DISCLAIMER

This website is for educational & informational purposes only and does not endorse or promote any commercial product and/or company. It is merely a website sharing individual's personal stories and some Mangosteen Fruit and Xanthone's research information found in the public domain. Mangosteen Juice is not a cure, miracle or drug; it is a simple food in the form of fruit juice. No info on this site is meant to guarantee or imply that you will receive any benefit from its consumption. Regarding Mangosteen, we simply say: "Try it - we think you'll like the results". Please be smart, do your homework and if you have a health challenge, be sure to always discuss it with a trained Medical practitioner.

DEPRESSION / ADD

My 17-year-old son (ADD) and I started using Mangosteen juice 2 months ago. I have ADD that I discovered 3 years ago that has affected many aspects of my creative & productive life. I have found the clarity and focus profound that Mangosteen juice gives me. For the past 3 years, after trying a variety of traditional ADD meds (stimulants & antidepressants) – as well as many alternative medical modalities for ADD including many different Amino Acids, nutritional supplements and vitamins, etc.), there is not a medication or supplement that creates more energy, focus and clarity of my mind than Mangosteen juice! Here is a real testimonial repeated on an off Mangosteen juice. I'm a single parent and I recently went with my son on a 9-day Caribbean cruise to celebrate all the hard work he had put in this past year. On ship, I planned to share some real connection time when homework and activities would finally not interfere. I only brought a few bottles of Mangosteen juice, and when a fellow traveler was having tremendous pain in his neck following neck surgery a few weeks earlier, I offered him a bottle. Because we were in short supply, my son offered to not take any & I rationed mine. I personally had less energy on the cruise when I was just relaxing, than my full days when I often work until 1-2 AM getting personal projects done. My son on the other hand had a different experience. His attitude soured, he had little appreciation, & patience that had been present before. His adolescence showed and the interactions between us were less than optimal. (He had left his ADD meds at home). Within 24 hrs. of returning home my son was quite stressed considering the tests and work he had missed, even though he had done quite a bit homework on the ship. We returned to our usual home lifestyle, including taking Mangosteen juice and vitamins regularly. Within 24 hrs., even before he went back to school, I noticed an abrupt change in his behavior as he calmed down, the stress was decreased, and his relationship with me was back to normal! I found this interesting and put it in the back of my mind. I had a concern how the Mangosteen juice was interacting with the homeopathic treatment for my ADD so my physician and I decided to stop it for 4-5 days and reevaluate me, but not until I returned from a six-day workshop with Tony Robbins as I knew I'd need it for focus. We were in the workshop form 9 AM until MN for the next 6 days. (Thank you Mr. Mangosteen for the energy to keep up with Tony's hrs.)! My son had been leaving me very "loving" messages while gone, so when I called the day before returning home, I suggested he STOP the Mangosteen juice. When I returned home, the loving son had left, being replaced by the anxious adolescent from the cruise ship. Over the next 4-5 days, I was a little more on edge, & I was VERY distracted & the least focused I'd been in 3 years on NO meds for my ADD. My son on the other hand was angry, argumentative, impatient,

impulsive – sounds like my 17-yr. old untreated son with ADD. It was an interesting 4 - 5 days, and I tried everything to create harmony. I saw the testimonial BELOW, reflecting the short time for Mangosteen juice to take effect, so when he returned from school, I greeted him at the door and said DRINK, our test is over. I left the house for 2 hrs. to run errands, and had not really told him the test was still on. When I returned home, I went down to find my son and I tried to engage him and "get in his face" and all I could get was a smile and no reaction. Now the test was really over. Mangosteen juice had won! Here's the part I haven't shared. I'm a physician, board certified in Internal Medicine and have practiced Wellness and Alternative Medicine with an emphasis on prevention for 25 yrs. I have read the science behind the Mangosteen and have not seen anything as profound in my 25 years that is as safe and can have such an impact on such a variety of health conditions from elimination of cancer, to lowering blood sugar, serum cholesterol, and blood pressure. The treatment of extreme inflammation as well as acute and chronic pain is profound as well as the treatment of autoimmune conditions, Parkinson's, Alzheimer's, Hepatitis, headaches and a variety of other conditions. Considering 75% of our population will unfortunately die from cancer and heart disease, EVERYONE should be on Mangosteen juice, unless they want to enjoy heart disease, cancer, Alzheimer's and all the chronic diseases from oxidation that afflict our society costing far more than Mangosteen juice. Dr. Les B. MD, F.A.C.P.

