

# Mangosteen Testimonials



# Mangosteen Testimonials

## Pain Relief

Dr. Enrique Martinez, M.D.

I am a medical doctor specializing in occupational medicine. I have an acute shoulder pain, and I have been using different non-steroidal anti-inflammatories with a poor response. I have found that when I use Mangosteen juice in addition to the normal, non-steroidal anti-inflammatories, the RESPONSE IS MUCH FASTER AND LASTS LONGER, SO I FEEL RELIEF FROM THE PAIN."

## Pain, Bruising

Rosemary, CA

In my previous surgery (breast re-construction and revision) I was black and blue for several weeks and took the pain medications for several days. After my follow up surgery I had a very special response to the Mangosteen juice. For about 6 weeks before surgery, I was drinking about 2-3 ounces 3 times a day before meals. I was amazed that I did not have much bruising and took only one pain pill. The only difference this time was the Mangosteen juice, I was not taking it for the surgery I am drinking it because I had breast cancer and don't want to revisit that again. It has amazing benefits.

## Pain, Inflammation, Arthritis and Dupuytren's,

Eunice Green

I own a health food store and am presented with new products all the time. I am leery of new products and usually do not even take the time to look at them.

When my husband brought home Mangosteen, I just rolled my eyes and said "no way".

After a few days of Bob taking Mangosteen, I noticed how much energy he had and so finally on August 7, I started taking 2 ounces a day.

I did not get the surge of energy that I was expecting so I was very disappointed initially.

I have a very badly damaged left kidney from having a history of kidney stones, kidney surgery, lithotripsy more times than I can remember. For the last few years I have had constant pressure on that kidney which the doctors have told me is **inflammation** which is the result of the damage and scar tissue from all the trauma to the kidney and the urethra.

I had been getting up at night about every hour and every morning I judged my day by how the left side of my back felt. In other words, my kidney ran my life.

**Five days after starting Mangosteen, I woke up and realized I had only gotten up twice that night and that I had no pain and no pressure on the left side. And I have not had one twinge since. *I love Mangosteen!!!***

I also have **arthritis** in my knees and after about 2 weeks, I realized ***my knees didn't hurt anymore.***

**I also have a condition called dupuytren's** that is inherited from my father. This condition causes growths, nodules or little tumors to grow on the tendons in the hands. I have been told by 2 doctors that the only option is surgery eventually. It is a very painful condition that causes your fingers to curl. My hands had no strength and were very stiff. **After 3 weeks on Mangosteen, I noticed the lumps were disappearing. Incredible!!!**

The longer I take it, the more things that have been challenges in my life are clearing up.

Don't ever take my Mangosteen away!!!!

## **Tumor**

Dr. Enrique Martinez, M.D.

One of the most wonderful experiences I have seen with mangosteen juice was with a patient that had a Brain Tumor. This patient was 32 years old, and she was having Headaches, Nausea, Vomiting and Vertigo. She also had double vision because of the tumor. I had her start using one ounce of mangosteen juice three times a day. At the end of the second week, there was a remission of the symptoms, and she was able to have surgery for the removal of the tumor in a much better health condition than she would have had previously.

## **Chronic Pain**

Tina Grover

My testimony and appreciation for this delicious health drink is going to definitely influence my success with Mangosteen! **I have been blessed with being able to move my arms without pain since adding Mangosteen to my daily nutritional intake.** I have suffered from an old injury in my shoulder cuff for years. I am pain free and can now lift my shoulders without pain! Thank you for making this wonderful product available to help so many.

## Chronic Pain and Asthma

Mildred Smith (By Carol Green)

Mildred Smith, age 81, Indianapolis- Mildred says, "She is not Lazarus nor the Blind Man, but she knows how they felt when they received their miracles." Mangosteen has given Mildred her life back. **After hip surgery in 2003, Mildred had to take painful \$400 pain shots, but now she is pain free!** Her asthma symptoms are gone, she doesn't need her walker any more and she is no longer a recluse.

