chronic dry cough.
32. Goji alleviates anxiety and stress.
33. Goji promotes cheerfulness and brightens your spirit.
34. Goji improves weakened digestion

<http://blog.healthychoicenaturals.com/goji-berry-health-benefits/>

Goji Berry Health Benefits

Posted Aug 05 at 3:45 pm

Find Out Why You Should

The goji berry has been known for centuries in Asia, but has only recently gained great popularity in North America, so much so that a multi-billion dollar business in goji is expected within the next two years. The reason for the popularity is because they are considered to be one of the most powerful foods in the world.

They contain at least eighteen amino acids, more iron than spinach and more beta carotene than carrots. In addition, research has shown that the goji berry is loaded with age defying, disease preventing antioxidants. Its ORAC value (the value a food is given for its protective potency) is far higher than blueberries, pomegranates, oranges, or raspberries, all of which are powerful antioxidants themselves.

Goji is a small red berry, about the size of a grape, which grows on a vine in the hills of Tibet and Inner Mongolia. It is said that the Himalayans were the first natural healers, and that they shared their wisdom with the ancient herbalists of China, Tibet, and India. One of their most prized secrets was the fruit of the native goji vine, which had been flourishing in the Himalayan valleys since the beginning of time.

Goji is packed with anti-oxidants that can attack free radicals before they can damage body cells. Research has shown that many of the world's longest living people consume regular daily helpings of a tiny red fruit.

The Goji Berry plant:

Contains 19 amino acids — the building blocks of protein — including nine that essential to the body.

Contains 21 trace minerals.

Contains more protein than whole wheat.

Contains Vitamin C at higher levels than oranges.

Contains complete spectrum of antioxidant carotenoids, including beta-carotene (a better source than even carrots) and zeaxanthin (protects the eyes). Goji berries are among the richest source of carotenoids of all known foods.

Contains Solavetivone, a powerful anti-fungal and anti-bacterial compound.

Contains essential fatty acids, which are required for the body's production of hormones and the smooth functioning of the brain and nervous system.

Contains Beta-Sitosterol, an anti-inflammatory agent.

Incredibly high in iron, goji berries are exceptionally nutrient rich. They are especially high in Vitamins A, C, E, B1, B2 and B6, and contain considerably more Vitamin C than an orange. The goji berry has also been found to contain other complex compounds, such as Betaine (useful for improving liver function and reputed to enhance memory), Solavetivone (a compound containing anti-fungal and anti-bacterial properties), and Beta-Sitosterol (an anti-inflammatory agent that may also help in the treatment of hypertension).

Goji comes in many forms these days, including juice, goji bars, goji cream and goji capsules. Our Healthy Choice Naturals Acai Advantage gives you 300mg of Goji Berry in each serving along with 10 powerful fruits including Acai, plus Resveratrol. This potent formula provides your body with a massive source of vitamins, minerals and amazing health benefits.

<http://www.webmd.com/balance/goji-berries-health-benefits-and-side-effects>

Goji Berries: Health Benefits and Side Effects

Have you been wondering about the health benefits of goji berries and goji juice? Some claim that goji berries are the next fountain of youth. But what is the goji berry and can it really prevent chronic illness? And do dried goji berries have side effects? Here are answers to your questions about the benefits of goji berries.

What is the goji berry?

The goji berry is also called the wolfberry. It is a bright orange-red berry that comes from a shrub that's native to China. In Asia, goji berries have been eaten for generations in the hopes of living longer.

Over time, people have used goji berries to treat many common health problems like diabetes, high blood pressure, fever, and age-related eye problems. Goji berries are eaten raw, cooked, or dried (like raisins) and are used in herbal teas, juices, wines, and medicines.

What are the benefits of goji berries?

Research shows that eating berries -- like blueberries, acai berries, cranberries, strawberries, and cherries - offers some definite health benefits. Berries like the goji berry are filled with powerful antioxidants and other compounds that may help prevent cancer and other illnesses, including heart disease.

Eating foods high in antioxidants may slow the aging process. It does this by minimizing damage to your cells from free radicals that injure cells and damage DNA. When a cell's DNA changes, the cell grows abnormally. Antioxidants can take away the destructive power of free radicals. By doing so, antioxidants help reduce the risk of some serious diseases.

Goji berries also have compounds rich in vitamin A that may have antiaging benefits. These special compounds help boost immune function, protect vision, and may help prevent heart disease.

Some research suggests that goji berry extracts may boost brain health and may protect against age-related diseases such as Alzheimer's.

