

Goji Berry



Goji Berry Benefits

*Goji Berry (Lycium barbarum) is also commonly known as **Wolfberry**. Like many of the herbs and natural supplements that have been found in **Asia**, Goji Berry is known to have many positive effects for people who want to promote overall body health.*

Goji has been around for more than 6,000 years and during that time, its virtues have been explored in various tests. Scientists have found that people can benefit greatly from the use of Goji for a number of reasons, which confirms the beliefs of the Chinese herbalists who have used the berry for decades to treat people with a host of different ailments.

Cancer study

A clinical **study** carried out on 79 cancer patients in 1994, found that a combination of immunotherapy with **Lycium Barbarum polysaccharides** (found in goji berries) was more successful in treating patients with various forms of cancer than those who received immunotherapy alone.

Antioxidants

Goji berries contain **vitamin C**, as well as **vitamin B2**, **vitamin A**, **iron** and **selenium**. The test tube experiments found that Goji Berry was good for promoting proper cell growth and the antioxidants found within it were very powerful in disease prevention. One of the interesting finds was that Goji could help **lower glucose levels** in individuals and also **lower cholesterol** in some people.

The antioxidants in goji berries boost immune function and can **improve long-term health**. Having to constantly fight off cold or the flu can weigh on the body and make life difficult for people. In order to stay healthy for longer, the body has to stay sharp and this can only happen when you are free of disease. In this way, vitality and long term function is increased by Goji Berry, for those who wish to take an holistic approach to their health.

What does Goji Berry improve specifically?

There are many different areas that have shown improvement because of the use of this treatment, which comes with a pretty high price tag in China. The price is justified by the fact that Goji does so much for the body and most people see it is an investment in their long term health. The antioxidants within Goji are most well known for fighting off disease within the liver. For people who want to protect their liver in the face of alcohol or drug use, the berry supplements can be especially helpful.

Likewise, there are some small, subsidiary effects that have come along with Goji Berry. Improved eyesight is thought to be a positive effect, while increased leg strength is, as well. This promotes the theory that the berry helps to improve the body as a whole, instead of just helping to improve any one particular area. With this knowledge, people have been much more likely to try Goji as a part of their daily routine. Those who use it daily have found that Goji increases their energy levels to a point where they feel more able and much more refreshed than in the past.

Goji Berry as a sexual enhancer

Though its primary role is in preventing disease, Goji Berry has also been found to help **increase fertility** in women and help improve **sexual function** in men. One reason for this is that it **improves circulation** throughout the body, allowing people to perform at their peak in a host of different activities. Sexual activity is

one of those and although it is a nice side effect, it is not the focus of Goji Berry.

All in all, Goji is popular not just for one purpose, but because it helps to improve the body in lots of different ways. The tests have shown that it has significant power to both prevent and help cure diseases such as cancer, while other tests have proven Goji to be an effective holistic treatment. Total body health and keeping in tune for the long run is a concern for most, so it figures that those people would want to use Goji to not only lengthen life, but improve the quality of their life.