**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.*

**HEADACHES – Migraines**

I have a 9-year-old daughter who has been suffering from migraines for 3-4 years. I started her on 1 oz. Mangosteen Juice twice a day.... she's been on Mangosteen Juice for 3 weeks now and hasn't had a full-blown migraine yet. Last Friday, she woke up saying, Mommy, I have a headache right here (pointing to her eye where they always start) I gave her a double dose of Mangosteen Juice and a Tylenol and she went to lay down...15 min. later...she came out of her room and said... Mangosteen Juice ROCKS!! She said she could literally feel the headache going away....and then it was gone!! Her migraines have ALWAYS lasted 5-6 hours, and she always ends up throwing up and being very miserable...but this time it only lasted 15 MINUTES!! She has been telling everyone about Mangosteen Juice!! Also…my hubby hasn't had a migraine either since he started taking Mangosteen Juice, & he usually has a couple a week!
Chris M.

**HEADACHES - Migraines / MORNING SICKNESS**

I was in our local health food store and we were discussing that Mangosteen Fruit has 138 known medicinal properties. A woman overheard our conversation and asked if she could enter our conversation. Turns out she suffered from severe migraines for years and had tried everything to NO AVAIL. The health food store lady concurred she had really tried everything, and nothing had ever helped her. I remembered hearing a lady's story on one of the recorded Conference calls or audiocassettes (Mangosteen Miracle) that her migraines were helped. So, I said, "Yes." I had only one bottle left (my own) and she insisted she buy it from me. So, I told her it was my last bottle and I needed it for myself but would sell it for $40! She handed over the cash. She went home, took a dose, got rid of her headache. Then a migraine tried to come on, she felt it, BUT IT NEVER MATERIALIZED! She signed up, ordered 2 cases, gave some to her pregnant daughter with morning sickness and it took that away. We truly are sharing God's Gift with the world!
Gloria K. – RN

**HEADACHES - Migraines / BLOOD PRESSURE / GOUT**

Dear Ruth and Charles, I want to thank you from the bottom of my heart for introducing me to the Mangosteen Juice. I also want to thank Marci H. most specially for introducing you to me. Marci started talking to me about Mangosteen during our March planning meeting last year. I

know I wasn't a good consumer target then and I apologize for that. My reluctance for the product last year was purely influenced by my doctor's opinion on alternative medicines - that is, natural herbal and chiropractic. Doctors are not trained to do alternative medicine and I wish they would include this area in medical curriculums. Besides, I have no scientific knowledge about the fruit and its benefits and I didn't want to go into something I didn't know anything about. My daughter Margarita, only 26, has had migraines for years. She's had headaches everyday -mild or strong attacks. Her doctor placed her on three different medications and it did not work. Recently, she was placed on Amitriptyline (an anti-depressant), which the doctor hopes it might work as it sometimes does on other patients. Well, it didn't! This condition really concerned me a great deal and has given me sleepless nights. As a mother, I cannot bear to think that my own daughter is taking Rx drugs just to survive each day; notwithstanding the fact that it could become addictive over long-term use. She is a wife, a mother of two children, and a bank employee. My goal was to make her drug free and pain free. So, my conversation with both of you was one that was actually very helpful to me. I had to understand what "Xanthones" are. I went to the library, the internet and had my doctor explain it further (he happens to specialize in microbiology). But most of all, I appreciate you both for taking time to drive down to Roseburg and bring the good news to me and my family. Thank you! While listening to you, I was very skeptical (you don't know what was going on at the back of my mind) even if I was aware of the fruit being used in the Philippines in folk medicine. What the heck! I ordered the juice and gave it to my daughter. She took 2 oz. before meals morning and night as you said. Today is her 13th day of taking it and she has had only 1 mild headache, which went away after taking the juice when she felt it was coming (cross my fingers) - as opposed to having it every day. That's right, everyday! This stuff is unbelievable!!! Having talked to her doctor, Margarita is off of her Amitriptyline and is on "as needed" category for one month. I realized it is a fruit juice. It’s not drugs! While the doctors, FDA and the Pharmaceuticals makes us "guinea pigs" - it’s time to wise up. I figured, I think I should try it myself. I have gout, but this condition has a "coat-tail" for me like high LDL cholesterol (the bad cholesterol), high blood pressure and thyroid problem. I am on maintenance medication (Atenelol, levoxyl, allopurinol and Norvasc) for two years or so. Interestingly enough, the side effects I have been feeling from taking all these drugs appeared to me as a "norm". Before the holidays, I had a flare-up and my recent blood test showed my liver was insulin resistant. Been on medication for a month or so for this flare-up and I still have pain in my toe joint. It comes and go and never really gone. So, I tried Mangosteen out of curiosity. On the 6th day that I have been taking it, the swelling was gone, and I was already pain free! This is an amazing product, I thought. Proof to it was that I was already dancing like anything at Seven Feathers Casino Resort for our New Year’s Party. I felt my energy is back and I am back to normal "me". I am scheduled for lab work first week of February. I shall see then how it goes. Clearly, it has given me, and my daughter good results and I am smart enough to maintain my "low purine diet" and 20-minute exercise every day. This is not a sales pitch. Just sharing... Ruth, Charles, and Marci, I will forever be grateful to you! Thank you! Thank you! Thank you!
Cy

