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Special Report by Cherie Ross



Lycium Barbarum
a.k.a.
Ningxia Wolfberry

LYCIUM BARBARUM:
aka: Ningxia Wolfberry

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Lycium Barbarum

Aka: Ningxia Wolfberry

By: Cherie Ross

Would you like to have the body of your youth and the wisdom of your years of experience in living?

What would your life be like if you had enough energy & stamina to work & play all out every day?

Where in your life would increased mental clarity, focus, & performance be useful?

When have you had the desire to achieve & your body simply couldn't keep up?

How would your life be if you were able to maintain a sense of inner happiness regardless of outside circumstances?

Does this sound too good to be true?

Maybe, maybe not. I invite you to read on & discover an amazing secret that up until recently was only available to a few.

In Ping Hahn, a tiny village in Mongolia China, there are over 70 residents well over 100 years of age & over 230 in their 90's. All are free of illness & disease and are in extremely good health. In researching the reasons why the residents of this very tiny village and others in the area have this amazing long quality of life similarities began to surface. Diet of course played a significant role. One of the commonalities was they all consumed a tiny red berry on a daily basis. This berry is called Chinese Wolfberry by the locals.

The Divine Farmers Handbook of Natural Medicine, an ancient medicinal text, which is considered to be the most important text in the history of Chinese Medicine in 1st century A.D. declared the Lycium Barbarum/Ningxia Wolfberry the most superior herb of the land. This is the first of many references describing Lycium Barbarum/Ningxia Wolfberry as the most potent health restoring, anti-aging herb/food on our planet!

Perhaps you may have heard of Master Li Chung Yun. He is noted in the historical records to have lived to be 252 years of age. Born in a mountainous barren region in S.W. China & in his youth traveled through out China, Tibet & S.E. Asia with 3 master herbalists. Master Li was known for his energy, enthusiasm & vigor. He daily consumed a liquid of Lycium Barbarum/Ningxia Wolfberry & ate very healthfully until his death in 1930. He was married 14 times & lived to see 11 generations of descendants. This is a powerful testimony of the abilities of Lycium Barbarum/Ningxia Wolfberry.

Most current research now reveals these additional benefits of Lycium Barbarum/Ningxia Wolfberry:

- Cancer prevention & treatment

- Inhibition of tumor growth

-Reduction of toxic effects of chemo & radiation while increasing the ability of using less radiation exposure & receiving maximum benefit. DNA restoration & repair assisting in strengthening our body helping to prevent mutations that cause cancer.

-Improvement in immune response across the board including T-cell, Interleuken Immunoglobulin A&G - absolutely astounding

-Treatment of bone marrow conditions because of Ningxia Wolfberry/Lycium Barbarum's ability to balance red & white blood cell levels.

-Improvement of lymphocyte count

-Activation of bodies important anti-inflammatory enzymes

-Inhibition of lipid peroxidation which is a primary cause of heart disease.

-Relieves headaches & dizziness

-Relieves insomnia & improves quality of sleep

-Strengthens heart function

-Improves disease resistance. Strengthens immune system & builds strong blood enhances the bodies proper productions of red & white blood cells & platelets

-Supports healthy liver function

-Treats menopausal issues

-Prevents morning sickness during pregnancy

- Improves fertility
- Strengthens muscles, bones & teeth
- Improves memory & ability to recall
- Supports healthy normal kidney function
- Assists w/chronic dry cough & other lung conditions
- Alleviates anxiety & stress
- Promotes cheerfulness, brightens our mood & spirit. Hence receiving the nickname of “The Happy Berry” (Only side effect is continued consumption will make it impossible to stop smiling)

Top Health Benefits:

- Extends life, protecting our body through a powerful & unmatched organic anti-oxidant molecular complex
- Increases energy & strength - especially when fighting illness, disease or athletic performance
- Assists us in looking & feeling younger - Ningxia Wolfberry/Lycium Barbarum stimulates & maintains healthy the secretion of HGH (youth hormone)
- Maintain healthy blood pressure levels

-Maintains healthy balance of cholesterol levels and reduces unhealthy cholesterol.

-Promote & maintain normal blood sugar levels

-Enhances healthy sexual function. Treats & remedies sexual dysfunction

-Assists us in losing weight & maintaining healthy metabolism. Inhibits cravings for sweet & salty foods.