While goji berries are a rich source of antioxidants -- and early research shows a potentially powerful health benefit -- it's still unclear how they stack up against other berries. Researchers also don't know whether goji berry supplements have the same health benefits as the actual berries.

<http://www.buzzle.com/articles/goji-berry-health-benefits.html>

Goji Berry Health Benefits

Goji Berry is somewhat of a recent invention in the health food area and is growing in popularity as well as in demand for the health benefits that are connected with the fruit. Goji fruit is known to treat various different diseases and to prevent some diseases from occurring. Routine use of Goji Berry can not only preserve better health but also can keep one away from various diseases.

There are various herbs and plants present out there that are being selected by herbal practitioners as a cure and preventive measure of many fitness related conditions. Herbal solutions are being used for many many years and more researchers are inventing the benefits in herbal benefits, more plants are getting identified that can do wonders.

A quite recent identification in subject is the magic fruit called Goji Berry. Goji Berries are local to the Tibetan Himalayas but the fruit grows in northern China also. This magical plant is proven to mend, treat,

and prevent several types of clinical conditions and diseases for which health practitioners are being big proponents of Goji Berries more and more lately.

Goji berry is known by various other names such as "jumping for joys", "fruit Viagra", and "cellulite-busting" as well. It is known that Goji Berry can improve the libido for which men with ED can eat Goji fruit on a frequent basis as a erectile dysfunction remedy also which can help them get the needed erection.

There are numerous other medical and health benefits of Goji Berries. Goji Berry is known defend against heart disease, found to be useful in defending against cancer, also to block skins from sun-burn. Goji fruit is very rich in vitamin B as well as in anti-oxidant that is very much needed to maintain better health.

Because of the wonder Goji fruit is known to perform, there is a large demand for this fruit already out there. While the fruit was primarily popular in the Europe up until this present date, it is increasing in popularity in the United States and other regions of the world in these present days. Since Goji Berry is only found in Tibet and Himalayan region, the fruit is also called Tibetan Goji Berry and Himalayan Goji Berry after the name of the native region where they are produced.

Goji berry should be consumed fresh if possible but since there is a large demand for the fruit around the globe and considering the fact that the fruit having a very soft outer texture which makes it very much perishable, a multi-billion industry to grow, store, process, package, and distribute is found to be existing. In these recent days, it is possible to find the fruit in various different forms and Goji Berry Juice, Goji Berry extract, dried Goji berry, Goji snack mix are just few of them.

http://www.gojiberryanswers.com/Goji_Berry_Health_Benefits.html

Goji Berry Health Benefits Berry Benefits

If the visible results of weight loss and anti-aging aren't enough for you, goji berries will blow you away with their enormous supply of other health benefits. From living longer to enhancing sexual performance, this little berry does it all! A 2008 study published in the Journal of Agricultural and Food Chemistry stated having goji berries in your diet greatly improves your health and well being. Read the study abstract...

Supports a Healthy Body Weight

Goji berries stimulate weight loss and prevent your body from absorbing excess fat. With their insanely vast nutrient content, they have also been shown to make your body more efficient at burning calories. Read more on Goji berries & weight loss...

Fights Aging

The goji berry is an anti-aging wonder food. Its powerful antioxidants eliminate harmful free radicals in the body and counteract the damaging of tissues to prevent aging.

Goji berries have been used for thousands of years in China for the purpose of living longer. By increasing the overall well being of our bodies, they sustain a healthier, longer life. Goji berries have potent anti-aging properties in their plethora of vitamins and minerals.

Prevents Disease

A 2006 study of *Lycium Barbarum* (goji berry) polysaccharides concluded that taken as a dietary supplement, goji berries may protect our bodies from fatal diseases like cancer and prevent the development of disease. The way it does this is by 'decreasing DNA damage via a decrease in oxidative stress levels.' That translates into the berries being extremely high in free-radical reducing antioxidants. Read the full study... (PDF file)

The study was conducted on rats, and you are probably wondering what the heck do rats have to do with me? The reason most initial studies are conducted on rats, as shocking as it is, is because rats are 98% genetically identical to humans, and they have very short gestation periods and life spans. This makes it much easier to monitor how certain things impact them in a long term sense.

Protects Your Liver, Lungs, & Heart

Betaine is another nutrient that goji berries are loaded with. Betaine plays an important role in protecting and improving the function of your liver, heart, and other critical organs. In various studies, the goji berry was found to be the strongest inhibitor of lipid peroxidation, which is a major factor in cardiovascular disease.