## Cancer

Carolyn Kaplan

I was diagnosed with head and neck Cancer and had undergone a radical neck surgery and broad range of radiation to my face, neck, and shoulders. The effects of all of this were devastating to my body to say the least.

After my second week on the Mangosteen Juice, I noticed some significant changes in the way I was beginning to feel. *I began to show signs of rapid healing from the damage the radiation had done to my mouth and throat and my Energy Level was returning.*

My surgeon was surprised and delighted at my exceptional progress. I went from dragging myself to work a few hours to a regular work schedule in a very short time. *My hair is now growing back, my tongue which was severely burned has been restored to health again.*

I believe without the Mangosteen Juice, I would have spent a very long time getting to the point I am now. Since my primary source of Cancer has not been found, *I am depending on the Mangosteen Juice to keep my immune system strong and me healthier than I have been in a very long time."*

## Diabetic, High Cholesterol

J. Starr

My husband is a Type I Diabetic, and he has high blood pressure and high cholesterol. *Since taking Mangosteen, his Cholesterol is down to 130.*

## **Diabetic's Health Improves, so says her Medical Doctor!**

Eunice G.

I went to my MD yesterday for my yearly physical-had lab work done a few days before. He was quite amazed-my blood pressure was 112/70, my cholesterol was perfect, my averaging blood sugar was down a bit-lower than it's been in the 6 years I've been seeing him. And everything else was in great shape! Pretty impressive for an overweight diabetic. And I've lost about 10 lbs since I last saw him. He was really blown away by my hands - couldn't believe those little tumors were getting smaller.

Of course, he asked what was up-and of course, I told him. *He wants to know more - was quite fascinated hearing about this fruit.* I guess I'll force myself to bring him a CD and more info. He usually humors me and my "natural" stuff but this did intrigue him. Just thought I'd pass this on.

## **Fibromyalgia, Pulmonary Disease, Migraine Headaches, Inflammation, Depression, IBS, Chronic Pain, Stomach/Digestive disorder and Low Energy**

Mary Atlanta, GA.

I was diagnosed with **Fibromyalgia and Chronic Obstructive Pulmonary Disease** 3 years ago. Prior to that the only health problem that I had was **migraine headaches**.

In the fall of 2001, my condition became much worse. I was unable to **sleep** more than an hour at a time and was up and down all night. I awoke each morning extremely stiff throughout my complete body. I would run hot water over my hands until I was able to actually turn the shower on to take a hot shower massage or take a hot bath. I tried everything that I could think of and anything that anyone suggested.

Finally in Oct, my doctors put me on disability from work because I could not stand up straight or walk without holding on to a wall or rail, scooting up and down stairs in my home, and walking with a cane when away from home.

Additional medicines were added. I was now **taking 13 medicines** and not getting very much relief. **I was taking anti-inflammatories, 2 different anti-depressants, medicine for Irritable Bowel Syndrome, muscle relaxants, 3 different pain medications, medicine to put and keep me asleep at night and 2 different inhalers for the COPD plus migraine medicines and finally medicine to overcome the stomach problems all the other medications had caused.** I thought my life, as I had always known it was over.

I decided that I had to find a way to "become" myself again. A friend of mine sent me Mangosteen. **After 1 month on Mangosteen, I'm no longer taking any prescribed medication. I use Mangosteen only. I am pain free, my depression is gone. I sleep all night every night instead of fighting to fall asleep and waking constantly all night and have so much energy! Thanks!**

## **Joint Pain, Allergies, Headaches, Cholesterol, Thyroid, Sleep and Eczema**

Pam Malow-Isham

I have been a massage therapist for 16 years and had **terrible joint pain in my hands and shoulders. Now my joint pain is gone. I was taking antihista-mines everyday for my allergies and now they are gone and I am off all medication.** I used to get bad **headaches** a couple times a week and have not had one now in the last 7 months I have been on Mangosteen. My **cholesterol** went from 210 to 181. I have lowered my **thyroid** medicine 3 times, from 105mg to 60mg. I had eczema on my elbows and it is gone. I **sleep** better and have more energy. It did not all happen over night.