DEPRESSION / RSD / HEARTBURN / ARTHRITIS

I am female, 53 & need to lose 70 lbs. I was visiting a friend on Sept. 16th...she told me about this juice she was drinking and pulled it out of the refrigerator & gave me 1/2 a mug full to try. I could almost immediately feel it doing "something" within my body ... I ended up asking if she had a bottle I could buy from her to take home & try out. (This was Thursday.) On Friday morning, I felt GOOD when I got up. I got signed up on Saturday at 9 am, and have been improving ever since! I have been treated with different meds for 20 years for Moderate Depression – which worked on and off for me--and in September (after a year of moderate to severe depression that wouldn't lift with new meds, etc.) my specialist told me I NOW have Major Depressive Disorder. She put me on another new med, and it had taken away the lowest part of the depression, but I was still feeling just so-so. So, feeling GOOD was a turnaround! (Now, with just less than 3 weeks of [Mangosteen juice] in my body, I feel normal in my moods. I feel GOOD with much more energy than before.) I was on 3 depression meds total, and was able to stop the one that helps me go to sleep just last week, after receiving permission from my specialist. I quit taking Lipitor, Celebrex & Zantac about 6 months ago JUST BECAUSE I knew they weren't doing my liver any good...and was just toughing it out with the arthritis & stomach. I figured I'd just see what happened when I had my next blood work with the cholesterol. With Mangosteen juice my heartburn is all but gone. My knees don't hurt when I go up & down stairs now, and I notice my hands are improving & losing some of the stiffness & aches. I have RSD in the right hand, and its always just kind of ached & been very stiff. The best thing is I FEEL so good...whereas I spent the past year sitting in the house not really wanting to do much, I actually got in a 20-minute walk, last week was elected to a seat on the Board of Directors of our HOA, and cook again! I've lost 6 lbs. since starting to drink Mangosteen juice, I don't crave sweets & Chocolate anymore, and find myself enjoying the healthy foods like vegetables & my morning oatmeal. I have high hopes for the future with Mangosteen juice, and am truly enjoying my

energy & positive outlook!!
Dianna W.

DEPRESSION

Hi! My name is Judy and until I turned 30, I was fairly healthy. Suddenly, I was facing a hysterectomy. I had cancer, and made it through the surgery, and tried living my life again. A few years later, I developed Hepatitis and turned orange as a carrot! I was in isolation for a week, but that too passed. Next the doctors discovered I had a kidney defect and my body was wasting potassium which caused my heart to act up and not get enough oxygen. I had many visits to the E.R. and many days in C.C.U. Eventually, this too, passed, but then I found a lump in my left breast, which was cancer. I had a radical mastectomy and a year later, my right breast had to be removed as well. At this point I had lost hope for my future. My golden thread was, has been, and always be the fact I have a relationship with Jesus Christ. I felt HE had an answer for my health problems. Well, as happens in life, I found that my heart was slowing to 30 beats per minute. I would pass out and ended up with broken bones & osteoporosis. Then my right knee had to be replaced. I was sick, depressed, and experiencing some of the worst pain in my life. Then, a bright light at the end of the tunnel! A good friend of mind had just gotten involved with the Mangosteen juice, and recommended I try it. It has been AMAZING!!! An Elder at our church said, "Judy, I haven't seen you looking this good in years", and people tell me I look younger. I am going places now, where before I used to stay home. Something I had really missed in my life was my "silliness". I now can proudly say I dance with shopping carts at the grocery store, and play with my dogs again. The Mangosteen juice has made a tremendous difference in my health, happiness, and state of mind. Thank you, Jesus, for Mangosteen, for life, and beautiful people like Elaine M. who introduced me to this product.
Judy M. - El Paso, TX

DEPRESSION

Mangosteen juice for depression is an area that I saw immediate (well almost - 1/2 hour) results in my ADHD/ODD, sleep deprived, unmotivated 17-year-old son. After refusing medications for depression, my son tried the Mangosteen juice as a taste test basically upon receiving our first order. Within a half hour he returned from his bedroom hide-out, energized, talkative and clearly uplifted (he even cleaned out my refrigerator and cooked dinner that night!). A couple hours later he indicated that he thought "this stuff" really helped. Yes, it helps with depression...not just my son but several others that I have shared this with have remarked almost immediately (within 24 hours) that they felt uplifted, including a 23-year-old recovering breast cancer winner that had stopped using anti-depressants due to the lack of feelings that was resulting from their use. I have several customers that are using this primarily for depression. That said, my son's 8 years of Ritalin use has been discontinued. He struggles at times, particularly when required to sit and read at length, however, he is not as faithful to using Mangosteen juice as he recognizes he needs to be at times. When he uses it consistently, he does better and openly admits to this. Motivation...he will not be breaking any academic records this year, however, due to dealing with his depression better, he now sleeps better, has greatly improved school attendance. He is consistently working out at the gym, eating better and generally feeling better. I strongly suggest that you give this a try with your child. Encourage consistency in using Mangosteen juice and

base amounts on child's size. My son is a big boy (although he has lost 20 pounds since resuming a more active, healthy lifestyle), and takes an average 2-3 ounces each time he uses it, which is 2 or 3 times per day. Now keep in mind I didn't say this cures everything.... the obsessive-compulsive side of my son has had to slow him down on the juice a few times when he drank close to a whole bottle one day! Good luck with your son Nancy...I look forward to hearing about your results
on this page one day soon. All the Best!
Cathie