-Treatment of weakened digestion

-Rejuvenation of weakened blood restoring blood to levels of our youth

-Prevents brain aging

There are hundreds of versions of Chinese Wolfberry/Goji Berry grown around the world. However in depth undisputable research has proven that only wolfberries of the Botanical family "Solinacea" genes "Lycium Barbarum" grown in the west elbow plateau of the yellow river in inner Mongolia have the natural occurring organic compounds at the levels necessary to earn the title of "the worlds most powerful anti-aging/anti-oxidant food containing unmatched healing & protective properties with results producing power for our body & mind." Researchers also consider Lycium Barbarum/Ningxia Wolfberry to be the most nutritionally dense food/herb available throughout history & still is today.

Here's what the researchers have discovered the Lycium Barbarum/Ningxia Wolfberry contains:

-19 Amino Acids - 8 of which are essential for life. These are so very important & necessary as building blocks for protein. These are especially valuable since many of us are unable to properly assimilate protein.

-21 trace minerals including Germanium - a very rare anti cancer trace mineral hardly ever found in foods.

-15 grams of protein. More protein than any other plant source.

- Highest level of complete spectrum of anti-oxidant carotinoids of any food/herb. Lycium Barbarum/Ningxia Wolfberry has the richest source of carotinoids of all foods. These levels do not exist in any other food/herb/supplement anywhere except in the Lycium Barbarum/Ningxia Wolfberry.

-Contains more beta carotene than carrots.

-Contains more calcium than any other food.

-Extremely high levels of zeaxanthan & lutein which protects & strengthens eyes & vision.

-Higher levels of more complete vitamin C than organic oranges.

-Naturally occurring B complex vitamins necessary to convert food into energy.

-Naturally occurring Vitamin E. This is especially extraordinary because vitamin E is normally only found in grains, nuts & seeds. Not fruit.

-Beta sitosterol - this lowers cholesterol, acts as an anti inflammatory agent, remedies sexual impotence & prostate enlargement

-Essential Fatty Acids - required for the bodies production of proper hormonal balance, proper function of brain & central nervous system.

-Cerebroside - powerful liver protectant assisting in optimal liver function.

-Betain - used by the liver to produce choline, a compound that calms nervousness, enhances memory, prevents muscle loss & promotes muscle growth, protects against fatty liver disease and protects our DNA.

Another valuable compound occurring uniquely to Lycium Barbarum/Ningxia Wolfberry is their bioactive polysaccharide complex which creates profound & beneficial changes in our body. Proteoglycans are a family of bioactive complex carbohydrates that are bound naturally to proteins. Plants produce them as a defense system to protect themselves against virus, bacteria, fungi, parasites & all sort of disease & cell mutations. Fortunately when we consume plants/fruits containing these specific protective polysaccharides we also become protected & gain the exact benefit as the plant itself.

New scientific research has revealed these proteoglycans a.k.a. bioactive polysaccharides are proven to inhibit tumor growth, prevent cancer, neutralize the negative side effects of chemo therapy & radiation, normalize & balance blood pressure, balance blood sugar levels, combat & disarm auto immune disease, act as an anti inflammatory agents, lower cholesterol & assist our body in maintaining healthy cholesterol levels, balance immune function, balance blood lipids, increase calcium absorption and much more. In order to consistently achieve this phenomenal results all 4 of the master molecule polysaccharide complex must be present. This amazing combination has only been found in Lycium Barbarum/Ningxia Wolfberry. In addition glycoconjugates, which are an exceptional source of essential cell nutrients necessary for proper immune system function & intercellular communication.

These glycoconjugates serve as directors & carriers for instructions needed for proper communication amongst all our cells in our body. Proteoglycans & glycoconjugates are

considered to be master molecules by virtue of their ability to “command & control” our bodies natural defense system. They keep the power & proper signals flowing to our bodies vital communication network. Without proper instruction our cells will mutate causing cancer, auto immune & other degenerative & life threatening disorders. Transfer of energy is also important for our bodies health. Electrons pass impulses/signals from one to another within our cell structure. When that flow is interrupted we become ill. Lycium Barbarum/Ningxia Wolfberry ensures the smooth & correct uninterrupted transfer of energy & communication between our cells.