**HEADACHES – Migraines**

I used to get 3 - 4 severe migraines a month. I've been getting these since I was around 10 years old. These were the full-blown aura and vomit inducing kind. Some would last for days. I've

been to many doctors and nobody has a definite answer to it. The only answer that all of them had has been to prescribe some sort of medication; I have grown up watching my mother suffer from these same migraines. She is frequently in the hospital emergency room or self- inducing Imitrex shots. I decided a long time ago that I would not take medications. They are not the solution. Then, 2 months ago I was introduced to the Mangosteen Juice. Ever since then I have not had a single episode. I had my mother start taking the Mangosteen Juice as well and she also has not had one since either.
Brett T.

**HEADACHES – Migraines**

Personally, I use Mangosteen Juice for my migraines. I used to have a migraine about every 3 days that would last till I took a lot of strong medication that would knock me out for 12 hours. Now I drink 4 ounces of [Mangosteen Juice] a day. I have not had a migraine for 4 months now. It is great knowing I can live my life without worrying about migraines. I should add that I am a paramedic and that I wasn't able to take my medication all the time, so now if I get one I will just take another dose of [Mangosteen Juice] and it should go away. Sincerely a true [Mangosteen Juice] believer,
Todd G.

**HEADACHES - Migraines / TENSION**

I have had migraine headaches for years and they consistently happen 2 or 3 times a month and generally last for days at a time. I took 1600 mg of Ibuprofen, which didn't seem to help much but being a mother of young children, I couldn't take anything that would knock me out. I have tried other medicines, but nothing seemed to help. My doctor had no other suggestions for my dilemma. I tried the Mangosteen Juice and was surprised that it tasted great! I decided that I would try it for a couple of days and see what would come out of it. After 3 days, I noticed that I had not had a migraine, so I really started to pay attention to my situation and noticed my aches and pains in my neck were lessening. For about 2 weeks I could feel my body beginning the onset of a migraine by getting tense in my head and neck area, but it never developed into a headache. Now I seldom feel that tension sensation and have not had a headache since I began taking the Mangosteen Juice. I wake up every morning prepared for a “feel good day” and never forget to take my Mangosteen. I have been taking about 1 oz. to 1-1/2 oz. in the morning.
JS., Salt Lake City, UT