DEPRESSION / MENOPAUSE / WEIGHT LOSS / ENERGY

I was going through menopause and gained 36lbs in a matter of three months with having hot flashes, night sweats, mood swings and fatigued. My lower back fusion I had in 1980 started to show a buildup of calcium deposit so that made pain shooting down my left leg. My Doctor had me on 800 mg Ibuprofen 3 times daily for pain and 150m Wellbutrin twice a day for depression and because of the meds I had acid reflux so he had me on cimetidine 200mg two before meals. I was going to therapy three days a week, Mangosteen juice worked, in just a few weeks I was off all meds and therapy because it helps my body that much! It gave me loads of energy, so being pain free feeling like I needed to do something, I started back on my walks of two miles a day the pounds came off in 4 months I have been on the Mangosteen all liquid, all natural Supplement for 18 month and have been losing 2 to 3bls a month now and I don't snack at all any more as I feel no need to eat but I stay on a 14000 cal a day never eating after 7pm hopes this helps!
Sharron J.

DEPRESSION - MAD

I have MAD and manic depression. A year ago, I was taking three different kinds of prescription drugs and Xanax was among them. I started taking the Mangosteen juice 2 oz. three times a day and one ounce before I went to sleep and in just two weeks was able to get off my meds completely. I have not had any episodes since because I continue to take the Mangosteen juice. If I feel an episode coming on I will take an additional one to two ounces. When I quit my meds, I did go through a little withdrawal but nothing I couldn't tolerate for a short period of time. I looked at it this way, meds for the rest of my life or a health beverage. I just didn't want to be a druggie for the rest of my life, trading one condition for another potentially more serious one. Hope this helps.
Penny T.

DIABETES - Type 1

My seven-year-old son was diagnosed with type 1, insulin dependent, diabetes one year ago. When we initially started him on Mangosteen juice around July of last year, his blood sugar numbers became more stable and I needed to slightly reduce his insulin doses. He's still in honeymoon and on a low carb diet, so his numbers are generally good anyway. After about two weeks of drinking Mangosteen juice, his blood sugar numbers went back to pre-juice levels. We continue to keep him on the juice at two to three ounces per day (one ounce before each meal) as

we know the antioxidant properties in the xanthone's will help to protect him from infection and other complications that some diabetics suffer from as the years go by. Case in point: Late last summer he had an infected baby molar (due to an improperly done composite filling) that needed to be extracted. After the extraction (which took a long time and was difficult for a six-year-old to endure) drinking two ounces of Mangosteen juice calmed him down and we drove home with him happily finding ALL the hidden objects in the "Highlights for Children" magazine the dentist had given him! He required NO pain medication (even after his mouth was no longer numb) and the extraction site healed very quickly. The juice continues to be a part of his daily diet. It does raise his blood sugar just like any other three carbs of juice will do, but I incorporate it into his meal and carb count and dose his insulin appropriately. Even for those recently diagnosed, the differences between type 1 and type 11 diabetes can be very confusing! The good thing is, drinking Mangosteen juice, in my opinion, is beneficial for both. I'm not an expert, having started the type-1-diabetes-crash-course a year ago, but here is a quick description of diabetes, type 1 and 11. (There's actually two more "types" but I won't even go there!) Type 1 is considered an autoimmune disease. (My son also has celiac, which is another autoimmune disease.) For whatever reason, the body sees the insulin producing beta cells within the pancreas as foreign invaders and starts killing them. As the beta cells die, the body's ability to process sugar is diminished and blood glucose levels rise to often dangerous levels. Insulin is the key that unlocks the energy giving sugar into all the body's cells. Without it, the body will starve. Type 1 rears its ugly head in babies, young children, as in my son's case, adolescents and up to age 44 or so. Insulin is not a cure, but, along with daily exercise and a healthy diet, type 1 diabetes can be well managed. Type 11 is when the body becomes insulin resistant. The pancreas is still producing insulin, but the body does not utilize it properly and you get, once again, high blood glucose levels. Sometimes injected insulin is used to give the pancreas a rest but most type 11s are prescribed drugs to lower their glucose levels. In this case, Mangosteen juice is very helpful in lowering sugar levels. The xanthone's help the body function better and gives that insulin "key" an extra turn to unlock the sugar in the cells. Type 11 can occur at most ages, even young kids, and can be, in some people, completely cured with lifestyle changes such as losing weight, getting more exercise and following a low carb diet. Along with frequent blood sugar fingertip testing (up to 10 times a day), daily exercise and two to three ounces of Mangosteen juice with meals and I am confident that my son will grow up healthy and live a long and happy life.
Drinking Mangosteen juice daily,
Penny J.