There are many more therapeutic effects by all the nutrients discovered that cannot be explained. It is the combination of unique constituents that are responsible for the wide range of therapeutic effects of this botanical medicine. There are many compounds that have been identified, however, sophisticated enough testing devices have yet to be created to assist us in the thorough analysis of Lycium Barbarum/Ningxia Wolfberry wide range of benefits. We do know that these phyto nutrient compounds are extremely effective (with no adverse effects.) We simply don’t exactly know how. Researchers are still developing methods in which to unravel the complex natural compounds of these bio-actively available botanicals. Upon extensive spectroscopic analysis, research has revealed the only wolfberry capable of consistently delivering the highest level of bioactive, bio-available nutrient compounds is Lycium Barbarum/Ningxia Wolfberry.

There is only one company in the United States that utilizes the life enhancing benefits of Lycium Barbarum/Ningxia wolfberry. Other companies are utilizing wolfberry & goji berry, but only the company Young Living holds the contract for Lycium Barbarum/Ningxia Wolfberry which are the only berries that through research have been proven for all these tremendous health benefits.

Chinese physicians recommend you consume a minimum of 2oz daily (in water) to maintain excellent health for at least 6 months to achieve maximum benefit. Immediately you’ll notice more energy & a feeling of happiness. If you are ill however it would be beneficial to consume more. According to records of long & safe traditional usage for

Lycium Barbarum/Ningxia Wolfberry following are the research supported recommendations:

Allergies - 2-4 oz daily in water

1992 Beijing Medical University reduced antibodies associated w/allergic reactions by promoting CD8 & T cells & regulating cytokines. Cytokines activate histamines creating allergic reactions.

Anti-aging 2 – 4 oz daily in water

LBP complex is a powerful secretagogue stimulating our pituitary in releasing your bodies own HGH (Human Growth Hormone). The compound necessary for slowing down the aging process & retaining youthfulness. Also an increase in the bodies production of anti-inflammatory S.O.D.

Athletic energy, performance & stamina - 3-5 oz daily in water

Lycium Barbarum/Ningxia Wolfberry polysaccharides enhance glycogen storage. (What your body uses for energy) there by assisting your body in maintaining high energy for long periods of time (not hyper energy, rather stamina energy.) Also helps in post athletic recovery in limiting sore muscles by increasing lactate dehydrogenase. The enzyme necessary for keeping lactic acid in check. Accelerates the rapid clearing of blood urea nitrogen (a toxin created when exercising.)

Arthritis/Inflammatory Conditions- 4 oz daily in water

Superoxide is the inflammatory free radical that promotes degenerative inflammatory conditions. Normally our body produces the enzyme “Superoxide Dismutase” found in our blood to prevent such damage. Lycium Barbarum/Ningxia Wolfberry has been

proven to increase the bodies production of superoxide dismutase. One chinese study reported an immediate 40% increase of the production of SOD

Blood Building- 2 oz daily in water

Another study in China revealing Lycium Barbarum/Ningxia Wolfberry facilitated stem cell proliferation & increase the amount of monocytes in bone marrow. A number of clinical trials revealed that Ningxia Wolfberry/Lycium Barbarum increased & maintained the healthy productions of bone marrow. Another 3 year study provided the immune, physiological & bio chemical index results indicated blood of the elderly was returned to a markedly younger & healthier state.

Bone Density - 2-6 oz daily in water

Due to Lycium Barbarum/Ningxia Wolfberry high concentration of bio-available calcium, studies provide dramatic results in restoring & maintaining healthy strength levels in bone.

Circulatory System - 2-6 oz daily in water

Cardiovascular Health -4 oz daily in water

Balances high triglycerides & LDL cholesterol. Prevents the stickiness in triglycerides by increasing the Superoxide Dismutase production in our body - thus retaining proper bio-chemical balance. 1999 Dr. Wang et al found Lycium Barbarum/Ningxia Wolfberry protected red blood cells from damage & distortion. Lycium Barbarum/Ningxia Wolfberry reduces oxidation of unhealthy cholesterol in blood minimizing the risk of heart disease.

