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MENOPAUSE / HOT FLASHES

I am taking it for numerous health issues but it sure has helped my hot flashes disappear! Less mood swings too! I have had a few women take Mangosteen just for menopause and they all reported get help! Most have taken 2-3 oz. twice a day. Within days got relief from their hot flashes.
B.J.

MENOPAUSE / 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.

MENOPAUSE / WEIGHT LOSS / DEPRESSION / 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 sr 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 of 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.

MIGRAINES / ALLERGIES

I too have had many airborne allergies and migraine headaches. Since using [Mangosteen-Juice], I and my daughters have not had one migraine headache, do not sneeze and have itchy eyes in hay fever season and have had many other improvements that were unexpected. There are no interactions with any drugs or medications. However, if you are hyper-sensitive, start with one oz. three times a day with meals, and increase to two oz. three times a day. Be sure to drink a lot of water with this and stick with it. This seems to be the best advice I've been able to collect. Good luck.
Betsy K.

MIGRAINES / FIBROMYALGIA

I started taking Mangosteen juice March 19th. Before that I was taking a lot of pain pills everyday such as ibrofin, Excedrin and Ultram like they were candy (minimum of 1200mg of IB and 2-4 Excedrin a day). And when I wasn't working I could take Ultram. But I couldn't take that longer then 3 days due to the migraines it gave me. For the past 4 years, I have been getting worse. Then last year it got so bad I didn't know what to do. So, I went to the doctors and ended up having 3 Ultrasounds and every blood test known to man. But they still couldn't figure it out. February 2005, my doctor took me off work for 4 weeks due to depression and stress. I went straight to my work and told my boss. Within 45 min. of giving them my doctor's note they called and fired me. I ended up losing my job because I needed to take 4 weeks off. Then I really thought I was going to lose my mind. I had set records at my last job. In their 12yrs of business I was the only person to start at the bottom and move up 3 levels to a supervisor in only 4 months. May 2005, I had to have exploratory surgery. All they could tell me was that they didn't find anything. You look normal, so we still don't know what's wrong. Still no explanation for all the abdominal pain; not to mention that now my whole body was hurting. I felt like I had been hit by

a Mac truck. And someone forgot to tell me. After I did a lot of research on my own I learned that what I was suffering from was Fibromyalgia. Not to mention I have mild Arthritis in my right hand. And I am pre-para menopause. Which I have been told was brought on in part by having my tubes tied 8yrs ago. I will be 35 in a few months. I have felt like I was in my 60's. When Rondy first called me in March about Mangosteen juice, I was at my highest level of pain. I would get up in the morning, walk my husband out and say goodbye. I would lay on the couch to make sure my kids made it out the door in time to catch the bus and I would lay there all day. I hurt so bad I couldn't do anything but pop pills. I just kept praying that I could get rid of the pain. I was starting to get depressed again because I couldn't do anything. I hurt so bad that I had to take pills. Then the pills made it, so I couldn't think strait and I couldn't help my kids with their homework. I was lucky to make dinner for my family. In short, I was sick and tired of being sick and tired. And thought what have I got to lose but the pain. So, I tried Mangosteen juice. Since I started drinking Mangosteen: The 2nd day, I woke up without a headache. I have had them every day for the past 15yrs since I was in a car accident. Migraines all the time also. • During the first week, IB taken- 400mg; the second week, 200mg. • I have not had to take any Ultram or Excedrin since March 19th. • My energy is back. I don't hurt like I used to. I started out drinking 2oz. 5x's a day and now I'm down to 2oz. 4x's a day every day. I did try to drop down to 1 1/2oz. 3x's a day but my body wasn't ready for that. The pain started coming back. That's what happens when you try to rush things. I just tell everyone that it took my body years to get where it is, and it will take time for it to heal. You don't heal from surgery, overnight do you? Well your body can't fix it's self-overnight either! I know that I would still be in a lot of pain if it wasn't for drinking Mangosteen juice. Thank You for getting involved and passing it on to others. If you didn't I wouldn't have my story. I have my "Why" but that would take another hour to type out. Thank you once again, it feels nice to trade my pain in for "my story".
Julie H.