Improves Eye Sight

A well known property of the goji berry is its ability to improve eyesight. Goji berries are among the highest of all edible plants in their supply of beta carotene, a nutrient important to vision. They are said to contain even more beta carotene than carrots! Another vision protector found abundantly in goji berries is the antioxidant Zeaxanthin. Scientific researchers believe Zeaxanthin may be a powerful protector against macular degeneration and may also aid in the prevention of cataracts. A study published in the *British Journal of Nutrition* in 2005 shows how effective goji berries are at preventing age related macular degeneration (a disorder causing vision loss.) Read the full study...

Boosts Immune Function

Goji berries are jam packed with antioxidants but they also contain polysaccharides, which have been proven to greatly strengthen the immune system. Polysaccharides are long-chain sugar molecules and are a primary source of dietary fiber in the intestinal system. Once these molecules are metabolized they also lower pH, reduce the risk of colon cancer, stabilize blood glucose levels, and enhance mineral uptake.

Other Benefits of Goji Berries

- Improves circulation
- Relieves aching joints
- Increased energy & endurance
- Decreases stress
- Supports brain health
- Smooths complexion
- Improves sexual function and fertility
- Protects against DNA damage
- Protects from pollutants and toxins
- Improves digestion

<http://www.gardenguides.com/75971-goji-berry-health-benefits.html>

Goji Berry Health Benefits

Overview

Goji berries, also known as wolfberries, are fruits that are native to China. The fruits are consumed in many forms in Asia, and are used to treat a variety of maladies and slow aging. Goji berries are high in certain valuable nutrients, but some experts are skeptical of their medicinal power.

Nutrition

Like many other berries, goji berries contain a high concentration of antioxidants. They are also rich in vitamin A. Both of these nutritional benefits should be part of a well-rounded, nutritious diet.

Health Benefits

Claims of the health benefits of goji berries vary widely, depending on who you ask. Antioxidants are known to curtail the activities of free radicals in the body, which can keep you from getting sick. Additionally, vitamin A boosts the immune system and eyesight. In China, goji berries are eaten because they are believed to have anti-aging properties and cure a variety of common health problems including diabetes, fever and high blood pressure. Some who eat goji berries do so because they believe the antioxidants aid in cancer prevention.

<http://www.heall.com/goji-health/>

Goji Berries are often described as a superfood and with good reason.

ORAC units (Oxygen Radical Absorbance Capacity Scale) is a measure of the ability of antioxidants to absorb oxygen “free radicals”; 3000 units is considered an industry standard for health. Compare these ORAC ratings of some ‘nutritious foods’.

Goji Berry – 25,100

Prunes – 5,700

Raisins – 2,830

Spinach – 1,260

Brussels Sprouts – 980

Broccoli – 890

Oranges – 750

Cherries – 670

Obviously, if you want to lose weight or be healthier, Goji Berries are a good place to start as they are so nutrition dense, provide energy and lots of antioxidants. Nutrition, energy and antioxidants are really a foundation for any weight loss program and goji berries provide them all and a whole lot more.

Here are some of the other benefits purported for Goji Berries and help explain why they are so revered throughout Asia.

Other benefits of Goji Berries that aid in weight loss:

1. Digestion

Goji is easily digested as a dry-berry, rehydrated to blend as a smoothie, used in soups, salads, and morning cereals (hot or cold).*

2. The release by the pituitary gland of HGH (human growth hormone), the youth hormone.

The benefits of natural HGH are extensive and may include reduction of body fat, better sleep, improved memory, accelerated healing, restored libido, and a more youthful appearance.*

3. Balance Blood Sugar

Goji has been used in China for years and its polysaccharides can help balance healthy blood sugar levels within normal ranges. Goji contains betaine which supports normal liver function and cardiovascular health.*

4. Cholesterol Levels

Goji contains beta-sitosterol which some studies indicate may help maintain normal cholesterol levels; its antioxidants may contribute in keeping cholesterol from oxidizing and forming plaque. The flavonoids in Goji support healthy circulation.*

5. Inhibit Lipid Peroxidation

Cholesterol and other blood lipids can become a concern when they react in the body to form lipid peroxides. Goji increases levels of an important blood enzyme that may inhibit the formation of lipid peroxides.*

6. Energy and Strength

Goji is said to increase exercises tolerance, stamina, and endurance. It helps to eliminate fatigue, especially when recovering from illness.

http://www.ehow.com/about_5057197_health-benefits-goji-berry-juice.html

Health Benefits of Goji Berry Juice

By Deb McLeod, eHow Contributor

As more and more of us worry about aging gracefully, we turn to various "wonder" foods and supplements. What you might not know is that some of these products are significantly more beneficial than others. One of the great discoveries is the goji berry, a nutritional powerhouse that has been used for more than 6,000 by herbalists in China, Tibet and India. It's become so common these days that goji berry is added to yogurts and other common products.