The first month I was drinking the juice I actually felt more tired but I did have relief from my allergies. I had a complete physical 2 months prior but had forgot to get blood work done for my thyroid. My endocrinologist did a complete blood work up on me after I had been drinking Mangosteen juice for a month. She was able to lower my thyroid medicine 15mg and my cholesterol dropped from 210 to 197 so I knew it was working.

It took a couple months for my joint pain to go away. It took 4 months for my **eczema** on my elbows to go away. I have a friend who has had eczema since childhood and in 3 weeks hers was all gone. Why it took me 4 months and her 3 weeks I don't know but I am glad it is gone. Every day I feel better and better!

## **Arthritis, Asthma, Sinus, Depression, High Blood Pressure and Weight Reduction**

Nina Harrison, GA

I can certainly testify to the wonderful benefits and healing qualities of the mangosteen fruit. I began taking 4 ounces of mangosteen juice a day the last week of November 2003.

The second night I was taking Mangosteen, I slept five hours! Before then, I was only getting three hours a night sleep **due to the pain I was in from arthritis, breathing problems from asthma, sinus drainage, and depression I was suffering because of the health problems.** I wake up rested and with so much more energy. I was taking 10 mg of Lortab three times a day and using lidocaine patches on my joints. Around the first of week of December, I noticed my pain level was greatly reduced; I was able to stop using the Lidocaine patches completely.

I have only taken a couple of 5 mg of Lortab since then. I had been using a walker and needed help getting up from a sitting position. I can now get up by myself! The only time I use my walker now is when I am around a lot of people, and that is only as a safety precaution to prevent being bumped into and losing my balance.

My **asthma and sinus** problems are greatly improved! The last thing I did before going to bed at night was a breathing treatment I had been waking around 2 am feeling like I was drowning and choking. I would have to use the Jet Neb Machine and do another breathing treatment Often had to have help because I was choking so badly, I could not do anything for myself. My days started with another breathing treatment. Also, I frequently used my pocket inhaler throughout the day.

My **blood pressure** is now about 125/75 instead of 180/90 like it has been for the past 30 years, even on medications. Occasionally, the doctors had managed to get my blood pressure down to 155/85 but those readings were not often.

My **depression** is much better. I no longer cry as often or as easily. My complexion is so soft and smooth and much younger looking! All my friends have noticed how much better I look and have commented on the improvement.

After barely three months on mangosteen juice, a close friend, who had not seen me since I began taking it, saw me and said, "Wow, you look ten years younger girl! What in the world are you doing?"

I have lost 35 pounds since the first of December! I feel like a new person! Thank you, Mangosteen! You have given me my life back!

## **Pain, Arthritis and Asthma**

Linda McVey

First:

My partner and I have been taking Mangosteen since Aug.13, 2004. I have had chronic back pain since 1992 due to a back injury, and pain into my neck causing extreme headaches. In 1999 and 2000 I had back surgery, and I am now fused from L3 to the bottom of the tailbone. I have been taking narcotic pain meds and muscle relaxants for a long time. Since starting Mangosteen my meds have been decreased to almost nothing for the first time since 1992. I have also been seeing my chiropractor once a week for sometime now. She said she has not ever felt my neck to be so loose, ever. This past weekend I abused my body physically beyond what I could have ever done before taking the Mangosteen, and I didn't have to take any medication because I had no pain.

Second:

My partner has arthritis in her hips and a growth of some kind behind her ear. Her hips have not been hurting and the growth is almost gone. She is also experiencing more energy and a clearer thought process.....This is coming from a person that is the worlds biggest skeptic!!!!