MIGRAINES / ALZHEIMER'S / ASTHMA / SINUS INFECTIONS

To Whom It May Concern: My name is Barbara and I am General Manager of an adult care home in Arizona. A few months ago, one of our residents' daughters brought a bottle of Mangosteen juice to our adult care home to try on her mother who has Alzheimer's disease. This resident is 86 years old. The results were amazing. Prior to taking Mangosteen juice, she was sleeping most of the day and it was very difficult to carry on a conversation with her. Now, after taking Mangosteen juice for approximately three months, she is alert during the day, vibrant and easy to communicate with. Since her results were so exciting, we began giving Mangosteen juice to four of our other residents with outstanding results. Resident 1 is a 72-year-old Alzheimer's patient who prior to taking Mangosteen juice was sleeping all day, would not communicate and could not feed herself. Now after two months on Mangosteen juice, she does not sleep all day, she is alert, communicates with others and feeds herself. Resident 2 is an 86-year-old Alzheimer's patient, is blind, has very stiff muscles, she has not talked or opened her eyes for several years and is bed bound. After being on Mangosteen juice for approximately two months, she now talks at times, moves her arms and legs occasionally and communicates without screaming. She now opens her eyes and is aware of her surroundings. Resident 3 is a 76-year-old who has Parkinson's disease. Prior to taking Mangosteen juice she was very quiet, stayed in her room all day. Now after two months on Mangosteen juice, she comes out of her room for meals, is a lot stronger, her appetite has increased, and she now walks with minimal assistance. Resident

4 is a 94-year-old who is very frail, has transfusions every three months, has a poor appetite and is anemic. Now, after being on Mangosteen juice for almost two months, she is eating well, much stronger and very happy. After seeing the wonderful results that the residents were experiencing, I started taking Mangosteen juice myself. I was suffering from migraine headaches. I have now gone several months with no migraine headaches. When I begin to feel the symptoms of a migraine, I double up on the Mangosteen juice dosage and do not have migraines. My energy level has also increased since being on Mangosteen juice. I am also giving mangosteen juice to my nine-year-old son who suffers from asthma and sinus infections year-round. After taking Mangosteen juice his asthma medications have been decreased. When a sinus infection flares up, I double the dosage of Mangosteen juice and his sinus infection is gone in two to three days. Also, my four-year-old niece had no appetite, would vomit at the sight of food, and was very skinny and pale. She has been on Mangosteen juice for several months. She is now eating very well, has gained weight, and has rosy cheeks and less sinus infections. Mangosteen juice has truly been a miracle in a short period of time for my family and for the residents at the facility I manage.
Barbara G.

MULTIPLE SCLEROSIS

Blessed Results from Mangosteen - I have a friend who has multiple sclerosis. She has had it for over 25 years. I gave her some Mangosteen product on Tuesday, March 30th for the first time. She started drinking 3 ounces. a day on Wednesday, March 31st. Today is Friday, April 2nd, and she left me an answering machine message telling me that she has not "walked this well in years". I write this with tears of gratitude streaming down my face. I'm so glad the Mangosteen product helped my friend so soon. I told her I thought it would take a year or more! I found out she was actually drinking about 9 oz. a day, this stuff works! :)
R.R.

MULTIPLE SCLEROSIS / CRAMPS

Hi, my name is Ed. I was diagnosed with MS 16 years ago. I was introduced to [Mangosteen Juice] by Jeff F. in September of 2005. I am an optimist who is always looking for success and got a bottle of [Mangosteen Juice] 15 minutes after our introduction. I had my hand clawing on my left side. I had limited use of that hand. Since taking [Mangosteen Juice], I now can outstretch my fingers, pick things up and am gaining some feeling in those fingers. I also had severe cramping 24/7 in my feet. The cramps gave me a feeling of walking on marbles or stones in my bare feet. I no longer have these cramps. I for one will swear by the use of the [Mangosteen Juice] product.
Ed G.