The facts

Goji berry juice is a juice derived from the goji berry, of course. The goji berry is found in the Himalaya and other mountain ranges in China and have become the antioxidant powerhouse they are thanks to the news that they cure a number of ailments and prevent a host of others. While initially it was hard to get goji berry juice, today it can be found on the shelves at just about any supermarket.

Features

The goji berry has become so popular thanks to its interesting makeup of nutrients and beneficial compounds. It contains protein and carbohydrates and a number of other beneficial minerals including iron, magnesium, Vitamin C, and calcium. It's loaded with antioxidants, which is where the main health benefits are thought to come from.

Benefits

As we learn more about the benefits of antioxidants, it stands to reason that we would seek out foods that rank high on the antioxidant scale. Goji berries rank extremely high, boasting of more antioxidant value than blueberries, strawberries and spinach put together. It's believed that goji berry juice can help prevent cancer, improve vision and heart health, improve sexual health, regulate blood pressure, and counter premature aging.

Potential

The dried berries have even become a common snack in some parts of the world. As more and more is discovered about this powerful berry, it's possible that it will become more accessible to more people and that studies will show its power is much greater than originally thought. Experts believe the goji berry will found to be much more powerful than it's thought to be today.

Warning

Too much of a good thing is still too much. Because there are studies still being conducted on the goji berry and experts aren't entirely sure what risks there might be to getting too much. Indulge in one serving of goji berry juice each day and delight in knowing you're doing your body good.

<http://gojiberryhealth.com/goji-berries-benefits.html>

Goji Berries Benefits

Goji berries have recently gained lots of popularity thanks to the many health benefits that it provides. Like many other super foods, such as acai berries, goji berries contains a high amount of antioxidants that helps the human body as well as high levels of some of the most important vitamins and minerals. Let's take a look at the goji berry health benefits.

Goji Berry, also known as wolf berry, is a red-orange berry that is originally from China. For many years people in Asia have been eating goji berries as they believe it helps them live longer. With time more and more people have been using goji berries to treat other age related problem, diabetes and high blood pressure. There are many ways to ingest Goji Berries, there is goji berry juice, tea, wine and dried goji berries.

Thanks to the high amount of antioxidants that goji berries contains, one of the benefits of goji berries is that it helps slow down the aging process by minimizing the damage to your cells and DNA and also helps reduce the risks of diseases such as heart disease.

Goji berries also have a high amount of vitamin A, which helps boost your immune system, protect your vision and prevent heart disease. Recent research has also concluded that goji berry juice may also contribute to healthy brain function and prevent Alzheimer's.

<http://best-goji.com/content/goji-berry-health-benefits>

Goji Berry Health Benefits

Posted by Gene | Filed under: Goji Benefits

JUN 2 2009

By Jason Main

There are many herbs and plants out there that are being used by herbal physicians as a treatment and prevention of various health related issues. Herbal remedies are being used for a long time and more and more people are finding the benefits of herbs, more and more plants are being found that can perform health wonders.

A relatively recent finding in this area is the magic fruit known as Goji Berry. Goji Berries are native to the Tibetan part of the Himalayas but also grow in certain parts of China. This magic fruit is acknowledged to heal, treat, and prevent various types of medical conditions and diseases for which health conscious people are being fond of this fruit more and more recently.

This fruit is also known by certain other names such as "jumping for joys", "fruit Viagra", and "cellulite-busting". There is a saying that Goji Berry can boost the libido for which men with sexual dysfunction can use it on a routine basis as a treatment of sexual dysfunction as well as to get an erection when needed.

There are various other clinical and health uses of the fruit. It has been proven to battle against heart disease, proven to be effective in defending against cancer, also to prevent skins from sun-burn. Goji fruit is very rich in vitamin B as well as in anti-oxidant that is very much needed to preserve good health. Due to the magic the fruit is renowned to perform, there is a huge market for this fruit already across the globe. Even though the fruit was mostly popular in Europe till now, the fruit is growing in popularity in the U.S. and other parts of the world in the current days. Since the fruit is only found in Tibet and Himalayan region, the fruit is also called Tibetan Goji Berry and Himalayan Goji Berry after the name of the native land where they are grown.