**HEADACHES / FIBROMYALGIA / IBS / ACID REFLUX / STOMACH PAIN / CRAMPS / SLEEP / ENERGY**

I have been afflicted by Fibromyalgia for more than 8 years. I have been on many pain pills, muscle relaxer's and anti-inflammatory. I took all of these before I was introduced to more natural and healthy way a couple of years ago. I started seeing a chiropractor & he started me on different supplements. The Supplements and the adjustments helped but I was still having many painful issues. The issues I was experiencing were severe irritable bowel syndrome, acid reflux, chronic headaches, sore stomach, leg aches, leg cramping, abdominal cramping, sleep disorders and never having enough energy. I also am dealing with polycystic ovarian disease; from which I

was having excessive bleeding and cramping and an irregular monthly cycle. My O.B. told me that this disease is linked to my insulin and the imbalance of my blood. Being young and single you can imagine these problems put a big damper on my lifestyle. My chiropractor, introduced me to Mangosteen Juice 2 months ago. I was very skeptical. I have tried so many vitamin supplements and natural things. But having tried just about everything I figured why not. I started taking Mangosteen Juice and within a couple of days I noticed a difference. My stomach wasn't sore. I didn't have the burning acid coming up the back of my throat. My abdominal cramping and irritable bowls were almost gone, so excitedly, I continued to drink the juice. My chronic headaches began to disappear; I wasn't having all the aches and pains and the leg cramping. Also, my blood was being neutralized and my insulin was balancing as well. My monthly cycle became regular and not so heavy and I wasn't cramping as much. So, I investigated the product. WOW… I couldn't believe that it had Xanthones and Antioxidants. I went to a seminar to learn more about antioxidants and Xanthones. It is vital for all the things that I needed to be healthy, but especially because I had Fibromyalgia. I learned that Mangosteen Juice helps neutralize the blood and helps your body to not be so acidic; plus, it is a natural Anti-Inflammatory, a natural anti-fungal, natural antibiotic, natural anti-viral, natural antibacterial, natural anti-depressant, and natural anti-anxiety. I am so thankful that I was told about this product.
Becky T. - Orem, UT

**HEART - Arrhythmia / CHOLESTEROL / ENERGY**

In June of 2004 I began taking Mangosteen. At that time, I was taking Lipitor, Toprol XL and something else that I can't remember at the moment, for heart problems, one of which was arrhythmia. I was also taking Benadryl 2 or 3 times a day for allergies. Before I started the Mangosteen, I tried mowing the lawn with a walk behind mower and could not finish it. When I began taking the Mangosteen, I couldn't believe the difference! Shortly thereafter, I ran out of one of the drugs. I thought, I'll try this without taking the drug. I quickly felt better yet. By the 1st of August (2004) I had quit all of the drugs. I too think my irregular heartbeat was caused by something I took. I haven't taken anything other than the Mangosteen since August. I feel great, I have all kinds of energy for whatever I want to do. I sleep good, have lost some weight and my heart irregularity is gone. My blood pressure runs about 130 over 80 and I'm 61 years old. By the way, we have 3 different properties and I can now mow all three of them with the walk behind mower just as quick as I can get from one to the other. I believe in this product and recommend it for anything. I don't think anyone should quit the medication they are on until they see what is going to happen. But, I firmly believe that some of the problems we have are caused by the prescription medications they put us on.
Merle S.

**HEART - Congestive Heart Failure / BLOOD PRESSURE / CHOLESTEROL / DIABETES / 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*

**HEART / DIABETES**

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.

**HEPATITIS-C / HAIR GROWTH / FEVER / FLU / UTI / ARTHRITIS***

I’m a 48-year-old housewife & mother. In 1995 I started losing my health. I became very fatigued & started experiencing chronic pain in my joints. After seeing many doctors, I was diagnosed with hepatitis C. I had a liver biopsy and was told at that time that I had liver disease and a high viral level. Interferon treatment was recommended. I responded to the interferon, but it caused a lot of negative side effects. Laying on the couch or the bed became the difference between my days and nights while on treatment. This flu like condition lasted through the whole year of treatment & along with foot & elbow surgery; the quality of my life was poor.