DIABETES / BLOOD PRESSURE / KIDNEY - Failure

My name is George and I live in Alberta, Canada. Born and raised in a small town in Ohio, my wife and I have been missionaries in Canada for almost 50 years. Because of my poor diet, I was faced with kidney dialysis at my next medical checkup. A family member told me about Mangosteen. I ordered it immediately and after listening to an info CD, I started taking a total of 9 oz. a day, 3 at each meal, because I knew the next time I saw the doctor if nothing had improved with my health, he was going to put me on dialysis. Fortunately, I had EXACTLY 6 weeks from the time I began drinking Mangosteen to my next doctor's visit. Sure, enough, when I got to the doctor's office, all the specially trained nurses, technicians and even the social worker were waiting for me as I walked through the
door. I went through the last blood work examination before they were going to hook me up to

that dreaded machine. When the doctor came in the room, he looked quite surprised and said, "I don't know what you are doing, but keep on doing it." That was almost a year ago as I began drinking Mangosteen in October of 2004, and it is now the last part of August 2005. I am so thankful to report that my insulin went from taking 60 units 2 times a day to 10 units 1 time a day and there are some days, I DO NOT NEED INSULIN AT ALL!! When the blood work came back so great, I reduced the amount to only 2 oz. in the morning. I am also off one of my blood pressure medicines; thank you God for hearing my prayers and for sending me Mangosteen. In His grace,
George D. - Alberta, Canada.

DIABETES - Type 2

I am a Type 2 (adult onset) diabetic and have been able to get off a medication with adverse side effects and control my blood sugar levels exclusively with Mangosteen juice. I discovered I had diabetes about 3 ½ years ago; took a doctor prescribed medication called glyburide, which together with some dietary changes brought my blood sugar count down from a horrific 477 to under 200. However, glyburide is known for putting a strain on the heart and it tended to stimulate my appetite instead of curbing it. It was impossible to lose weight raiding the refrigerator every night at 9 or 10 p.m. Beginning February 27th this year and until now, I have taken only Mangosteen juice and no medication. Not only have I been able to keep my average blood sugar count (fasting and non-fasting) under 150, but I dipped below 100 for the first time recently. In March and April, the average count was as good as with glyburide but choppy, up and down. From late April to now the overall trend has been downward and the numbers steadier. Since Mangosteen juice doesn't seem to stimulate my appetite, I've been able to stop eating at 8 p.m. and my weight as a result has gone down from 186 to 170 lbs. (close to normal for someone over 5 ft. 11 inches).
J. Isaminger – NM

DIABETES - Type 2

I am a type 2 Diabetic and I have been using the Mangosteen Juice for 4 months. I check my blood 3-4 times daily. I am on Oral medication, 3 pills in the am. and I pill at bed time. Since I have been using the juice I have seen my blood sugar test level out to normal ranges. I see my Dr. in two weeks and I will see if he will take me off or reduce my medications. I (am a living example of the benefits of the juice and would challenge anyone to try it as it will make a world of difference in your health. many other things have I noticed, more energy, clearer thought patterns. I have depression and ADHD and this has improved GREATLY! I have Gerd and have stopped taking my Meds with no more symptoms. I could go on but I am a strong believer and a person that likes the juice and will never go without it. It is safer then pills or injections and I have no side effects. When I was taking the medications, I was spending just as much in co-pays as what I am now spending on the juice, and it tastes GREAT!!
Samuel Z.

DIABETES - Type 2 / CANCER - Breast / ACID REFLUX / BLOOD PRESSURE / FIBROMYALGIA /

I had recurrent breast cancer, and I was going through my third round of chemotherapy (Taxol and Carboplatin) when I was introduced to Mangosteen Juice back in January 2004. I asked my oncologist about this, and he also said not to take an excess of antioxidants for the same reasons mentioned below. But, he said I could get all my antioxidants only from the "food" I eat. So, since Mangosteen is a food, I took only 2 ounces (a maintenance dose) a day during chemo and radiation treatments. Once I started taking the Mangosteen, I had no more nausea and I never got a cold or the flu which was going around at that time even though my blood counts were low. I did still experience the severe body aches and fatigue from the chemo, however. Once my therapies were over, I went to drinking 6 ounces a day and I have recovered nicely from both therapies & regained my blood counts within 1 month. I have come out of the depression I was in during this recurrence of cancer. I had acid reflux, & was on Prevacid for past 5 years, & now I don't need the Prevacid. I also had borderline high blood pressure, which is now normal. I had Fibromyalgia, which is completely gone also. My husband is blind and a type II diabetic and his blood sugars went from the mid 200s to the low 100s on 6 ounces a day. (It took about a month.) He has had problems with a fungal itch all over his body for a long time, and now that his blood sugars are lower, he is finally showing signs of healing from this fungus. I am a believer in drinking Mangosteen for the rest of my life! I feel great!
Eve H.