MULTIPLE SCLEROSIS / EYE / MIGRAINES / GERD / RHEUMATIOD ARTHRITIS

I have had EXCELLENT results from the mangosteen with my MS. My eyesight has improved, including, no more double vision, no more blurred vision, no more problems with depth perception and vision that fluctuates. I have also had improvement in the "pins and needles" sensation in my legs, top of my head, upper right abdomen area, arms and hands. I still have a

few occasional bouts in the feet. I also had terrible cramping in my toes and feet... would happen several times a day's -- excruciating pain. That has decreased dramatically, only happens rarely now. A numb patch in my right upper thigh has completely disappeared. All migraines have stopped. I would get a pain behind my left eye area when an episode would come on....and I have only had 1 since starting the mangosteen. I also have rheumatic arthritis, and the swelling in my joint areas has greatly reduced along with the pain....and I was scheduled for stomach surgery on June 21.... which I did not have because the GERD, acid reflux and heartburn ceased when I started on mangosteen (totally unexpected and pleasantly surprising!) I have been able to sleep at nights now...because before I had to try to sleep sitting up because of the stomach problems. MS has been linked to a vitamin D deficiency .... and the latest research in autoimmune diseases is suggesting a link to bacterial infection. I researched to put together the natural, nutritional program I am on.... which I designed through trial and error on my own. I am excited and thrilled to have the results I am experiencing.
Lynn L.

PS: Please understand that I have several products I am taking.... extra vitamin D and other nutritional products .... I have a complete regime that I follow. I am now taking 8 oz. of Mangosteen per day. 2oz in morning, lunch time, dinner and at bedtime. I feel the anti-inflammatory effects and the antibacterial properties of the Mangosteen have greatly improved the quality of my life.

MENIERE'S DISEASE
I have suffered with Meniere's disease for 13 years and have now taken Mangosteen juice for 8 months and I have not had an attack of this horrible disease since taking this wonderful product.

In 1998, I was diagnosed with blocked arteries in my legs which I have had 2 operations with stints inserted and now those stints are blocked. My legs always felt very heavy and tired and it was difficult as I could not walk very far. About 4 years ago I got asthma which came as another shock.

I really couldn't believe my health was going downhill. Prior to getting Meniere's disease, I always thought I was fit and healthy. I never really had a sick day prior to that.

Two days before Easter 2004, I was rushed to the hospital via ambulance with excruciating pain around my rib cage and back, which also affected my breathing "I thought now what has gone wrong". I was told I would be in the hospital for about 5 days. While there, I was diagnosed with broken ribs.

Earlier that week, I sneezed about 10 times in a row causing the broken ribs. In the past as the result of taking Prednisone, I was informed this medication could weaken my bones. My wife, Pauline visited me with Mangosteen juice and side "just take it". On Good Friday I was home with my family.

This year I have only been in the hospital twice and prior to March 2004, I had been rushed to the hospital 9 times with asthma attacks.

I no longer suffer with constipation and the pain in my lower back has gone. I am now able to walk a bit further as my legs do not have that heavy sensation. Last week, I was able to do some gardening which I haven't done for years, as previously I couldn't bend over without feeling light-headed, out of breath, stiff, and sore. I feel I am starting to get my life back slowly.

I did not have the flu this year, although, in September 2004, I was hospitalized with an asthma attack due to change in Melbourne's weather. I was in for 3 days together with my Mangosteen juice.

My doctor checked my feet and felt slight pulses in both feet – (I have had no pules for 2 years due to blocked arteries). He asked, "what medication are you taking?" I said, "no medication".

I was overwhelmed with report, and I said "wow" it must be the Mangosteen juice. The doctor told me he knew about Mangosteen and said, "just keep taking it."

The only medication I take is for my asthma. I have also lost 3 kg without even trying. I will always take my Mangosteen juice every day for the rest of my life.