When I finished the treatment, it was only 3 months till I had back surgery because of chronic back pain. I was just home from my surgery and the call came from my hematologist with the results of my blood test for the hepatitis C. I was told that the virus was replicating again and that I would need to go on treatment again. This time there was a study going on with interferon and ribavirin combined. I waited 2 months to recover a little more from the back surgery and then started the study. It was so hard to stay on this treatment for another year and this time it was worse. The anemia was too much to deal with and the bed ridden state was too familiar. The pain that I experienced was tormenting and the fever and flu like symptoms just continued on again for that next year.

After the second year's treatment was over I was in remission of the hepatitis C and have continued in remission, thank God, for 5 years now. However, my energy level and quality of life never came back. I battle pain and fatigue continually and felt like optimal health was something that was just out of my reach. Now I was dealing with aging & that brought on a new

problem. My estrogen level started decreasing causing me to develop frequent urinary tract infections, so my health was not getting any better even though I seemed to have gotten the hepatitis under control.

My daughter had many serious health issues too and she was the first to hear about the Mangosteen Juice. She started on the juice with amazing results and I was very happy for her and was encouraged that it might be able to help me too. I started on the juice and soon noticed an increase in my energy. My mind has always been very active and wanting to accomplish things, but after the illness, my body would always argue and win, and I'd do very little. All of a sudden, I found myself doing just about anything that I wanted to do. I had a great sense of well-being and I had forgotten what that felt like for so long. I would have been overjoyed to have just that one improvement in my health but soon I found myself being able to breathe again without taking massive doses of allergy medicine which I had taken since my early thirties.

It wasn't long until I noticed the arthritis pain was gone in my hands & I wasn't having any urinary infections anymore. I can hardly comprehend how drastically my life has improved just by consuming this Mangosteen Juice for last 5 months.

One unexpected result that I just realized last week is that there is new hair growing where I have always had a receding hairline. I couldn't believe it. There was half inch hair growing where there had been no hair. What a bonus after all the health improvements that I have experienced to get new hair growth too. Thanks so much for being introduced to this amazing product that has changed my life and given me so much hope for the future.

*Glenna W.*

**HOT FLASHES / MIGRAINE HEADACHES / INSOMNIA**

I started drinking Mangosteen on Monday, June 20. I began with one ounce that evening. I have insomnia. I get to sleep immediately but always wake up between 2:00 and 3:00 am. 50% of the times I get back to sleep; 50% of the time I don't. That Monday I slept through the night without waking at all. My insomnia has disappeared.

I am a terrible sugar-holic. I have to get my candy, cookie, whatever, fix two or three times a day. I probably eat at least 1,000 calories in processed sugar each day. That first week I drank Mangosteen, I was drinking one ounce in the morning and one ounce in the evening. My sugar cravings disappeared immediately. I lost four pounds that first week simply because I wasn't feeding my sugar habit! No, I am not diabetic. But my father was Type II diabetes late in his life. I was probably headed for the same; however, now we'll never really know. Yeah!

I have had migraine headaches for several years. They became very bad during perimenopause and have continued through menopause. While I was drinking only two ounces (morning and night) of Mangosteen, I still got an occasional migraine. But I would run to the refrigerator and take an extra two-ounce dose of Mangosteen and the migraine would disappear without any rebound. I decided to start drinking one ounce three times daily and I have had absolutely no migraine appear at all since.

I have had mild, but annoying, hot flashes for several years now. When I drink my Mangosteen three times a day, those flashes nearly disappear. Where they used to come frequently during the day and night, I now only have them occasionally during the day -- usually when I'm a little stressed at work or during some stressful event. I could not take my Mangosteen on vacation with me, so I was without it for a week. I was worried that the migraines would reappear. They did not. However, the hot flashes did! When I got home and back to my Mangosteen Juice, I was drinking it again about 5 days before the hot flashes finally subsided.

This last weekend, I was without my Mangosteen for three days. Those pesky hot flashes took no time at all to come back. But this time it took only two one-ounce doses for them to subside. This juice is doing amazing things for my family and friends. I'm sure you hear that a lot! I collect stories every day now from people who are drinking this miracle. I hope to meet you someday and tell you more!

Paula B. - Kansas City, MO.

