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.

PAIN - Joint and Muscle

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. Templeman 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.

PAIN - Joint / 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.

PAIN – Shoulder

For over a year, my shoulder was very painful, and I suspected it was caused by daily work on a computer. I began taking Mangosteen-juice. My shoulder stopped hurting in about 1 1/2 months and has not come back. The Mangosteen juice will actually attack the source of the problem as an anti-inflammatory and not mask the disease as a drug would ... Best to your health from a healthy 54-year-old.
RjD

PAIN - Stomach / FIBROMYALGIA / IBS / ACID REFLUX / HEADACHES / 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

PARKINSON'S DISEASE

I just wanted to say that my mother, who has Parkinson's, is getting some very positive results to begin - Increased energy, less "muddling of the mind" as she calls it. I might add that these were the benefits she received in the first 2 weeks. We're looking forward to the long-term benefits.
Jim A.

PARKINSONS / BLOOD PRESSURE / CHOLESTEROL /DIABETES / HEART - Congestive Heart Failure / 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., Nitrogycerin 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

PET CARE – Hamster

We gave it our hamster, Wiskey jumped from a high place and broke both of its legs. We put it in his drinking bottle. The Vet was very
surprised at how fast Wiskey recovered. By the way the hamster just loved the juice. He would drink and drink and drink. It was funny to watch him. Hope this helps you decide, your ferrets might benefit also.
Lori S.

PET CARE – Dog

Hello, my dog is only 8 lbs. so it was a trial/error to find the right dose for her. I'm down to roughly 1 Tbsp. a day to avoid any runny stools. She liked the juice at first but then pooh-poohed it! Now I mix a little pure maple syrup with it and she's a happy Chihuahua! The Mangosteen juice helped heal a major infection for which the vet did not think she'd respond without surgery. She also had intestinal ails on two other occasions and the juice settled her down within hours. I would have taken her in for treatment but tried the juice first. She was fine the next morning. Now that she's five years old, I should be more consistent in giving it to her to prevent known concerns with aging. Go Mangosteen!
Tzb.

PET CARE – Dog

Hi, I used the juice w/ Ruby my pup as I adopted her from the Marin County pound, she had eye infections when I got her, it got worse, and before taking her to the vet, I gave her an ounce she lapped it up and I swear...the next day...the eyes were clear! and have been so since. :)
Patrice P.

PET CARE – Dog

My dog was stung by a wasp and I gave her some juice for two days and by the second day the swelling was gone. Being that she's an outside dog, something irritated her paw and she chewed the hairs off her paw. I applied some juice on it and gave her some to drink also and by the next day, she stopped chewing her paw.
Margaret L.

PET CARE – Dog

Our 12-year-old Dalmatian, Duchess, and our newly adopted (March 3, 2008) Dalmatian, Cassie (between 6-10 years old depending on which vet we talk with) have an ounce twice a day served on their meal. Duchess got rid of a limp which started to show up a couple of years ago. When she was one year old or, so she got hit by a car. Cassie came to us with gum diseases/infection. She had some dental work done and now is one the road to recovery. Our pups wouldn't be without their juice. And, neither would we.
Ben & Debby - Rainbow, CA

PET CARE – Dog

I have used it on my dog who got mange as a puppy. I put it on the all spots except on small one that was not a "sick" looking as the others. Also, gave her 1/2 oz. juice twice a day orally. All the bad spots were healed and growing hair in 2 days. the other spot got worse...until I treated it too! Now she is a year old, had her spayed and put the patented, Mangosteen juice on the incision twice a day, also gave it to her by mouth. She will drink small amounts (1-2 oz.) without much coaching. The swelling went down and has healed nicely in a week.
B.J.