Cancer - (prevention) 2 oz daily in water

(treatment) 4-8 oz daily in water

Interleukin 2 (protein induces potent anti-tumoral compounds & responses in our body.) The top activity (reported by the Institute of Toxicology & Pharmacology in Beijing China 1989) is found in Lycium Barbarum/Ningxia Wolfberry. Even in the U.S. this has been studied for effectively reversing cancer and strengthening immune response since 1983. Specifically focusing on HIV infection. Inhibits gene mutations that some cancers are induced from. Excellent supplement to prevent liver cancer due to the spectacular ability of Lycium Barbarum/Ningxia Wolfberry to protect, detoxify & balance liver function while simultaneously producing anti-cancer effects.

In 1994 the 2nd military Medical University in Shang Hai China performed a study utilizing 79 advanced cancer patients. Initial results medicated an amazing results in regression of cancer in patients with malignant melanoma kidney & colo/rectal cancer, lung cancer nasal pharyngeal cancer & malignant hydrotherapy 40.9% decrease in cancer over traditional treatments & those on Lycium Barbarum/Ningxia Wolfberry stayed cancer free significantly longer than those not on Lycium Barbarum/Ningxia Wolfberry. Results were excellent in using Lycium Barbarum/Ningxia Wolfberry in conjunction with traditional methods. Another study in China showed patients were able to use significantly lower doses of radiation & achieve extreme success when Lycium Barbarum/Ningxia Wolfberry was added to their regimen. With lower doses of radiation there was less damage to healthy cells while speeding up the recover time. Lycium Barbarum/Ningxia Wolfberry also increased lymphocyte & white blood cell activity. Another study showed Lycium Barbarum/Ningxia Wolfberry inhibited growth of Leukemia HL 60 cells & induced Leukemia cells to die quickly. Other studies sited Lycium Barbarum/Ningxia Wolfberry had an 88.4% inhibition against human gastric cancer & 73.8% inhibition against cervical & lung cancer.

Hepatitis - 4-8 oz daily in water

HIV Infection - 4-6 oz daily in water

Diabetes - 2-3 oz daily in water

Used in China for many years for the successful balancing of blood sugar levels & insulin response.

Emotional Support/Mood Imbalances - 2-4 oz daily in water

Gastro Intestinal Disorders – 3 oz daily in water immediately before meals Mongolian Institute of Traditional Medicine - found Ningxia Wolfberry/Lycium Barbarum strengthened & restored to proper function the weakened condition due to stomach malfunction in digestion.

Hair, Skin & Nails - 2-4 oz daily in water

Excellent treatment of acne, all skin disorders, hair loss & breakage & weak brittle nails. Also due to Lycium Barbarum/Ningxia Wolfberry anti-aging effect it dramatically prolongs the onset of graying of hair.

Psoriasis – 4 oz daily in water

High Blood Pressure – 3 oz daily in water

1998 -Dr Xang et all - Significant in dramatically lowering & retaining healthy balance in blood pressure levels.

Hormonal Balance - 2-4 oz daily in water

Immune System - 2-4 oz daily in water

Dr. Xiao Chin Wang advances in Chinese Herbal medicine found enhances cell mediated Immune responses. Increase bodies most powerful immune response mechanism disease fighting T cells, cytotoxic T cells & natural killer cells - 3 tremendously important facets of our immune function. Increase lymphocyte transformation rate & improves macrophage phagocytic function. These digest & disarm the unhealthy microbes in our body. In auto immune situations these macrophages loose their instruction & run amok in our body attacking & digesting healthy cells as well. Lycium Barbarum/Ningxia

Wolfberry keeps these command & control communication systems are kept in proper order with proper direction. Hence Lycium Barbarum/Ningxia Wolfberry can literally turn around auto immune response

Infection Irradiation - 2-6oz daily in water

Infertility – 5 oz daily in water for a minimum of 4 months

2002 Dr. Wang et al discovered Lycium Barbarum/Ningxia Wolfberry significantly reduced damage to sperm cells in men w/low sperm count & strengthened sperm activity. Increases viability & vitality in sperm cells.

Inflammation - 2-4 oz daily in water

Superoxide is the inflammatory free radical that promotes degenerative inflammatory conditions. Normally our body produces the enzyme “Super Oxide Dismutase” found in our blood to prevent such damage. Lycium Barbarum/Ningxia Wolfberry has been proven to increase the bodies production of super oxide dismutase. One chinese study reported an immediate 40% increase of the production of SOD.