Third:

My Mom has asthma and loses her breath very easily. She has been planting in her garden, cleaning the windows and do some house cleaning. I saw her last Friday and I could not believe how clear her breathing was. She did not seem to be laboring to get her breath. She has had pain in her back and down her legs, and has been able to take less pain medication.

Fourth:

My StepDad has had some strokes and his thinking seems to be much clearer than in the past. He also suffers leg pain from the top down to his toes and that has seemed to decrease and make it easier for him to walk. Both Mom and Dad suffer from diabetes, so we are very excited to see what Mangosteen will do for them in long run. Mom is so excited about this product I had to drop ship a case to her.

Thanks to those who have put this amazing Juice in my life and make it possible for us to be able to share with others.

## **Pain and Arthritis**

Shirley McPhee - Oakdale, CA

A few months ago I was talking to a friend of mine who is a nutritionist and he was telling me that he was very impressed with a new supplement called Mangosteen. This new supplement was very high in antioxidants and supported the body as a natural anti-inflammatory, aids the immune system and may reduce pain.

I was quite curious and told him I would try a bottle since I have been battling **Arthritis Pain** for the past few years. I am currently on my 3rd medicine, Naproxen (500 mg in the AM and 500 mg in the PM). It was working pretty well to control the pain but I wondered how long it would continue to be effective for me before I had to try another medication. I was also concerned about taking a strong medicine probably for the rest of my life and the effect it was having on my liver and stomach.

After starting the Mangosteen juice, **I was able to discontinue the Naproxen completely.** Needless to say, I was thrilled. I started out taking 1 oz. with each meal since I had quite a bit of pain. Now some days I take it only twice a day. It appears to reduce the inflammation as well as blocking the pain. I have been on it almost 2 months and I am so very pleased with the results. **Plus, less pain!**

I also had a mosquito bite that I could not heal because it would itch, and I would scratch it. I put the juice on a clean band aid and the next day the itch was gone. The bite quickly healed.

I am very excited about this amazing product and all the things it can be used for. It sounds like it is too good to be true, but it certainly worked very well for me. I hope this natural food supplement may be something that will benefit you or someone you know.

## **Type II Diabetic, Low Energy, Pain, Headaches, Allergies, Fungal Infection, Age Spots, and Gum Soreness**

J. Isaminger, NM.

### One Old Geezer's Multi-Testimonials About Mangosteen

After over six months of daily consumption of Mangosteen, I can personally attest to nine different ways it has improved my own health. Thus, at 80 years of age, I could be a senior poster boy for this obviously effective product. You better believe I am by now a passionate devotee, eager to share my personal experience with others. In several ways (not all I don't want to exaggerate) I feel better and healthier at 80 than I did at 70. I somehow savor life more, feel more energetic, and am freer of aches and pains in general. My son and I plan a backpack hike next spring, the first time I've felt up to such an endeavor in over four years.

Probably my most clear-cut, measurable benefit has been in dealing with diabetes. I am a Type 2 (adult onset) diabetic and have been able to get off a medication with adverse side effects and control my blood sugar levels exclusively with Mangosteen. I discovered I had diabetes about 3 1/2 years ago, took a doctor prescribed medication called glyburide, which together with some dietary changes brought my blood sugar count down from a horrific 477 to under 200. However, glyburide is known for putting a strain on the heart and it tended to stimulate my appetite instead of curbing it. It was impossible to lose weight (as I wanted to) raiding the refrigerator every night at 9 or 10 p.m.

Starting February 27<sup>th</sup> this year and to now, I have taken only Mangosteen and no medication. Not only have I been able to keep my average blood sugar count (fasting and non-fasting) fewer than 150, but also I dipped below 100 for the first time recently. In March and April the average count was as good as with glyburide but choppy, up and down. From late April to now the overall trend has been downward and the numbers steadier. Since Mangosteen doesn't seem to stimulate my appetite, I've been able to stop eating at 8 p.m. and my weight as a result has gone down from 186 to 170 lbs. (close to normal for someone over 5 ft 11 inches).