The fruit can be and should be eaten fresh if possible but since there is a huge demand for the fruit around the world and considering the fruit having a very smooth outer layer which make it extremely perishable, a multi-billion dollar production and distribution industry to grow, store, process, package, and distribute is found to be existing. In these recent days, it is possible to find the fruit in various different forms and Goji Berry Juice, fruit extract, dried fruit, snack mix are just few of them.

<http://www.livestrong.com/article/130392-goji-berry-juice-health-benefits/>

Goji Berry Juice Health Benefits

Goji berry supplements can be beneficial due to the herb's natural healing qualities. Widely available in most supermarkets and drug stores, goji berry can be purchased in the form of pills, powder or juice.

Before starting any natural medicine treatment, you should first seek the recommendation of your medical doctor.

Immune System

According to the University of Michigan Health System, goji berry supplements have been shown to increase the body's immune system function. This herbal supplement has been prescribed by alternative medical professionals and Chinese healers for the treatment of minor health ailments since the first century AD.

Cardiac System

Goji berries serve as powerful antioxidants that can aid in lowering blood pressure and blood cholesterol, reports the University of Michigan Health System, due to the many nutrients that exist in the fruit's pulp. In addition, the University cites research showing that goji berries can lower blood glucose levels, which can be beneficial if you are diabetic or have insulin dependency. While most research regarding cardiac health has been completed on animals in a laboratory setting, the results provide examples of how goji could affect human cardiac health.

Other Benefits

Gojiberryjuice.org claims that goji berry benefits include anti-cancer properties, the promotion of weight loss, memory boosting, detoxification, treatment for insomnia and even prevention of morning sickness in pregnant women. According to the website, these health benefits are the result of the 19 amino acids and 21 trace minerals found in goji berries. In addition, goji contains 500 times the amount of vitamin C found in oranges and contains vitamin E, which is normally not seen in fruits.

http://www.associatedcontent.com/article/2376032/goji_berry_health_benefits.html?cat=5

Goji Berry Health Benefits

Ricky Wilson, Yahoo! Contributor Network

Nov 11, 2009 "Contribute content like this. Start Here."

Goji berry has a lot of benefits to our health. Here are some of them:

1. Extends your life and prevents you from aging. Goji berry helps the body fight free-radicals that can accelerate aging by destroying important body cells faster than they can be replaced.
2. Makes you look and feel younger. Goji berry can stimulate the release of human growth hormone (hGH), known as the youth hormone, which can reduce body fat, improve memory, accelerate healing and many more.
3. Helps you sleep better. Goji berry has been used to treat insomnia in Asia and in medical studies, elderly people reported sleeping better after taking goji berry.
4. Protects your DNA. Goji berry has betaine and polysaccharides that can help restore and repair damaged DNA. DNA is the chemical that stores all information in the body and it can be damaged by exposure to chemicals, pollutants and free radicals. Damaged DNA leads to genetic mutations, cancer and death.
5. Supports your liver. Goji berry contains cerebroside, an enzyme that can protect the liver cells from highly chlorinated hydrocarbons.
6. Improves immune response. According to research, Goji berry may regulate immunity by enhancing and balancing the activity of immune cells and supporting inflammatory processes in the body.
7. Improves digestion. Goji berry can alleviate atrophic gastritis which is a weakening of digestion due to reduced activity of stomach cells.
8. Improves memory. Goji berry contains betaine which becomes choline in the body and helps enhance memory and recall ability.
9. Supports kidney health. Goji berry has been used as a kidney super tonic which supports ultimate kidney health and function.
10. Supports a stronger heart. Goji berry has cyperon which has heart and blood pressure benefits and anthocyanins which help maintain the coronary arteries' strength and integrity.
11. Combats fatigue and lethargy. Goji berry can increase exercise tolerance, stamina and endurance as well as eliminate fatigue.
12. Supports healthy blood pressure levels. Goji berry has polysaccharides, which according to a 1998 study can manage high blood pressure. High blood pressure, when uncontrolled, can cause stroke, heart attack, heart failure and kidney failure.
13. Supports healthy cholesterol levels. Goji berry has beta-sitosterol that helps lower cholesterol levels; antioxidants that keep cholesterol from oxidizing and forming artery plaques; and flavonoids that keeps arteries open and functioning smoothly.
14. Supports and balances healthy blood sugar levels. Goji berry has polysaccharides that help balance blood sugar and insulin response. It also has betaine that helps prevent fatty liver disease and vascular damage.
15. Enhances libido and sexual function. Goji berry can help increase testosterone in blood thus increasing libido in men and women.
16. Helps reduce and alleviate anxiety and stress. Goji berry helps the body adapt and cope with stress by providing energy reserves to help with times of mental and physical difficulty.
17. Supports and enhances a healthy mood and brightens your spirit. Goji berry is known as a "happy berry" in Asia because it is used by Chinese to uplift and elevate moods.