Injury Recovery - 2-6 oz daily in water

Lead Toxicity - 2-4 oz daily in water

Counteracts bad effects of lead poisoning by 226% in study done on the elderly in China

Liver – 2 oz daily in water

Protects against damage by carcinogenic toxic chemicals as well as prevents & protects liver from virus and disease. Including Hepatitis.

Longevity – 2 oz -daily in water

Mental Clarity/Focus - 2-4 oz daily in water (or more depending on severity of degeneration)

ADD/ADHD, Autism, ALS, Parkinson’s

Muscles/Ligaments/Tendons - 2-4 oz daily in water

Obesity – 2 oz -2x daily

Enhanced conversion from food into energy creating significant weight loss in study participants over time. Also inhibits cravings for sweet or salty foods.

Periodontal/gum disease - 1oz 2x daily as mouth rinse & swallow.

Effects of Lycium Barbarum/Ningxia Wolfberry attachments of healthy gingival cells . Team of scientists lead by Dr.Lieu at the 4th military Medical University in China - Attached new cells to bone instead of slough off as in diseased cells. (Hence growing healthy gum tissue)

Sexual dysfunction/impotence - 3-4 oz daily in water

Marked increase in androgen levels in men's blood & ignites passion in both men & women. An ancient chinese Medical text cautions men who travel away from home should not consume Lycium Barbarum/Ningxia Wolfberry.

Sexual potency - 2-6 oz daily in water

In study groups w/elderly 70% of participants showed dramatic improvement in overall health including a tripling of T cells & doubling of white cells. Very necessary for proper immune function. Also spirit, optimism & mood had a marked increase in all participants. 35% of participants had a full recovery of sexual function

In a 1993 study Dr. Xang & assoc. discovered remarkable reversal of free radical damage in all cells studied. He incubated live cells in dangerous free radicals - This has been thought to be impossible.

Spleen 2-4 oz daily in water

Transforms lymphocytes (type of white blood cells) into essential elements necessary for proper immune function. A study published in JANA Vol 7, No. 1 winter 2004 provided evidence that Lycium Barbarum/Ningxia Wolfberry actually was instrumental in restoring proper splenic function in severely damaged & compromised spleen.

Strength Building - 2-8 oz daily in water

Vision - 2-4 oz daily in water

Increase elasticity to eye tissues & in many cases can prevent & reverse macular degeneration, cataracts & other eye & vision disorders. (Lack of Zeaxanthin is the cause of macular degeneration. Lycium Barbarum/Ningxia Wolfberry has enough Zeaxanthin to prevent macular degeneration.

In the U.S. current statistics show that 3% live to be over 80 years of age & the majority have chronic health issues. At age 65, 1/3 & at age 75, 1/2 will be physically or mentally impaired. Right now approx. 80% of people in the U.S. over the age of 30 are on medications with many on multiple medications.

Isn't it time to look in another direction where there is hundreds of years of documentation proving the most profound result with no adverse effects?

Isn't it time to experience the positive affects we can have on our lives & those we care about?

Let's take it one step further.

Imagine what our world would be like if we could ease discomfort & suffering.

Imagine if more people were genuinely happier inside regardless of their outside circumstances.

Imagine a world of strength & capability blended with compassion & kindness.

Impossible you say. A juice cannot do all this. You'll never know until you try. You see, we improve the world by improving ourselves, one being at a time.

Together we are powerful beyond measure.

Together we can make a difference.

I invite you to join me in bringing forward some of the wisdom of the ages for everyone to enjoy & experience. If you'd like to learn more or obtain Lycium Barbarum/Ningxia Wolfberry, please visit:

<http://www.AnxietyTherapyRemedies.com>

or email Jen Crippen directly Jen@NaturalAnxietyTherapy.com

Compiled By: Cherie Ross of RCC, Inc. – New Hope, MN

Resources

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www.ana-jana.org www.gojibook.com www.itmomline.org www.medline.com

www.pubmed.com

[*Discovery of the Ultimate Superfood*](#) by G. Young, M. Schreuder, R Lawrence

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