I'll summarize them very briefly. I've already mentioned the increase in my energy level. I sleep more soundly. I no longer have headaches. No respiratory problems (from colds, flu or allergies) since taking Mangosteen. I have gradually stopped a fungus in my toes. My age spots are fading. I've recovered from numbness in my left arm and hand (a problem I had for almost a year).

And I alleviate the occasional soreness in my gums from denture use, using Mangosteen (more effectively than hydrogen peroxide) as a mouthwash.

Let me close by pointing out that all these health benefits did not occur magically overnight nor at the same time. Some things happened early on, such as sleeping better. Some changes took months.

## **Migraine Headaches**

Sandi Cohen, AZ

25yrs ago I launched a medical & surgical supply business in one of my husband's five pharmacies. Ironically, That began **migraine headaches** that got worse as I got older. They were consistently lasting 3 days out of every 10-12. I tried every new drug that could be prescribed, Xert, Immitrex. Fiorinal w/codeine just to name a few.

In Nov of 2002, I began taking this magical botanical juice that contains the entire husk pureed of Mangosteen. And over a period of about 3 months, I noticed that my headaches were becoming less frequent and less intense. Valentines day was my 1 yr anniversary with no drugs and no migraines after 25 yrs of suffering. Just think, if this Mangosteen botanical can help only 50% of people who are in pain. What a difference this can make in people's quality of life. In addition, my physician had me tested for risk of stroke and/or heart attack due to my father dying at the age of 63 with a heart attack and my C-REATIVE PROTEIN score (new biomarker) was a 7.1.

The highest my physician said she had anyone of her patients ever score (obviously not a good thing!). In February, when I returned for my yearly check-up, not only were **my migraines gone**, but my lab results with my CReative Protein score was DOWN TO A 0.3! Now that's undisputable, scientific proof that the Xanthones in Mangosteen did what most other course of treatment would not accomplish.

## **Fibromyalgia and Chronic Fatigue**

Bert Cunningham

I was diagnosed with many health problems, including Cancer, Chronic Fatigue, Fibromyalgia, Trigeminal Neuralgia, a bulging neck disc and more. I was on many medications, but nothing seemed to make a real difference.

Then I started using a natural mangosteen juice. Today I have NO Chronic Fatigue and my Fibromyalgia is 70 Percent gone. I have less anxiety and most important, no pain in my mouth from trigeminal. Before, I literally could not talk at all. Mangosteen has been a natural and easy solution for me, and it could be one for you, too!

## **Chronic Pain**

Carol Miller

I've had three serious sciatic episodes, and my legs were so painful that I could barely walk. I underwent microscopic surgery to have cartilage removed, although I continued to Experience Major PAIN.

I was at the end of my rope when a friend introduced me to a mangosteen beverage. After three weeks of using the succulent beverage, *I began to experience Decreased Join Pain. During the fourth week I started to feel like I had a new lease on life.*

## **Asthma**

JoEll Starr

My daughter has Asthma. She had been on mangosteen for two and a half months when I finally took her to our Asthma doctor for the first time this winter. He said she is doing great! This is the first winter since my daughter was 18 months old that she has not been on steroids on a somewhat continual basis to help her Asthma.

## **Eczema**

JoEll Starr

I have suffered from Eczema my entire life. One day a neighbor brought over mangosteen juice and had me try some topically on a spot on my arm. Within minutes I felt a cooling sensation, and the ITCH WAS COMPLETELY GONE. I couldn't believe it.

## **Hypertension**

Dr. E. Martinez, M.D.

I have multiple patients with "Hypertension". I have been able to LOWER the Dosage of anti-hypertensive agents when I use mangosteen juice on these patients. Mangosteen has significantly lowered the Blood Pressure of one of my patients.