18. Combats inflammation and joint problems. Goji berry helps restore the balance of the anti-inflammatory SOD enzyme which if imbalanced can lead to pain and damage to the joints and tissues.

<http://hubpages.com/hub/Health-Benefits-Goji-Berry>

Goji Berries - Goji Berry Health Benefits66

By HealthFreak2009

The goji berry is becoming a popular health supplement. It is high in antioxidants like the acai berry which it is often compared to (as far as health benefits).

Goji berries are also known as wolfberries and grow on an evergreen shrub that grows in China, Mongolia, and the Himalayas in Tibet. They are often dried and look like a red raisin.

Goji Berries Health Benefits

Goji berries have been used in herbal medicines for thousands of years in China, India, and Tibet. It is thought that the goji berry has numerous health benefits including:

- Helps eyesight
- Protects the liver
- Boosts the immune system
- Promote long life
- Improve circulation

Goji berries have been used to treat many common diseases including fever, high blood pressure, diabetes, and eye problems.

Goji Berry Antioxidant Health Benefits

One of the things that the goji berry is becoming popular for is a high antioxidant content. It is lower than the acai berry and maqui berry but more than traditional antioxidant powerhouse blueberries (according to OracValues.com).

Antioxidants are important because they neutralize free radicals in your body. This protects your cells and can prevent cellular damage. Check out the video from Alton Brown describing what antioxidants do.

<http://saskgojipower.ca/gpage.html>

Nutrient Content of Goji Berry

Goji berries are one of the most nutritionally rich foods, containing the carotenoids- beta-carotene, zeaxanthin, lutein, β -cryptoxanthin, and lycopene, at least 6 vitamins (C, B1,B2,B3,B6,E), over 30 essential and trace elements, polyphenolic antioxidants and 19 amino acids.

Macronutrients

Goji contains significant percentages of a day's macronutrient needs- carbohydrates, protein, fat and dietary fiber. 68% of the mass of a goji berry exists as a carbohydrate, 12% as protein, 10% fiber and 10% fat, giving a total caloric value of 370 for a 100 gram serving.

The seeds of the goji berry contain polyunsaturated fats such as linoleic (omega-6) and linolenic (omega-3) acids.

Micronutrients

Goji's diversity and high concentration of micronutrients brand it as an exceptional health food.

Calcium. The primary constituent of teeth and bones, calcium also has a diverse role in soft tissues where it is involved in cardiac, neuromuscular, enzymatic, hormonal, and transport mechanisms across cell membranes. Goji berries contain 112 mg per 100 gram serving, providing about 8-10% of the Recommended Daily Intake (RDI).

Potassium. An essential electrolyte and enzyme cofactor, dietary potassium can lower high blood pressure. Giving about 24% of the RDI (1132mg/100 grams), goji berries are an excellent source.

Iron. An oxygen carrier on hemoglobin, iron also is a cofactor for enzymes involved in numerous metabolic reactions. Goji berry delivers 100% of RDI at 9 mg/100 grams and is regarded as one of the best sources of iron.

Zinc. Essential for making proteins, DNA and functions of over 100 enzymes, zinc is involved in critical cell activities such as membrane transport and repair and growth. Zinc in goji berries has a high content at 20% RDI.

Selenium. Sometimes called the "antioxidant mineral", selenium is often included in supplements. Selenium has unusually high concentration in Goji berries (50 micrograms/100 grams) at nearly 100% RDI.

Riboflavin (B2). An essential vitamin supporting energy metabolism, riboflavin is needed for synthesizing other vitamins and enzymes. A daily serving of 100 grams provides the complete RDI (1.3mg).

Vitamin C. A universal antioxidant vitamin protecting other antioxidant molecules from free radical damage, vitamin C content in dried berries ranges from 29mg to 148mg/100 grams. Even at the lower estimate 35% of RDI is still provided. Vitamin C content of fresh berries is much higher and provides the full RDI.