**HIV - Human immunodeficiency virus / DEPRESSION / SLEEP / ECZEMA / PAIN - Pinched Nerve / ENERGY***

I was first introduced to the Mangosteen Juice by my friend Karen. She came over one day with a bottle of Mangosteen Juice, she said my daughter Kirsten had told her about me being HIV+ and she thought that I might benefit from this juice.

In the HIV community, one of the first things we're taught is to not to get hooked into products claiming to have miraculous benefits or cures. If it sounds too good to be true, chances are it is. So needless to say, I was very skeptical of drinking this juice. At the time, I was taking a break from my HIV meds and had very low energy; wasn't sleeping through the night, up every couple hour for the washroom. I was suffering from depression, seasonal eczema, which came every time that the temperature/weather changed and a pinched nerve in my lower back which made it hard to sit for more than a couple minutes and I'd have pain shoot up my spine. I was constantly shifting around trying to get some-what comfortable. I researched as much about the Mangosteen fruit as I could and read some testimonials from people who had benefited from drinking the juice. When I felt satisfied that it wasn't bad for me and all the information I had read about the product, I decided what did I have to lose?

I started taking the Mangosteen Juice on May 6, 2004. I took 1 ounce every morning. Within 2 weeks I started to feel the juice working. I was sleeping through the night, waking up feeling so well rested as my energy level was up a lot. My depression seemed to be going away, I found myself able to think clearer and see the positive more than the negative. The pinched nerve in my back was gone completely. The seasonal eczema was the only thing that hadn't changed, if anything it got worse. I broke out all over my stomach with eczema. It was worse than ever before, but I was told to just hold out and keep drinking the juice. So, I did and within the week my eczema cleared up and I haven't had an outbreak since. I also was told that as a result of the detoxifying process, the body's natural way of ridding toxins, such as frequent bowel movements and sweating could increase. As for the HIV, I found that without my meds to slow the building

of HIV in my immune system cells, the juice wasn't working at its full potential. So, I started my meds and kept on the Mangosteen Juice. Right away I noticed my blood work was changing for the better. My kidney and liver were ridding toxins at a higher level and my body finally had a fighting chance at keeping my HIV undetectable. There is no question in my mind or heart that without the Mangosteen Juice the quality of my life would not be as great as it is today.
Janet R.- Langley, B.C., Canada

**HEART ATTACK**

My name is Fred Brady – age 66. I live on a 58' schooner (Sailboat). My wife and I sail in international competition in the C.R.I.S.R. (Captain Reynaud International Schooner Race) every summer.

My medical history is this, while I was leading a rescue team in Alaska where I was a Police officer and search and rescue team leader; I was on a Search and Rescue mission when I had experienced extreme shortness of breath. I assumed I was out of shape and decided to do some extra 'exercising'. I started walking 4 miles a day (in Alaska on Dec. 26th, 1985 can be difficult). After my hike with full rescue pack and gear, I would go to the top of a cliff (160' high) and rig my ropes and repel down, climb up and repel down again, after three reps I would pack the gear away and hike home. I did this for two days and on the third day, as I was repelling down, when I got to the bottom I had heavy pressure on my chest (felt like an elephant came and sat on my chest and he wasn't pink). Since I was some distance from town, I thought I would be there for a while. After a few minutes of breathing I determined that I had not pulled a muscle or damaged a rib, I decided I was having a 'heart moment'.

It was at that point that I decided to seek medical help quick; so, sitting on the ground, I thought I would 'scoot' to the road. As I moved to a close rock, another elephant came and joined the first (Now that is heavy). Just as the elephants were getting comfortable, I saw someone walking on the road, I waved, and they waved back – very friendly community; finally, they got the message I needed help.

When the medics arrived, they carried me down the hill to the ambulance where I was transported to the hospital. We were in Cordova, Alaska; a community about 60 miles S.E. of Valdez. And 150 east of Anchorage. The doctor quickly established that I was having a heart attack. Unfortunately, a blizzard had just started, and I could not medi-vac out – no roads – plane only.