## **Fibromaylgia**

Paula, NH

I suffer from pain daily with fibro and have been drinking the juice for 1 month now. I also can do so much more during the course of a day. No more afternoon naps, and I feel much happier with myself and others and also a great feeling of wellness. I also tend to over do-it, so I upped my dosage to 2oz three times a day. I feel like I have a new outlook on life. Feeling healthy is the best.

## **Weight Loss, Fibromyalgia, Arthritis, Depression, Energy**

Judy Hunt, KY

I have been drinking mangosteen juice since around the first of May this year. I have several health issues including **Fibromyalgia** and **Arthritis**. With my medical doctor's approval, I am now off two medications that I have taken for several years for Fibromyalgia -- both **antidepressants** -- and have **lost 16 pounds**.

I have a great deal more weight to lose, but I now have so much more **energy** and am eating only about a half to two-thirds of the amount of food that I was eating at each meal -- I simply do not want any more. Also, I have the energy to exercise again and have very recently begun using my treadmill again every morning.

Being off the antidepressants has made a tremendous difference in the way I feel. As I told my chiropractor (who is also my sponsor), I feel that I have my life back. It is dramatic! I realize that not taking the meds may be responsible in some part for the weight loss, but I know that the mangosteen juice is keeping my appetite at a healthy level. Another positive effect is that I no longer crave sweets, which is astounding to me.

I have written before about the very positive results my husband is having with his blood sugar and blood pressure. We both are thrilled with wonderful mangosteen juice!

## **Diabetes**

Dr. Karl Anderson, D.D.S., M.S.

My mother-in-law was an uncontrolled Insulin Dependent Diabetic. After one month of product usage (mangosteen), her *doctor withdrew her insulin treatment and state that he has not seen her blood sugar levels this low and controlled in ten years.*

## **Inflamed Liver**

Dr. Karl Anderson, D.D.S, M.S.

My best friend and a health care professional, also a skeptic, has had *Liver Inflammation Subside* with all liver test appearing normal. He had suffered for years **with drug-induced hepatitis. His condition was not brought on by street drugs but as side effects of cardiac drugs prescribed for his heart condition.**

## **Acid Reflux**

Mike T.

My four-year-old granddaughter had severe Acid Reflux. Since age one, she did not sleep through a night because she was awakened by the acid in her throat, gagging and often vomiting. The doctors tried, with only partial success, to control it. Mangosteen stopped the reflux in her almost immediately, and she has slept through the night ever since.

## **White Blood Cell Count**

Paula D.

I have had numerous health concerns over the years. These past two years my lab tests have shown my white blood cell count to vary between 11.6 and 20. After 6 weeks of taking Mangosteen, my white blood cell count went down to 9.3. The doctor was surprised, yet pleased, and circled the results with a "WOW" on my chart!

## **Migraine Headaches**

Gaylene P.

My son Aaron suffers from **frequent migraines**. Recently, in the middle of the night, I awoke to the sounds of his groaning while he tossed and turned trying to deal with the pain. I gave him 1/4 cup of Mangosteen. Within 5 minutes he was yawning and within 10 minutes he was asleep.

## **Chronic Pain**

Laura J.

My clients are sharing with me a myriad of rapid results from taking Mangosteen. I have heard back from them regarding the relief of chronic pain, chronic migraines, headaches, hormone and blood sugar imbalances, insomnia, nervous twitches, coughing, skin conditions, to name a few.

## **Energy & Weight-Loss**

Donald D.

I am 68-years-old and suffer from the normal aches, pains and other health related issues that come with age. I love this product [Mangosteen]! 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. 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. Mangosteen is an amazing!

## **Cholesterol**

Gary H.

I have a history of cholesterol problems in my family and I have my cholesterol tested regularly as part of an on-going university study. Mangosteen has made a tremendously positive effect on my personal cholesterol concerns. Ironically, I stopped taking the product for a brief period of time and began to noticeably back slide on my progress. Needless to say I'm a fan!