Phytochemicals

Goji berries contain dozens of phytochemicals whose properties are under scientific study. Five of these are of particular interest

Beta caroten. A carotenoid pigment in orange-red foods like goji, pumpkins, carrots and salmon, beta-carotene is important for synthesis of vitamin A, a fat-soluble nutrient and antioxidant essential for normal growth, vision, cell structure, bones and teeth and healthy skin. Goji's beta-carotene content per unit weight (7 mg/100 grams) is among the highest for edible plants.

Zeaxanthin. Goji berries are an extraordinary source for this carotenoid important as a retinal antioxidant and pigment filter of ultraviolet light. Goji berries contain 162 mg/100 grams.

Lycopene. Unknown previously as a constituent of berry fruit, lycopene in powder made from goji juice concentrate has been measured at 1.4 mg/100 grams (contracted assay, UBE Analytical Labs). As lycopene's antioxidant role as a possible cancer-inhibiting agent occurs at microgram blood levels in humans, this is a potentially important discovery inviting further research.

Polysaccharides. Long-chain sugar molecules characteristic of many herbal medicines like mushrooms and roots, polysaccharides are a signature constituent of goji berries, making up 31% of pulp weight in premium quality goji berries. Polysaccharides are a primary source of fermentable dietary fiber in the intestinal system. Upon colonic metabolism, fermentable or "soluble fibers" yield short-chain fatty acids which are valuable for health of the colonic mucosal lining, enhance mineral uptake, stabilize blood glucose levels, lower pH and reduce colon cancer risk and stimulate the immune system. Polysaccharides also display antioxidant activity.

Phenolics. Also called phenols or polyphenols, this group of phytochemicals numbers in the thousands of individual chemicals existing across the plant kingdom, mainly as protective astringents or pigments that give bright colors to plants like the red, ripe goji berry. Phenolic pigments have the metabolic property of high antioxidant capability transferable to animals by eating the plant. New assays have demonstrated the presence in goji berries of phenolics such as ellagic acid (86 mg/100 grams) and p-coumaric acid, with a total phenolics content of 1,309 mg/100 grams -- one of the highest values for any plant food yet tested.

<http://www.sassafrasstation.com/health-supplements/goji-berries-health-benefits>

Goji Berries Health Benefits

Goji berries are starting to take the health supplement world by storm. We have seen acai berries become a worldwide phenomenon and the goji berry is following in its footsteps. It is high in antioxidants, just like the acai berry, and is being used in several weight loss supplements.

So what are goji berries? This berry grows on an evergreen bush that is in the nightshade family. It is primarily found in regions of China, Tibet, and Mongolia. It is commonly called wolfberry.

You probably won't see fresh goji berries at the local market, but dried berries that look like a red raisin and health supplements are starting to become popular.

Goji Berries Health Benefits

Goji berries have been used in alternative medicine for thousands of years by herbalists in Far East countries like India, China, and Tibet. Some of the things they have been used to treat are listed below (obtained from <http://altmedicine.about.com>).

- Improve live health
- Improve eyesight
- Improve fertility
- Improve leg strength
- Support the immune system
- Improve circulation
- Promote long life

One of goji berries health benefits is the high levels of antioxidants. According to OracValues.com, goji berries are higher in antioxidants than blueberries and pomegranates, but not as high as acai berries.

Goji Berry Health Benefit Studies

According to an article on About.com, there are two published studies that tested the effects of goji berries.

One study was done in China in 1994. It tested 79 people with cancer and found that they responded better to treatment when goji berries were added.

There have also been test tube studies that show that goji berries to contain antioxidants. They have also shown that goji extracts can prevent the growth of cancer cells, lower cholesterol levels, and reduce blood glucose in test tubes.

While more research needs to be done, the goji berry does look like it could be a very beneficial health supplement. Please note that the FDA (to my knowledge) has not evaluated any claims related to the goji berry or potential goji berry health benefits.

<http://www.suite101.com/content/goji-berry-benefits-a214113>

Goji Berry Benefits

Healing Properties of Wolfberry

Mar 16, 2010 Cindy Ausbrooks

Goji berry benefits include boosting immunity, reducing the growth of cancerous cells, protecting against macular degeneration and increasing antioxidant levels.

Goji berry, also known as wolfberry or Himalayan goji berry, is a term used to describe the fruit of *Lycium chinense*, a small shrub native to Asia. The berries have been used in traditional Chinese medicine since at least the first century A.D., when they were often combined with other herbs to create a longevity tonic. Today, goji berries are used to enhance immune system function, improve eyesight and circulation, lower glucose levels and slow the growth of cancer cells.