PET CARE – Dog

I have a small Pomeranian who started having seizures about 9 months ago, at least 2 times a day, the medication the Vet. prescribed her (Phenobarbital) was making her dizzy among other side effects, we started her on the Mangosteen juice Sept. 2006, she reacted immediately,(we took her out of the medication the same day we started her with the juice)... with lots of energy and has not had a seizure since then, we noticed she was not limping anymore , (she had developed arthritis) and at the same time we noticed a rash she had on her skin was gone and her hair was growing thick and very shinny) my husband giver her 1/2 oz. every morning. Don't be afraid to start your dog on the juice, you will be surprised to see how fast she recuperates and gets better.
Yvonne

PET CARE – Dog

Our dog is a Lab/Dalmatian mix. She is sixteen years old (that's OLD for a lab). She is very arthritic. We give her 1-2 ounces of Mangosteen juice every morning and she becomes quite frisky... even trotting down the street. Without the juice, she can't even get up. With it, she is full of energy, is mobile and her coat is shinny. The vet is amazed at how well she does for her age and breed.
Stephanie A. - AZ

PET CARE – Cat

I gave my cat some every day for several months (about 1-2 tsp in a syringe). She had a cyst behind her ear. One day the cyst just fell off. Her hair was shinier & silkier, too (long hair), so I really should keep giving it to her...
Kristen E.

PET CARE - Parrot / Dog

I have used the juice for my animals. First, I want to tell you about my parrot. He's an African Grey about 14 years old. Last summer, when we got back from vacation, it seemed that the young couple who had been taking care of him "forgot" about giving him water or changing it each day. He looked absolutely terrible. If anyone knows anything about birds, they know that they are the best at hiding any sickness or disease until it is too late. Well, I really thought I had lost him. I expected him to be dead by morning. I washed his water bowl out very well and gave him 1/2 Mangosteen juice and 1/2 purified water. When I gave it to him, he just drank and drank and drank. He would not stop-- poor thing. I cried most of that night, not knowing what I would find in the morning. The first thing I did was check on him. He looked at me and whistled a greeting. I laughed. He looked a lot better than he had that night before!! I changed his water again. I gave him juice in it again, though not quite as much.

Well, it took only a couple of days, but he got back to being his ornery self! Amazing. I really thought I wouldn't have him the next day. Then, quite a while later, I got lax about giving it to him. (By then I was only putting about 1/4 teaspoon or so in his water cup). After a time, I noticed him scratching one side of his neck and the feathers were missing. It wasn't raw or anything, but he kept scratching it. I started giving him the juice again. It took a while, but the feathers started growing back. A couple of months after that, I decided to see if that was really what was helping his neck. I stopped the juice again. Sure, enough, his scratching started, and he started losing the feathers on his neck again. Now, he will never be without his juice. It's really rough, too, sharing 1/4 teaspoon of my bottle with him each day (NOT)). Our dog (mini Schnauzer) loves the juice, too. She gets any that's spilled, too. I use it on a cotton swab anytime she has a tick that is removed. It helps her not swell up or develop any infections. Hoping to prevent Lyme for her. I have some friends who breed Schnauzers. They give it to all their dogs and the puppies. One of the ladies offers extra warranties for the puppies of the people who sign up to keep giving them the juice after they are sold! It's helped a few of them (as well as their

new owners!).
Glad B.

POISON OAK / POISON IVY

The day before I was due to fly to Thailand for a week's vacation last spring I was clearing some brush on our property in southern Oregon. I didn't see it until it was too late but my right arm, around the elbow, had come into contact with poison oak. I was really looking forward to my vacation, so I ignored my arm until, while in flight, I noticed the extent of the poison oak damage ... It was a lot worse than I had initially suspected. Luckily, we were staying at the 'Mangosteen Resort & Spa' in Thailand and we had the fresh Mangosteen fruit & juice available in our suite. I was drinking a 'whole fruit' Mangosteen juice every day and also crushing the skin (pericarp) of the fresh fruit and rubbing it directly onto the effected skin. I've had a run in with poison oak before and it took about 5-6 weeks to recover. The pictures here show a sequence over 5-6 days. The results from this powerful little fruit were amazing ... I now drink this juice every day.
Glenn S. - Medford, OR