## **Renewed Energy**

Bob A.

The best thing I can say about this product [Mangosteen] is that it makes you feel like a million bucks. I'd taken it for the first time on a day when I'd been very stressed. I was feeling pretty blah. I took about 3 oz. and felt a very noticeable lift in my spirits and clarity of thought within a half an hour. I got to read some of the data about the product and was immediately sold. What a thrill. By the way, I love the way it tastes!

## **Energy**

Gabriella S.

I'm 66 years old and when I took Mangosteen for the first time I experienced an absolutely wonderful feeling of energy. This is a truly remarkable benefit to come from an all-natural product. I'm all out of product and can't wait to get more.

## **Gout**

Bob Nabors

I have gout that disables my ankles to where I cant stand to walk because of the severe pain. Mangosteen keeps it in check.

## **Major Depression, RSD, Heartburn, Arthritis**

Dianna Whitmer

I am female, 53 & need to lose 70 lbs.

I was visiting a friend on Sept. 16, 2004...she told me about this juice she was drinking and pulled it out of the refrigerator and gave me 1/2 a mug full to try. I could almost immediately feel it doing "something" within my body...I ended up asking if she had a bottle I could buy from her to take home and try out. (This was Thursday.)

On Friday morning I felt GOOD when I got up. I got signed up on Saturday at 9 am, and have been improving ever since!

I have been treated with different meds for 20 years for Moderate Depression -- which worked on and off for me--and in September (after a year of moderate to severe depression that wouldn't lift with new meds, etc) my specialist told me I NOW have Major Depressive Disorder.

She put me on another new med, and it had taken away the lowest part of the depression, but I was still feeling just so-so. So feeling GOOD was a turnaround! (Now, with just less than 3 weeks of [mangosteen juice] in my body, I feel normal in my moods. I feel GOOD with much more energy than before.)

I was on 3 depression meds total, and was able to stop the one that helps me go to sleep just last week, after receiving permission from my specialist.

I quit taking lipitor, celebrex and zantac about 6 months ago JUST BECAUSE I knew they weren't doing my liver any good...and was just toughing it out with the arthritis and stomach. I figured I'd just see what happened when I had my next blood work with the cholesterol.

With mangosteen juice my heartburn is all but gone (except when I eat after 6 pm, which is MY fault.)

My knees don't hurt when I go up and down stairs now, and I notice my hands are improving and losing some of the stiffness and aches. I have RSD in the right hand, and it's always just kinda ached and been very stiff. That aching is gradually going away, too.

The best thing is I FEEL so good... where as I spent the past year sitting in the house not really wanting to do much, I actually got in a 20-minute walk this morning, last week was elected to a seat on the Board of Directors of our HOA, and cook again!

I've lost 6 lbs. since starting to drink mangosteen juice, I don't crave sweets & chocolate anymore, and find my self enjoying the healthy foods like vegetables and my morning oatmeal.

I have high hopes for the future with mangosteen juice, and am truly enjoying my energy and positive outlook!!

## **Back Pain**

Dr. Jay and DD

My fiance is about 65 and for the past many years had knee and backache and always feared climbing stairs. In less than two weeks on [mangosteen juice], she now looks for stairs to climb. I also had a 25+ years backache from hard work that is completely gone in less than a week on [mangosteen juice].

In our group, Arthritis and and skin problems are also been aided. It appears that [mangosteen juice] helps alleviate almost every infirmity!

## **Constipation**

T. Ross, Hattiesburg, MS

I have been drinking the Mangosteen Juice now for 4 days. I had a normal bowel movement yesterday and today. Before now I could not tell you when the last time I had a normal bowel movement was. They were always few and far between and very painful. I'm so happy that the Mangosteen Juice is making a difference. I thought I'd share this with you.