Goji Berry Benefits: Research and Scientific Studies

According to a study published in *International Immunopharmacology* in 2004, goji berries improve the immune system and even reduce the growth of cancerous cells. Because the berries are so high in phytochemical antioxidants, they support a healthy immune system by promoting the growth of beneficial bacteria within the body. Goji berry is also high in vitamin C and zinc, both of which are necessary for strong immunity.

Goji berries contain high concentrations of zeaxanthin and beta-carotene, which are carotenoids that may help protect the retinas and prevent the development of age-related macular degeneration. Although specific scientific evidence is lacking, an article published in *Ophthalmic and Physiological Optics* in 2004 states that the ideal ocular nutritional supplement should be high in vitamins C, lutein and zeaxanthin, all of which are found in abundance in goji berry.

<http://www.prlog.org/10354929-goji-berries-health-benefits.html>

Goji Berries Health Benefits

FOR IMMEDIATE RELEASE

PRLog (Press Release) – Sep 25, 2009 – There has recently been a lot of attention paid to a number of so called miracle foods. These foods have a lot of health benefits, so it is a good idea to work them into your diet if this is possible. The goji berries health benefits tend to put them in this category.

The reason for most of the goji berries health benefits is the fact that these berries have a very high level of antioxidants, as well as relatively high levels of some important vitamins and minerals.

Some of the possible goji berries health benefits include a reduction in blood pressure and cholesterol. It is also thought to be helpful in preventing cancer due to the high levels of antioxidants. The berries help to improve immune function since the antioxidants deal with a some of the free radicals that might otherwise cause diseases.

People also claim that the goji berries can cause an improvement in eye sight, better liver function, help with memory (such as in Alzheimer's disease), and aphrodisiac properties. Some people who suffer from insomnia have also found improvement in their ability to get a good nights sleep.

In order to get the health benefits of these berries, it is a good idea to regularly consume small amounts of the fruit. Some people find it difficult to consume large amounts without adverse effects, so it is better to stick to small portions.

Goji berries have been appearing in a large number of products lately. It is best to stick to those that are mainly made of the berries themselves, without a lot of added sugar. It is not easy to find the berries fresh since they are not able to withstand a lot of travel well, but there are a number of companies that sell juices, dried fruit, and similar products.

These small berries from the Himalayas are becoming very popular. It is easy to find them so that you can get the goji berries health benefits if you look on the internet. It is a bit harder to find them in the grocery store, though there are sometimes a few products on the shelves containing this ingredient.

<http://herbs.ygoy.com/2009/05/11/benefits-of-goji-berry/>

Benefits of Goji Berry

Health Benefits of Goji Berry

Listed below are some of the health benefits of goji berry:

Goji Berry for Healthy Eyesight: It is suggested that the rich presence of antioxidants, particularly beta-carotene and zeaxanthin can give protection to the eyes. This may help in reducing the risk of age-related macular degeneration (ARMD), glaucoma, etc.

Goji Berry for Strengthening our Immune System: The rich source of potassium and polysaccharides present in goji berry are believed to stimulate the secretion of human growth hormone. These might help in strengthening our immune system and in anti-aging.

Goji Berry for Heart Health: Goji berry contains betaine and vitamin C. It is suggested that betaine can keep the level of homocysteine down. While the rich presence of vitamin C can help in strengthening and thickening the walls of the arteries by promoting formation of collagen. Together these can reduce the risk of cardiovascular disease.

Goji Berry for Improved Sexual Function: Goji berry is suggested as an effective stress tonic. This can help in increasing general stamina, well being and mood, thereby helping in leading a healthy sexual life.

Goji Berry to Reduce Cholesterol and Blood Pressure: It is believed that by increasing the production of an enzyme, superoxide dismutase (SOD), goji berry might prevent oxidation of cholesterol, thereby keeping the blood pressure in control.

Goji Berry for Healthy Liver: Goji berry is a natural source of important phytonutrients that are considered effective in improving the function of liver. This may protect the liver from being damaged by hepatitis virus and carcinogens.

Goji Berry to Treat Diabetes: It is believed that goji berry can keep blood sugar level in check. This can help in regulating diabetes.

Goji Berry for Good Sleep: Goji berry is a natural source of thiamin (vitamin B1) and magnesium. These may help in improving mood and improve the quality of sleep.