PSORIASIS / KNEE PAIN

I have suffered from psoriasis for 30 years, but it really started flaring up in the last year. Right after we installed a beautiful swimming pool in our backyard, angry red blotches with thick silvery scales erupted on my legs, back and stomach. It spoiled the excitement of having a pool to share with friends and family when I couldn't be seen in public in a swimsuit. At the same time, pain in my knees had reached the point where I couldn't walk to the mailbox without popping a couple of [pills]. I consulted a rheumatologist to see what could be done about these two conditions: psoriasis and rheumatoid arthritis. She prescribed Enbrel, a drug which has to be injected, costs $20,000 per year, and has horrible side-effects, for the psoriasis. Because the knee x-rays showed a "bone-on-bone" situation, the recommendation was knee replacement surgery. Right after my diagnosis, my best friend, Deena, started using (Mangosteen) for her health challenges, and the results were very positive.

I started drinking (Mangosteen) at a dosage of 2 ounces, three times per day, with meals. My energy level increased immediately. Within a very short period of time my knee pain disappeared. Over a period of two months my psoriasis is almost completely gone. First, the thick, silvery scales, subsided. Next, the red blotches turned pink, then flesh-colored, and started receding. Now the blotches are completely gone from my legs and stomach, and the remaining spot on my back is receding and is only noticeable by a roughness to the touch. I have learned that even when there is no cushioning material left in a knee joint, as long as there is no inflammation, healthy muscle and cartilage will prevent bone from rubbing on bone. I believe the (Mangosteen) juice reduced the inflammation in my knees to the point where bone did not rub on bone, and the pain was eradicated. For the cost of two cases of (Mangosteen) per month, I have avoided a $20,000 per year drug and a knee replacement. I am forever grateful.
Toni D.

PSORIASIS / FUNGUS

I started the Mangosteen juice in Nov 2004 and by January 2005 my psoriasis was 98% gone and still is. I have had psoriasis for 44 years. I have spent thousands of dollars and treatments to help. I had 100 Ultr Violet treatments that made it go away but gave me a cateract on my left eye which was never fully developed. Since then I have been totally blind in the left eye, so I just decided to learn to live with psoriasis. My hands were so bad they cracked and bled. I also haven't had hormone treatment since then and I had been on hormones since 1983 when I had hysterectomy. It also cleared my fungus on my toes. I am very thankful for the Mangosteen juice.
Delores P.

PSORIASIS / BLOOD PRESSURE (Physician Testimonial)

My name is Thomas E. L. Jr. M.D., and I must admit that I was a bit skeptical when I started using Mangosteen juice at the rate of one ounce three times a day beginning on July 12, 2004. I've had moderately severe Psoriasis for over 15 years. One week after starting on the juice I noticed a very definite improvement in my Psoriasis. I am not on any medications for Psoriasis. I also noted a definite drop in my blood pressure. My usual average BP checked 3 times a day was 144/90 (No BP meds.). After I started the Mangosteen juice, my Bp averaged 117/70 taken morning, Noon & Night. I was also having a lot of arthralgia in my hips, knees, & back, which is completely gone now. I am currently on Zocor 20mg a day for cholesterol. After my next Lipid Panel, I may drop the Zocor if my levels are lower than usual to see if the Mangosteen juice will KEEP it down by itself.
Dr. Thomas L.

PSORIASIS

I have suffered from Psoriasis for over twenty years. It started out with small patches on the legs and then appeared on my elbows, knees, and ankles. I have used prescription ointments to try and keep it in check but have not always been successful. I should also point out that not only does it cost $85.00 USD for a tube (45 Grams) but the ointment also contains Steroids and I have always been a little concerned with that fact. Then last year Psoriasis flared up on my face in a really bad way. So now my prescription costs me about $170.00 per month (two Applications daily) not to mention the discomfort (greasy) from the ointment itself. After being on Mangosteen juice (4oz) per day for 3 weeks I noticed that my face was clearing up. I didn't think too much about it except that I wasn't going to have to apply the ointment again until the next flare up. I still had the problem with the elbows and in speaking with one of my friends we discussed the subject of Psoriasis, and, as it turns out, he also has the same skin condition. He suggested that I apply Mangosteen directly to the area and wrap saran wrap around the elbow so that the Mangosteen wouldn't rub off on my sheets at night. I did try this and low and behold the next day all the flaking was gone but there still was redness in the area, so I did it again for two more nights. The result; the Psoriasis has completely disappeared. I now take 6 oz. of Mangosteen per day and I have very little sign of Psoriasis anywhere on my body.
Larry A. - San Francisco, CA