-*Marty Damman Melbourne, Australia*

MULTIPLE SCLEROSIS (MS), POST-POLIO SYNDROME, OSTEOARTHRITIS, GERD (REFLUX)

My name is Lynn Leonard and it is a privilege to share with you how drinking the while fruit puree of Mangosteen Juice has helped reduce symptoms of Multiple Sclerosis, Post-polio Syndrome, osteoarthritis, GERD, and nerve-root compression from a fall that destroyed a lumbar-sacral spinal fusion. I certainly never anticipated that I would be in better physical condition in my late 60s than I had experienced since that age of 39. But that is what happened for me. However, in the beginning I was quite skeptical.

My training and experience as a psychotherapist inclined me to be very reserved in my expectations of what a first juice could do for someone who had rather serious and complex health problems. However, I found the amount of medical and scientific research and Medline to be quite impressive.

On June 29, 2004, I tentatively began taking mangosteen juice at the rate of 1 oz 3 times per day. After one week at this level I did NOT experience any reduction in the severe pain for with I'd been taking large doses of morphine in the form of OxyContin and later MS contin. The doctor who had first placed me on OxyContin had explained, "Lynn, I could give you something like Celebrex or Vioxx, but they are new and may have unknown side effect." However, When I increased my consumption of mangosteen juice to 6 ounces per day (2 ounces 3 times a day), I began to notice rapid and marked improvement in several ways.

Reflux: Quite soon after I increased my carvings of Mangosteen juice I realized that the Gastric Esophageal Reflux Disease (GERD) from which I'd suffered since 1985 had totally abated. Having taken Pepcid nightly for more than 6 years, I have now taken no Pepcid since early July

2004. I have had no incidents of reflux and I now eat anything I want, including tomato sauce and chocolate – two foods that previously triggered reflux.

Pain Medication Reduced. Then Eliminated: I next noticed a marked decrease in pain, after which I began to systematically reduce the level of narcotic medication I had been taking since June 1998. Over the next 7 months I gradually reduced my use of morphine medication (MS Contin) from a high of 230 mgs daily to NO NARCOTICS as of 1/26/05. I was impressed when I read an article in the June 2004 issue of Molecular Pharmacology in which Dr. Nakatani stated Mangosteen inhibits Cox-2 inhibitors such as Vioxx, Celebrex, and Bextra.

MS Symptom Benefits: after beginning taking Mangosteen Juice I have also experienced a drastically reduced amount of muscle spasticity from which I have suffered as a result of having Multiple Sclerosis; a problem that affected my spinal cord, brainstem and cerebellum. Prior to taking Mangosteen Juice, my back, shoulder and chest muscles were so taut that I was hunched forward about 23-30. I often sat and stood with my toes turned under. Suddenly in early August 2004, those who knew me were commenting on the positive changes in my posture and appearance. I noted other significant changes. Previously, just touching my sternum cause acute pain. Today I can strike my sternum with my fist and experience no pain! Counseling clients have all commented saying things such as, "even your fingers aren't as crooked, and you sit and stand so much straighter than before." Last month her in arazonia there have been 3 huge winter storms. In the past I could predict such changes in barometric pressure (BP). Last August I lost my ability to tell when a weather change was coming because I no longer suffer when the barometric pressure falls! Hallelujah!

Acute Pain Reflux Eliminated: I no longer experience acute pain from a "pain reflux" that once cause my legs to buckle as a result of nerve root compression in my lower back. Gone also are intensely painful perineal spasms that had plagued me for 25 yeas as a result of MS. Thanks to these marvelous improvements, over Christmas I was able to cook two meals daily for 11 guests over a three-day period without pain and without exhaustion. It was the best Christmas I have had in many, many years. No longer do I find myself leaning on the kitchen countertops in order to stand up for a few as 3 minutes.

Blood Pressure Improvement: Prior to taking mangosteen juice I took 25 mgs. 3 times daily for elevated blood pressure. However, this medication never lowered my blood pressure below the 160/100 range. However, after taking mangosteen juice my blood pressure fell to an all-time low of 105/65. It has now stabilized in the 120/25 range.

-Lynn Leonard, M.C. Phoenix, AZ

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