DIABETES - Type 2 / CANCER - Lymphoma / IMPOTENCE / FUNGUS

I wanted to share a personal and exciting testimony with the team behind Mangosteen juice. My son in law had share, with my wife and I, a new product he was very excited about. Now mind you, when he gets excited about a product we listen because he knows what he is doing when it comes to supplements and nutrition. I will start with my wife first. She has lymphoma and has been experiencing a lot of pain in her back. We know that the pain was coming from her lungs, due to the fact they continue to fill with fluid. Two days before Thanksgiving we took her to the emergency room because she could not breathe and the pain was excruciating. They did a scan and told her it was not fluid however it could be that the cancer is getting worse, a pulled muscle or another tumor putting pressure on the lung. They did nothing for her & told her she would have to see what the results of the scan was on Monday. My son in-law gave her a bottle of [Mangosteen juice] & told her to drink 2 oz. a day. 3 days later she had absolutely no more pain. Today she is out and about, went to breakfast with me and is feel great. I just had to sit down and share my excitement. 2 weeks and off all pain medication, great energy, color is good, and doing a lot of shopping and preparation for the holidays which I wasn't even sure I would see a few months ago). Now, here comes the real test of your product! I am a diabetic, take blood pressure medicines and I am 68 years old. I too, started taking the [Mangosteen juice]. I also have a toe that has had fungus on it for years. Today, that toe looks awesome. This is the part of my testimony that is personal and a bit wild. Because of my medication and diabetes, I haven't been able to have an erection for several years, this morning I woke up with an erection! This product is totally blowing our minds! I could not imagine a product that taste great could actually help in so many areas of our health. When he told me all of the benefits of the product I must say it sounded too good to be true. However, today you have made me a complete believer. Update: Two weeks have passed and I can make a tight fist, enjoy making love with my wife, my blood sugar is staying in control, I am walking much greater distances. I want to thank you all for

sharing this product with my wife and me! We feel great and the only thing different we have done is added [Mangosteen juice] to our diets! It tastes great and we feel awesome!
Willett A. C.

DIABETES / BLOOD PRESSURE / CHOLESTEROL /HEART - Congestive Heart Failure / PARKINSONS / COPD / ANGINA / KIDNEY FAILURE

This is my story about the Mangosteen fruit. I was 59 years old when I was released from a hospital at the end of October 2003 with some serious health problems. The doctors had told me that I had Parkinsonism, rapid eye movement disorder associated with Parkinsonism, congestive heart failure, high blood pressure, high cholesterol, diabetes, COPD (Chronic Obstructive Pulmonary Disease), angina, and kidney problems. I was sent home on four liters of oxygen and a suit case full of drugs. These are medications that I was on: Atenolol 25mg, Candesartan Cilexetil 16mg, Nitroglycerin 0.4mg tab., Nitroglycerin 0.4mg/hr. patch, Lovastatin 20mg, Carbidopa 25/Levodopa 250mg, Entacone 200mg, Clonazepam 1mg, Hydrochlorothiazide 25mg, Glyburide 8mg, Albuterol 90mcg., Advair 500mg. Foradil Aerolizer, Albuterol Sulfate. I would wake up every morning and walk from my bedroom to the couch, a distance of about 30 feet. I literally fell to the couch because I was completely out of breath. My skin color was turning to an ashen color and the skin under my finger nails was dark blue. A friend came over to see me and brought me a case of Mangosteen juice. He told me to take it and said that it might help me. He was telling me all the helpful things that this product would or could do. I was very skeptical at first how could a fruit have so much healing power & work on all the organs in the body at the same time. I asked my doctors about it and they never heard of the fruit. They told me that it would not hurt me to try. I started taking three ounces three times a day and was hoping for an instant cure. It did not happen! I did not feel anything at all until I had finished my third bottle. I noticed that I was sleeping the whole night through and that a little energy was coming back. I could walk from the bedroom to the couch and was not huffing and puffing. After a month on [Mangosteen juice], my blood sugar was back down into the 140-150s which was not bad since a month before it was in the 300s. My blood pressure was dropping from 180/90 to 120/70 and my tremors had stopped! I was also checking my oxygen absorption and noticed that it increasing which is a good thing. I would be getting readings of 88-89 at rest & when I moved around the level dropped to 80-81 before any Mangosteen juice. At the end of a month on [Mangosteen juice], my readings were 94-95% at rest & moving the level stayed the same! I began cutting back on all my medication gradually and was taking readings from all my machines. I noticed that when I was cutting back on my medications that I was feeling less and less fatigued. By Christmas time, I was off ALL my medication and oxygen and I had reduced my [Mangosteen juice] to only two ounces three times a day. I am still taking Two ounces three times a day. To me this is a miracle fruit and I tell everybody about it. I will be glad to talk to anybody about this product.
Jerry S. - Lacey, WA