PULMONARY FIBROSIS / RHEUMATIOD ARTHRITIS*

This is my story and I would like to condense it but there is too much to tell, so please, bear with me. I'm 65 years old and I have been ill for 35 years. I have four (4) chronic diseases: Starting with Rheumatoid Arthritis that sat upon me when I was 30. It was misdiagnosed for more than a year, so it got a good head start. Needless to say, that I have been through the gauntlet of rheumatoid medicine, even gold shots. Nothing worked so my doctor put me on Prednisone because I had developed a rheumatoid lung disease called Pulmonary Fibrosis. The prednisone helped my lungs and my RA, so he told me that I would probably be on it the rest of my life.

Along with RA, I have severe Osteoporosis. In 1977 I cracked three ribs just from coughing. In 1982 I cracked four more ribs (from coughing). In 1999 I broke my arch in my right foot from stepping on the door sill wrong. Even though I have been on prednisone since 1976, I have managed to get myself down to 4mg. per day. I also have developed Sjogrens Syndrome (a drying out of body tissue, i.e., eyes, skin, body fluids, etc.). Next comes Graves' Disease.....in 2004, I became so ill that I prayed for God to end my life. I thought about suicide daily and begged my husband to kill me because I didn't have the courage to do it myself. I guess I put him through Hell. I lost weight (157 lbs. to 85 lbs.) I was in a deep depression and my eyes were beginning to protrude. I had tremors, my feet and ankles swelled so much that I had to buy men's slippers to wear to town.

My body was racked with pain. I had also been on Methotrexate and it made my stomach hurt so much and made me so sick that I asked my doctor if I could stop taking it for a while. Which I did. Then when Graves' Disease came along (I didn't know I had it...I thought I was having a flare-up of the RA.) .....I couldn't stand the pain any longer, so I asked my doctor to put me back on Methotrexate. He said, "No." Instead, he sent me to a specialist. He put me on hormone therapy for my thyroid and in a few weeks, I was getting better. But with my depression and pain, I was crying at least four hours out of every day, off and on. I couldn't even take a shower without crying from pain. Now, comes the miracle of Mangosteen three days after I started drinking the juice; I could sleep better (I had insomnia forever) and I had more energy.

After the ninth day, I noticed that I didn't have as much pain. I went from taking 600 mg. of Ibuprofen every four hours to six hours. At this point I have been drinking the juice for just short of two months and I can go twelve hours without Ibuprofen before I start getting withdrawal symptoms. (Headaches, icky feeling and lots of pain in my knees.) After all, it took 35 years for my knees to get this way. I had to go shopping around 7 o'clock in the morning in order to get an electric cart because I couldn't walk the stores. I had asked my doctor to help me get a scooter from Medicare but.....now I don't want one. Yesterday, for the first time in I don't know how long, I did my shopping on foot. I won't tell you that it didn't hurt but.....I made it!

My Granddaughter has been helping me with chores and doing the cooking for the past two years. I am so excited.....I can now stand long enough to prepare and cook a complete meal. I also do not cry in the shower anymore. I sing! With thyroid therapy and Mangosteen, my weight has stabilized at 115 lbs. I feel great and my family and friends, who know me, can see a big difference. Thank you, Dr. J. B. F and Dr. K C for prescribing what I needed to help me. I truly believe that I wouldn't be here if not for you. Thank you, Gail, my dear friend for telling me about Mangosteen. And Thank you, Jim S., for showing me how and where to purchase it. Most

of all, thank you, Lord for giving me hope again.
R. Darlene O. - Hayden, Idaho

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.