On Jan. 1st, 1986 (Happy New Year!); I was flown into Anchorage (arrived at 12:15) and at 4:30 PM, where I underwent a Triple bypass. I recovered and later returned to duty.

Over the next several years I had several more 'mild' heart attacks (9 in all). Then April of 2006 I had some chest pain and "hoped" it would go away (I knew what was happening, but truly did not want to do it again). Late April, while driving a car I had some REAL pain and called my wife on my cell phone and told her to meet me at the head of the dock with my medication and that we were going to the hospital, she drove.

The, on May 2nd, 2006 I had a quadruple bypass, three of my main arteries were totally locked and the forth was 80% closed and I was not in good shape. I have totally healed up and feel great. The doctors decided to try and get my cholesterol down and my HDL's and LDL's balanced, so they put me on some NEW medication to try and reduce ad change my blood to bring it into balance. This gave me the eternal flue and felt terrible all the time – after 6 weeks I said that was it I would rather die of a heart attack. I called and told the doctor that I was through with the medication. They wanted me to come in and have some blood work done. Two days later I started drinking Mangosteen Juice; 2oz in the morning and 2 oz. in the evening (Nov. 9th, 2007). When I returned to the doctors in 90 days they did another set of blood work. They were excited and wanted to know what I had been doing. Did I change my cerise routine, had I changed my diet? I said, "NO! I just started drinking the juice. They said to keep on doing it, because my blood was now that of a 20-year-old.

The drop-in LDL is very significant, as they were trying to get me to take some severe drugs to get this down. They were very excited to see the huge change and wanted to know was I had down to get it down so quickly. I said I had been taking Mangosteen Juice for 90 days and that I knew that was what was causing the positive changes in my blood.

*-Fred s. Brady*
*Seattle, WA*

**HEPTITIS C**

I'm a 48-year-old housewife and mother. In 1995 I started losing my health. I became very fatigued and started experiencing chronic pain in my joints. After seeing many doctors, I was diagnosed with hepatitis C. I had a liver biopsy and was told at that time I had liver disease and a high viral level. Interferon treatment was recommended. Responded to the interferon, but it caused a lot of negative side effects. Laying on the couch or the bed became the difference between my days and nights while on treatment. This flu like condition lasted through the whole year of treatment and along with foot and elbow surgery; the quality of my life was poor.

When I finished the treatment, it was only 3 months till I had back surgery because of chronic pain. I was just home from my surgery and the call came from my hepatologist with the results of my blood test for the hepatitis C. I was told that the virus was replicating again and that I would need to go on treatment again. This time there was study going on with interferon and ribavirin combined. I waited 2 months to recover a little more from the back surgery and then started the study. It was so hard to stay on this treatment for another year and this time it was worse. The pain that I experienced was tormenting and the fever and flu like symptoms just continued again for that next year.

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It wasn't long until I noticed that arthritis pas was gone in my hands and I wasn't having any urinary infections anymore. I can hardly comprehend how drastically my life has improved just by consuming this Mangosteen Juice for the last 5 months.

One unexpected result the I just realized last week is that there is new hair growing where I have always had a receding hairline. I couldn't believe it. There was half inch hair growing where there had been no hair. What a bonus after all the health improvements that I have experienced to get new hair growth too. Thanks so much for being introduced to this amazing product that has changed my life and given me so much hope for the future.
-*Glenna Wood*

**HIGH BLOOD PRESSURE, NUROPATHY, ARTHRITIS, AND CARPAL TUNNEL SYNDROME**

I started with Mangosteen Juice on March 18, and in truth found no change in my conditions after I'd finished 4 bottles… it wasn't getting me anywhere… but I persevered and I'm grateful to say that the 5th and the bottle have started to make significant changes in some ailments – although I felt no immediate 'magical' or miraculous healing!

I started with 2 oz. twice a day. I decided my body mass needed it! I weigh 350 pounds, am diabetic, have high blood pressure, neuropathy, arthritis, sciatic nerve problems in my right hip and knee, mega pain in my feet, carpel tunnel and some neuropathy in my hands plus tendonitis and arthritis.