DIABETES / HEART

Hello, first of all, I can tell you that the juice won't interfere with medicines because it is simply a juice. Now, I can give you our experience with the Mangosteen and our heart issues. My husband turned 50 in February. He has always been in fairly good health...no high blood

pressure, no high cholesterol...a strict vegetarian for 25 of the last 30 years...so it was a total shock to us when he had a massive heart attack in June of this year. The doctor didn't give us a very good outlook on Pat's future. She prepared us to expect a major part of his heart to die and for him to go into congestive heart failure. Well, we have been using Mangosteen juice for three years and know the benefits we have had in other areas to this was our first choice to use to help him heal. I took the juice to the hospital and as soon as they let him start eating food and drinking juices, I started giving him 3 ounces of juice 3 to 4 times a day. The last heart scan my husband had showed that his heart was pumping in normal ranges when his heart was at rest. It had some problems when it was put under a lot of stress but the doctor told us the other day that if it's pumping at normal ranges at rest, that it looks like there was no permanent damage. We thank the Lord for bringing the juice into our lives when He did. We know that it was the prayers that were raised up for Pat and the anti-inflammatory properties of the Mangosteen juice that have brought him back to such good health. As a side note, he had to go to physical therapy after his heart attack. The doctor told us that it should take 6 to 8 weeks for him to complete his physical therapy and don't be surprised if it would take longer. He was able to complete it in 3 weeks. So, that's our experience with Mangosteen juice and the heart.
Karen & Pat C.

DOWN SYNDROME

I have 2 children, ages 9 and 10, who have Down's Syndrome. They have been drinking Mangosteen Juice for almost 2 years now. Before that time, they were plagued with severely repressed immune systems. They had constant sinus infections, ear infections, croup, colds, bronchitis, and the like. In the past 22 months, they have had NONE of these problems! They drink their Mangosteen Juice every day and we have to hide the bottles from them because they enjoy the taste SO much. Interesting note... you are not going to get a "placebo effect" with Downs people! They have NO IDEA of what it is supposed to be doing for them. They simply enjoy the taste.
Glenn & Gayla - O'Brien, OR

DEGENERATIVE DISC DISEASE/ G.E.R.D., High Triglyceride Level, and H.R.T.

My story begins in March, 2000… While at a wedding rehearsal one evening, I squatted down trying to get a young ring bearer to come down the aisle to me. When I did I felt a sharp pain in my low back and hip. I didn't give it much thought at the time but as time passed the pain continued to increase. Within six week I was unable to go to work as I could stand or walk because the pain was too severe. Through trial and error, I found if I lay perfectly still in bed I could get the pain to nearly tolerable levels. So, this is what I did. Expect to get something to eat and go to the bathroom. I lived this way for a full year. During that time, I was sent from one doctor to another, each on telling me the same thing, "your x-rays, MRI's and CAT scans are all normal; we don't know what's wrong with you."

Then I found a doctor that agreed I should be using a wheel chair as much as possible and in bed the rest of the time. He also started me in a course of injections he felt would take the pain away.

First, I had injections in both hips; the next week approximately 26 injections down the outside of both legs, (this happened several times). The go around I had 5 injections along my spine, and then 3 injections through my back into both hips these left me unable to use my legs to all for 24 to 48 hours). Each of these procedures resulted in no relief of pain.

Next, I went through a series of 3 spinal injections. Again, this was done with no relied. Then I tried physical therapy, which included water therapy, a magnetic mattress pad, acupuncture, massage therapy, and anything else we could think of to try.

In late 2003, I found a pain management doctor that claimed he could help me. So, willing to try anything, I had another round of x-rays, MRI's, CAT Scans, and finally a Discography. After nearly climbing off the operating table during Discography, even though I was heavily sedated, the doctor gave us the news…I had Degenerative Disc Disease in so many discs that I was not a candidate for surgery of any kind; no disc replacement, spinal fusion or other traditional procedure. The doctor said I was left to take narcotics for pain and to plan on using a wheelchair for the rest of my life.

In the months following my diagnosis my narcotics dosage soared to 180 mgs. /day of OxyContin, so that I could get out of bed. When it appeared my husband, Russ would have to quit his job to stay home and take care of me, we decided to try one more doctor.

The next pain management doctor got me down to 40 mgs/day of OxyContin and decided it would be best to put me on an Intrathecal Pump. On July 7, 2004, I had the pump implanted. It drips 3.5 mgs/day of Hydromorphone to my spinal column. At this point in time I thought life was good. I could finally get out of my wheelchair for short periods of time Actually it also permitted me to walk around the house too. I still had to use my wheelchair if I was going to need to stand for long periods of time or walk any distance. I still had to lay down every afternoon for a couple hours to let my pain subside and be in bed between 6 and 7 every evening so the pain would subside before time to go to sleep.

