

## Remarkable Health Benefits of Noni

Last July Noni Juice was granted a licence for sale in the UK by the Food Standards Agency and within a few months articles regarding its ability to combat the pain of arthritis appeared in both The Times and The Daily Mail.

Although noni is relatively new to the UK its remarkable healing properties are making it an extremely popular product. Noni is a fruit that grows wild and in abundance in countries such as Polynesia, China and India. For thousands of years, Noni has been used as a healing plant by the shamans of French Polynesia and it is only in the last six years that it has become available in the West. Scientists around the world are now beginning to study the medicinal properties of this plant and many complementary health practitioners, doctors, surgeons and veterinary practices are recommending this fruit as a natural means of helping the body to heal itself.

Noni is often referred to as a sacred botanical by native healers. The oldest references to Noni dates back tens of centuries to India's ancient Sanskrit writings that cite the use of the Och plant in Ayurvedic medicine. Historians believe that Noni originated in Southeast Asia, and that during an ancient migration to colonize new lands, it was brought to Micronesia and then Polynesia. Polynesia has a rich healing heritage and knowledge about Noni's medicinal uses was handed down from generation to generation. The Noni plant is an evergreen that can range from a small bush to a 30 foot tall tree. It produces noni fruit and a lovely fragrant white flower all year round.

What the peoples of the South Pacific have known and practiced for generations is being scientifically supported today. Dr Neil Solomon, a consultant to the UN and World Health Organisation has interviewed more than 75 doctors and other health professionals who had compiled data that collectively represented over 15,000 people who had used or were using noni. His scientific studies and documented clinical trials showed that noni juice provides wonderful health-promoting benefits including:



- Normalises blood pressure
- Balances the functions of the digestive system - thus giving relief for IBS
- Works to help regulate sleep, temperatures and mood cycles
- Increases body energy
- Strengthens the immune system - to fight disease and infection
- Acts as anti-inflammatory anti-histaminic agent - giving relief for arthritis
- Has antibacterial properties that can protect against digestive and heart damage
- Inhibits pre-cancer function and growth of cancer tumours

His findings are given in more detail at [www.cnw.com/~timo/scien/scientific.html](http://www.cnw.com/~timo/scien/scientific.html) 5

A variety of testimonials pertaining to specific conditions can be viewed on [www.incc.org](http://www.incc.org) or [www.noniisgoodforyou.com](http://www.noniisgoodforyou.com)

Modern day chemical analysis of noni confirms that this juice is not only rich in nutrients and antioxidants but it also contains 23 different phytochemicals. The power of phytochemicals to promote good health and control cancer is so impressive that the University of Illinois has created a whole new department with 63 scientists and professors just to specialise in phytochemical research.

Due to the remarkable results that people are experiencing with noni, the juice is being labelled 'a gift from God'. If you would like to obtain further information (or a booklet) or discuss how it might be able to help you, contact Yvette Richards:

**01276 500940 or  
email: [yvette.richards@ntlworld.com](mailto:yvette.richards@ntlworld.com)**

After analysing the data collated, Dr Solomon published the following results:

### STUDY OF 15,000 NONI USERS

CONDITION (and how it responded to noni)	PERSONS Taking Noni	% HELPED *
Allergy, decreased symptoms	1,875	88%
Arthritis, lessened symptoms	1,235	80%
Asthma, improved	5,689	70%
Cancer, lessened symptoms	1,419	69%
CEFIDS, Fibromyalgia: lessened symptoms	2,399	78%
Depression, lessened symptoms	1,111	77%
Diabetes, Types 1 & 2, improved	4,232	84%
Digestion, improved	2,392	90%
Energy, increased	12,199	90%
Heart Disease, decreased symptoms	1,643	78%
High Blood Pressure, decreased	1,411	85%
HIV, lessened symptoms	105	56%
Kidney Health, improved	2,838	67%
Menstruation, lessened symptoms	2,573	78%
Mental Acuity, increased alertness	3,844	74%
Multiple Sclerosis: lessened symptoms	17	51%
Muscle, increased body-building	933	71%
Obesity, lost excess weight	4,181	71%
Pain, including headaches, decreased	5,139	86%
Sexual Enhancement	2,276	85%
Sleep, improved	1,534	74%
Smoking, stopped	663	58%
Stress, coped better	5,156	72%
Stroke, decreased symptoms	1,391	55%
Well being, felt better	5,915	78%

\* Pooled % of people who experienced objective and/or subjective improvement of their signs and/or symptoms after taking noni. The majority of noni users who did not get optimal results failed to do so probably because they took a lesser dose and/or took it a lesser amount of time than recommended.