As a result of all the aforementioned health issues I take medication such as Actos 45mg, 30 units twice a day of 75/25 Humalog insulins, Lotrel for BP; Prozac, Lortab, Zocor and Ambien… I also take assorted vitamins C, B6, B12, garlic, Multi vitamins… I know, I'm in a world of major hurt.

Until just recently, I have for many years been unable to sit still for longer than 30-45 minutes (makes going to church painful!) without feeling that I had somehow "jelled" or turned to cement. I had a difficult time getting up from a chair – heaven forbid I should ever get down on my knees; I'd never get up. Last Thursday I arrived at a meeting at 6:30 pm as I wanted to be

sure I had a good seat! I had driven for an hour before arriving. Upon Arrival, I left my car, walked 'sprightly' across the parking lot WITHOUT MY cane. I sat through the entire meeting until 9:30 and got up without a problem. I walked hurriedly back to my car and drove home through a torrential rain storm. In any other occasion, I would have had to take a Lortab for the pain and tension plus a sleeping pill. I got home, took a hot shower, took a couple of extra ounces of Mangosteen and went to bed. I slept for 5 hours – a miracle to me because I hadn't been able to sleep without a sleeping pill or an 800 mg of ibuprofen (and recently the Lortab) for years.

I'm grateful for being introduced to the Mangosteen fruit and have a ways to go to be the best 60 something I can be… At first (being the skeptic I am – because I've tried so many products over the years) I didn't believe the results people were getting; and even if they were I didn't think it could happen for me.

*-Eve R. Midvale, UT*

**HYPER-PIGNENTATION**

My name is Brenda Cook and I live in Toronto Canada. I was looking forward to using Mangosteen skin nutrition just for the health reasons but when I saw the results my friend Grace received with her hyper pigmentation problem I become excited and hopeful.

The "before" pictures on the following page were taken on October 18th outside while walking at a Children's Wish Parade. Interestingly enough, the original Mangosteen company was title sponsor of that event.

My "after" pictures were taken 30 days after I stated using Mangosteen skin nutrition I have read that the skin repairs itself from the nose up over 52-63 days…but after just 30 days I was very pleased with the results. I had tried dermabrasion to no avail, and Mangosteen skin nutrition has not only reduced the discoloration in my hyper pigmentation but has also made my skin go from being rough (I called it turkey skin) to very smooth and soft! Yeah! Go Mangosteen!

I can't wait to see what happens next!

*-Brenda Toronto, Canada*

**HYPOGLYCEMIA AND ENERGY**

My name is Richard Noriega and I am a news anchorman at a CBS TV affiliate in Laredo, Texas.

In late July, 2004, I first learned of and began drinking Mangosteen Juice. I noticed an increase in energy and an overall feeling of well-being within just a few hours of drinking my first two ounces of Mangosteen Juice. Now, when I get up in the morning, I feel refreshed and wide awake all day long. I love the way I feel now that I have been drinking what I call a miracle juice

drink. I drink only two ounces when I first wake up, and two when I get home from work after the 10pm News.

I used to feel quite sluggish for at least a couple of hours after waking. This sluggish feeling had been going on for a number of years as I grew older. However, that changed the very first week that I started drinking Mangosteen Juice. I now feel wide awake and well rested all day long, even if I only sleep for just a few hours.

Another benefit I have experienced is a heightened clarity of thinking. This has really enhanced my performance in all areas. I can work fast and don't feel stressed the way I used to. I can honestly say that Mangosteen Juice has made a very positive difference in my quality of life experience. I don't tire or stress out as I used to and I "feel healthier." I just feel good! I know that the Mangosteen Juice is the reason.

Now, I won't be without it. If something makes you feel so good… It only makes sense to keep on drinking it. My wife also drinks Mangosteen Juice and it had also given her amazing Mangosteen Juice and won't be without it.

*-Richard Noriega Laredo. Texas*

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