I was during this time the doctors discovered that my Triglyceride level was extremely high and I had to go on medication to lower that as well. I also acid reflux constantly. I learned to sleep on a wedge so the reflux wouldn't go into my sinus passages causing infections and bouts of coughing throughout the night. The doctors used a procedure to stretch my esophagus so I could swallow food while refluxing severely.

In January 2007 I spent a week in the hospital because they thought I was having a heart attack…it turned out to be the reflux problem. They put me on Prevacid morning and night, all the while saying I should add another Prevacid along with my lunch as well.

Then in the spring of 2007, my husband, Russ, and I were looking for a home-based business. He kept hearing an ad on Christian radio and urged me to look into it. After 3 months, I finally called and inquired.

A couple days later I called Russ about what I had learned. I told him I wasn't sure about the business aspect but I wanted to try the product that was behind the business opportunity. He

reluctantly agreed. I received my first order of Mangosteen juice on July 1, 207. Two weeks after drinking the Mangosteen juice I was able to walk 2 blocks for the first time in 7 years.

September 1, 2007, I retired my wheelchairs and my medication for my high triglyceride level. December 1, 2017, I took all my OxyContin pain killers back to my doctor and haven't had one since. I have also stopped my Prevacid and Hormone Replacement Therapy.

Thanks to talking 6 ounces of the original Mangosteen juice daily, I am now walking for 30 minutes daily and loving life more than I have in years.

-*Christine Donaldson*
Longmont, Colorado

Depression, Anxiety and Panic Attacks
Mark, regarding depression: Refer to Mangosteen The "X" Factor, page 48; also, depression is mentioned on the tape Mangosteen Miracle or on "Discussion Between Two Doctors." I know it's referenced somewhere else other than the "X" Factor, since I was keen on picking up [Mangosteen Juice's] effects on depression.

When you take [Mangosteen Juice], be sure to "saturate" your body when you start taking it (or at any point if you haven't done it already) by taking dosage of 4 to 6 ounces per day for about a five-day period. Then you can drop back down to 3 ounces per day. There is a concept called "therapeutic dosage" in play here. Many times, when treating with natural foods (or for some medicines for that fact), one has to push the initial dosage considerably higher than usual to have the body begin its response to what's being presented to it.

I experienced and amazing relief of bursitis pain after my fourth day of this regimen – pain I had experience for three years without relief. It felt "as sweet as honey" in my shoulders for four days straight, and then the pain returned and stayed as usual for a week.

The good news is that now that I'm starting my forth week on Mangosteen Juice, I'm slowly feeling less and less pain, not only in my shoulders but in a troublesome right hip (anti-inflammatory effects of Mangosteen). I think my body's initial totally pain free reaction to Mangosteen Juice was a "sign" of healings to come more slowly and perhaps permanently.

-Paul Cary

DIABETES AND ARTHRITIS

John,
I just wanted to take a few moments and share with you the results I have received from drinking Mangosteen juice… As you know, when you first told me about this "miracle" product I was a bit skeptical. After years of dealing with Type II Diabetes and its associated annoyances. I have become increasingly pessimistic that I would ever find anything other than another prescription drug that would bring me some relief. After following your instructions of drinking 3 ounces twice per day I began noticing improvement in a little over a week. I remember you asking me

"Well, is it working?" to which I responded, "You know, I think it is!" I remember that after only a week I was still skeptical but that I realized that just the night before I had consumed a rather large meal along with 3 glasses of wine and generally that much wine would send my blood sugar through the roof. But low and behold, it didn't. In fact, when tested my sugar tested "normal." I remember thinking, "H'mmm, maybe?"

Well, by the following week, and after several days of being able to reduce my medication, I realized that it was obviously the Mangosteen juice that was helping as there was nothing else different in my diet or daily living habits…When we spoke the next time you will probably recall that I was somewhat excited; not about the results I see, for years I have suffered from Arthritis in my hands. As an example, most mornings when I awake, I cannot make a fist until about 9 or 10 o'clock in the morning. My hands were simply too stiff and too sore to close, for me, it was even a burden to hold my morning coffee cup, which I generally held in both hands. Literally by the 3rd week of drinking Mangosteen juice, the pain and stiffness in my hands were gone…I remember thinking, "can it be true? Is this Mangosteen juice stuff really helping me with my arthritis to?"

Since those earlier days of drinking Mangosteen juice I have come to realize that Mangosteen Obviously assists my entire body…Not to belabor the subject, nor bore you to tears with my various health issues but as you know a few months ago I underwent open heart surgery. During a recent checkup, my doctor entered the room carrying his charts and something that was much more impressive; a huge smile. When I asked what he was smiling about he stated that my vital numbers were amazing. My blood pressure was down to 118/66, my bad cholesterol had been reduced from 260 to 96; my heart rate was 67 and my echo cardiogram was very strong.

