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JOINT PAIN / MUSCLE / ENERGY / SLEEP / ANXIETY / ASTHMA*

I recently became a user of the Mangosteen based functional beverage, Mangosteen juice. I currently play professional soccer for the San Diego Sockers of the MISL and the Toronto Lynxs of the USL Soccer League. I've played on all the Canadian National teams, the Canadian Olympic team and Men's World Cup teams. I attended the University of Tulsa on a sports scholarship from 1996 - 2000. As a, pro athlete, I have to demand that my body do extraordinary things on a daily basis. Practicing at full speed several hours a day and then playing a 90-minute game, often without substitution, requires that every muscle and every joint give 110% every minute. As you can imagine, this routine takes its toll and, most days, players have to spend a half hour or more under the hands of a masseur or in the whirlpool tank just to stay in playing form. Despite these aids, most, if not all athletes endure some pain all the time, either in joints or in the muscles. And when their playing days are over, osteoarthritis afflicts most players and the pain continues. We do everything possible to keep our edge during our active pro years and that's why I tried the Mangosteen juice. Dr. T. came and spoke to our team and explained that, because of the energy we need we burn up to twice the calories most people do on a daily basis. This produces billions of free radical molecules that can cause stress-related injuries and lead to premature aging in the long run. I already knew that most pro athletes died earlier than non-athletes but I didn't know why. I was pretty much convinced to try the juice on the basis of the antioxidant benefits it promised even before he told us about the anti-inflammatory effects it would have. Most athletes are big consumers of across-the-counter anti-inflammatory to help with pain. It took a few days of Mangosteen juice before I started to feel the pain relief but it really made a big difference for me and my joint and muscle aches have been markedly reduced without the need for any pills. I also note that I felt more energetic, which was an unexpected bonus. Another problem that professional athletes face is the disruption of our circadian rhythm because we are required to travel often and go from one time zone to another arriving late at night in many cases. I had disturbed sleep as a result. Almost as soon as I started the juice, my sleep normalized. I was frankly very surprised and pleased. Finally, professional athletes are under unrelenting pressure to perform. Performance anxiety is something we live with before, during and after every game and if things aren't going well either individually or as a team, it's even worse. Contrary to what some people believe, I think that high levels of anxiety impair an athlete's ability to do his or her job. I wasn't as anxious as some players but I still worried. Since I've been on the Mangosteen juice I can honestly say that my anxiety before games is now, thankfully, non-existent! So, my story is that Mangosteen juice has helped me in four major areas: less pain, more energy, better sleep and no more anxiety. My girlfriend who has asthma has also used the juice and noticed a big improvement in her symptoms. Even when we had the terrible brush fires in our area and the smoke infiltrated everywhere, she didn't need her inhalers and that was a real change. My teammates who also used Mangosteen juice had many of the same results as I did. Mangosteen juice is something that all athletes from all sports should be using on a daily basis. I'm a believer.
Robbie A.

JOINT PAIN / BLOOD PRESSURE / ENERGY / WEIGHT LOSS

I am 68-years-old and suffer from the normal aches, pains and other health related issues that come with age. One day I told my son that I was taking Aloe Vera to help with my aches and pains and found that it gave me some relief. He told me he had access to a new revolutionary product that he would like me to try. That product was Mangosteen. Before I go any further let me just say, I love this product! I was given a six-week supply to try. Immediately I felt my energy level increase. My energy level was so good I began to forget about my aches and

pains. My joints do not hurt anymore; plus, I had a few other exciting side effects. Within the first three weeks of taking Mangosteen I lost nine pounds. Before taking Mangosteen I had a hard time stabilizing my blood pressure with medicine. Now my blood pressure is under control. I feel Mangosteen helped my blood pressure medicine to work more effectively. I have now been off Mangosteen for a couple of weeks and my energy level is down and the aches and pains have returned. I can't wait to get some more and begin to feel energized again. Mangosteen is an amazing product.
Donald D.

JUVENILE DIABETES / 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 xanthones 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 xanthones 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.

SEVERE JOINT PAIN STRUCTURAL DAMAGE

In September 2001, I was severely injured in an automobile accident and was completely disabled for almost five years, after numerous medical procedures, my neurosurgeon said, “in order to fix the damaged parts in your back and neck I would have to attach them to the good parts and you don’t have any good parts.” My back and neck are no longer operable but since then, I have had surgery on both hands, wrists and forearms, which were so damaged I couldn’t even hold a pen.

The constant pain was unbearable and the only thing that kept me functioning was heavy doses of the painkiller Methadone (considered more addictive then heroin), Norco, Acetaminophen with Codeine and lidocaine patches. Despite taking these drugs they only would take the edge off of the pain for just a few hours. I also took Mobic for Inflammation, Soma for muscle relaxation, celexa for Depression, Ativan, for anxiety, and Ambien CR for sleep. I was very unsteady on my feet and at times couldn’t even walk; had little to no energy and was in constant pain.

My mind was always in a blur and I was terribly depressed and anxious about my future.

The pain was ever present and only served to remind me to take more pills. This was a state of life I was not looking forward to.

In December, 2005, my sister, Lawry Kristie, introduced me to the juice of the Mangosteen Fruit which, (so she said), Might reduce the inflammation and perhaps the chronic pain in my body. Of course, I didn't believe a fruit juice could do that but after her continued persistence I agreed to give it a try. To being, I drank one ounce, three times a day, for three weeks, after which I noticed that I started forgetting to take my pain medication on time.

After a week or so of sporadic medication, I f finally made the connection to what my sister had side in the beginning and I decided to drop all my medication just to see what would happened. Much to my surprise and delight, my pain level continued to drop and I have been off medication ever since with no withdrawal symptoms.

Because of the structural damage to my body, I am nor completely free of pain but I can tolerate the little that is left and the heavy drugs are no longer destroying my liver and kidneys. The constant swelling in my body, particularly in my hands, wrists, neck, and lower back has gone. Further, my range of motion is dramatically improved. My energy level has increased dramatically and my thinking is clear for the first in years. I am no longer dressed and all my anxieties are gone well. My wife, Pamela, says she has her husband back.

Needless to say, the quality of my life had vastly improved. Thank you lord and thank you sis for introducing me to the incredible Mangosteen Juice.

-Roger Chedester

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