

The Top 24 Health Benefits of Goji

Excerpt from *Goji: The Himalayan Health Secret* by Dr. Earl Mindell and Rick Handel

- 1) Extends life, protecting your body from premature aging through its powerful antioxidant action
- 2) Increases your energy and strength, especially when fighting disease
- 3) Makes you feel and look younger. Goji stimulates the secretion of hGH (human growth hormone), the “youth hormone.”
- 4) Maintains healthy blood pressure
- 5) Reduces cholesterol
- 6) Promotes normal blood sugar in early adult-onset diabetes
- 7) Enhances sexual function and treats sexual dysfunction
- 8) Helps you lose weight
- 9) Relieves headaches and dizziness
- 10) Relieves insomnia and improves quality of sleep
- 11) Supports eye health and improves your vision
- 12) Strengthens your heart
- 13) Improves disease resistance
- 14) Builds strong blood, enhancing production of red blood cells, white blood cells and platelets
- 15) Supports healthy liver function
- 16) Treats menopausal symptoms
- 17) Prevents morning sickness in the first trimester of pregnancy
- 18) Improves fertility
- 19) Strengthens your muscles and bones
- 20) Improves your memory and recall ability
- 21) Supports normal kidney function
- 22) Helps chronic dry cough
- 23) Alleviates anxiety and stress
- 24) Promotes cheerfulness and brightens your spirit

(Notice: The above statements have not been evaluated by the Food and Drug Administration.)