My Doctor looked at me and said, "I don't know what it is you're doing Larry but whatever it is don't stop!"

In closing, I just wanted you to know how pleased I am with Mangosteen and what It has done for me. As mentioned, it has affected my health in many, many ways. And, frankly as I have said to you many times in person, "I'm afraid to stop drinking it." Thanks again for introducing me to Mangosteen juice. It has truly changed my life in so many positive ways that I just hope other people can learn from my experiences.

Your pal and golf buddy
Larry Messina
San Diego, CA

DIVERTICULITIS, ACID REFLUX, ALLERGIES, ASTHMA, DIABETES, BLEEDING GUMS

Hello, my name is Shirley Bergman I have been drinking Mangosteen juice since November 13, 2006. I have had numerous benefits from the juice, as has my husband and other family members and friends. I am delighted to say that my daily Mangosteen juice is by far the best Health Care Program for me!!! Here's a brief summary of my health issues before using Mangosteen juice:

Tummy issues- Acid reflux, so much acid that it burned sores in my mouth. Allergies so bad I would say I think I am allergic to myself. Any strong odor such as any type of cleaner in a spray can, perfumes, smoking camp fires, wind if it picked up dust.

Asthma – I would cough so bad I would gag, vomit and sometimes even lose my breath. I was on 6 different inhalers. Often it was difficult to talk a whole sentence without losing my breath.

Diverticulitis – polyps on my colon, used to go for a colonoscopy 6 months. Then after several medications I went once a year and the meds made me sick but felt I had no other choice. Once I was introduced to Mangosteen juice, I soon stopped the meds.

When I went in for my yearly colonoscopy, lo and behold I had a perfectly clear colon! The Dr. was amazed and I just sat on the side of the bed and cried. I no longer have any more pain caused by my colon.
Head tremors – benign familial tremors, my head and hands would shake. My hands shakes are gone and my head tremors are not as bad as they used to be.

I had large raised flat brown marks on my face, which now are nearly gone; my bleeding gums have stopped bleeding, I have no more cold sores, and no more neck pain. All sinus infections are gone. My fingernails are now long and strong. The leg cramps I had in the night are now gone. To sum it all up…I now have my energy back and it feels wonderful! People always remark on how much younger and better I look, and I tell them I "feel" much better and younger, thanks to my Mangosteen!

For my husband Wes, his Diabetes is under control and after a year on Mangosteen juice his A1C every 3-month test was right in the target range and has stayed there ever since. Wes has his energy back…In face, a couple of years ago, we went to the Seattle Mariner Ball game (bus trip) with family and friends. Once inside the Stadium, our tickets were for the nose-bleed section. We planned to ride the elevator up to the 3rd or 4th floor but the crowd was so large that it would take a long time to get our turn to ride up so Wes said, "Let's take the stairs". When he showed the usher our tickets he said "I don't think you want to do that is all I am going to say…it is 300 or maybe more steps to where your seats are. "Wes said "come on we can do it!" and the race was on. Wes made it up right behind his youngest son. He had been on the juice just about a year…what a difference!

Since being on the juice Wes has put in a bathroom in our big garage and keeps busy fixing things for us and our neighbors, pus putting in a yearly garden. He mows the field in the summer, keeps his garage {his man den} always in good order as before he was spending most of his time in his recliner. He has not had a cold or the flu since drinking the juice.

We are back to traveling thousands of miles in our camper and truly enjoy growing old together ~ healthy and happy!

-*Shirley B.*
Ferndale, WA

DIVERTICULITIS

My name is Katrina and I was diagnosed with diverticulitis after having an x-ray of my abdomen in the emergency room. I had gone to the emergency room due to excess pain in my stomach.

I prayed to the lord for healing. I stared taking Mangosteen and quickly began to feel better. One month later I had a colonoscopy and the results that came back were good and I was told I could once again, eat a regular diet.

Currently, I am doing just fine. I was however, recently diagnosed with pleurisy and I began taking Mangosteen juice again and that problem has cleared up as well. I was given antibiotics by doctor only to have the pleurisy flare up within a few days. However, after drinking the Mangosteen juice I can again breathe with ease and have no more pain. I thank the good lord for Mangosteen.
-Katrina
Washington, D.C.

DISCLAIMER

This website is for educational & informational purposes only and does not endorse or promote any commercial product and/or company. It is merely a website sharing individual's personal stories and some Mangosteen Fruit and Xanthone's research information found in the public domain. Mangosteen Juice is not a cure, miracle or drug; it is a simple food in the form of fruit juice. No info on this site is meant to guarantee or imply that you will receive any benefit from its consumption. Regarding Mangosteen, we simply say: "Try it - we think you'll like the results". Please be smart, do your homework and if you have a health challenge, be sure to always discuss it with a trained Medical practitioner.