

Using Mangosteen Juice (MJ) to **PREVENT** Heart disease, Stroke, Cancer, & Inflammation

By Les Berenson M.D., F.A.C.P.



The Mangosteen fruit and its rind (or “pericarp”) represents an extremely POWERFUL, NATURAL anti-inflammatory.

Are you one of the tens of millions of people in the U.S. with chronic pain? We are now aware of many diseases where inflammation is the central component...

Cancer:	Inflammation increases the spread of abnormal cells & facilitates their transformation into cancer cells
Alzheimer’s:	Inflammation chews up nerve cells
Heart disease:	Inflammation destabilizes cholesterol deposits leading to heart attacks
Diabetes:	Inflammation , and it’s complex interplay between insulin and fat
Allergies:	Chronic Inflammation in the body & Asthma - Inflammation in lungs
Arthritis & Auto-Immune Dis	Inflammation in the joints and other tissues , Parkinson’s disease even ALS (Lou Gehrig’s disease), Parkinson’s disease and many others

Mangosteen Juice contains “**Xanthones**”, a very **UNIQUE, POWERFUL** new class of anti-oxidants!

There is over 100 years of scientific research on the power of these **xanthones**.

Dr. James Duke, who retired in 1995, is perhaps America's foremost ethnobotanist. He worked for 35 years for the USDA and the University of Maryland. One of his major accomplishments is a remarkable phytochemical & botanical database which is now on the Internet. This list identifies 138 separate qualities for mangosteen.

Unlike other anti-oxidants, Mangosteen juice has MULTIPLE potential health benefits because of the 40+ Xanthones:

- Cardioprotective
- Anti – Tumor (cancer)
- Anti – Alzheimer’s
- Anti – Depressant
- Anti – Bacterial & Viral
- Anti – Fungal & TB
- Anti–Arthritic & Osteoporotic
- Supports body to *reduce pain*
- Anti - Aging

Ask the person who gave you this literature about a NEW product on the market based on this research. It is made with the WHOLE FRUIT PUREE, containing ALL 40+ xanthones, unlike other brands of Mangosteen juice (which are made with only parts or even just extracts). This new product that I recommend combines Mangosteen juice and other natural fruit juices **with no added sugar**, creating a **delicious taste**. The people whose experiences to which I refer in this document used this brand, and experienced spontaneous remission of disorders resistant to traditional medicine.

Xanthones SLOW DOWN the destruction of our body’s 10 Trillion cells with NO side effects. Pharmaceutical drugs cause 350,000 drug related deaths per year just from the side effects! *This is equivalent to ONE jumbo jet crashing DAILY.*

The traditional approach to treating inflammation and pain is with anti-inflammatory drugs (such as Ibuprofen and Naprosyn) and with “Cox 2 Inhibitors” (such as Vioxx and Celebrex). These man-made drugs have SERIOUS side effects including ulcers, bleeding problems and now the newly reported increase in heart attacks with the Cox 2 inhibitors.

Mangosteen juice is a NATURAL COX 2 INHIBITOR and a powerful NATURAL Anti-Inflammatory, without the side effects of Vioxx, Celebrex, Beckstra, Aleve, & Motrin! A toxicity study was done on rats (equivalent of 5 bottles/day). Rats were happy & healthy.
Xanthones are POWERFUL with no side effects

Disclaimer: This document should NOT be disseminated to public, using it only with people you know.

Here is *some* of the vast scientific research available (see references).

There are thousands of articles on PubMed on Xanthones – see references pages.

To view links in this paper → press the “Control” key & click on the hyperlink

A) Lowering Cancer Risk :

72,242 women (age 50 - 79) took anti inflammatories **2X per week**, reducing their risk of Breast cancer 21 - 28% over 5 - 9 year period. Low dose Aspirin & Tylenol offered NO protection. They didn't give anti inflammatories more than 2X / week because of potential side effects.

If taking an anti inflammatory 2X per week could reduce women's risk of breast Cancer, what would happen if women take a natural anti inflammatory 14X / week, not 2X /wk?

There is a direct connection with breast cancer to inflammation...

By keeping the inflammation down, **women can decrease their risk of breast cancer.**

The potential benefit of preventing breast cancer is a reason alone to try this juice.

Mangosteen juice has helped as an adjuvant to treat cancers of colon, breast, pancreas, lung, prostate, stomach, ovarian, malignant melanoma, leukemia, and even cancer pain.

Read these personal cancer experiences: * www.gomangosteen.net/files/1cancer.pdf

B) Relationship of Inflammation to Heart disease & Strokes :

In the U.S. each year, there are 700,000 NEW heart attacks, 500,000 recurrent attacks & 175,000 silent 1st events. **Half** the people with **heart attacks** have **NORMAL cholesterol** levels. In a large review of international trials, only 34.1% of men with heart disease had high cholesterol, 60% to 70% of heart attacks continue to occur despite “Statin” (cholesterol drug) therapy. See also *<http://www.researchmangosteen.com> .

Many of the “plaques” that clog arteries **are not large and actually quite small** and burst, which triggers massive clots, that cut off the blood supply to the arteries of the heart.

Inflammation may be responsible for bursting these plaques.

These plaques form because of cholesterol deposits, smoking tobacco, high blood pressure, etc.

Inflammation may be a bigger risk of Heart Attack or Stroke than smoking or high cholesterol, according to many researchers.

CRP (C - reactive protein) is an index of inflammation in the arteries and the CRP increases as inflammation increases. CRP, a simple blood test, has shown that middle age men with highest CRP levels in their blood, were 3X more likely to suffer a heart attack in the next 6 years, than men with normal levels. Experts say that a **CRP of 3.0 mg/L or higher, triples your heart attack risk.** People with CRP less than 0.5 mg/L rarely have heart attacks.

White Blood Count (WBC) – (a routine blood test) when elevated is also linked to increased inflammation in the arteries resulting in a higher risk of heart disease.

In the Women's Health Initiative, 72,242 postmenopausal women ages 50 – 79, the highest WBC counts correlated with a **40% higher risk of heart attack, 46% greater risk of stroke, and 50% risk of death** over the 6 year study.

Women may be more at risk than men.

Women over age 50 have a 50% risk of dying from heart disease.

Every person (yes, YOU) has inflammation in their arteries !

Because there are no symptoms such as pain, we're not prompted to do anything about this SILENT DISEASE. Medical personal often don't check preventively until you come in with a heart attack or stroke.

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I recommend that everyone consider having a CRP blood test drawn BEFORE starting on Mangosteen juice (MJ). By doing this, you can evaluate your individual risk of inflammation which may be the cause of your individual symptoms. Repeat the CRP in 90-120 days after using MJ.

(If you have a profound result to Mangosteen juice AND you have CRP data, please send me your detailed story at * healthandabundance@yahoo.com)

Below are several personal experiences illustrating how CRP can be altered by Mangosteen juice, therefore decreasing the level of inflammation.

J.W. fought bladder cancer for 30 yrs – (numerous surgeries, chemo, and radiation). His CRP was **71**. His doctor recommended 25 oz. Mangosteen juice / day for 21 days with a gallon of distilled water. In 90 days his CRP level went from 71 → 3.0, and he became cancer free for the 1st time in 30 years.

S.C. had migraines for 30 years & a family history of heart disease. Before starting Mangosteen juice her CRP was 7.1 (Normal < 2.0). After 90 days on Mangosteen juice, her CRP level went down from 7.2 to 0.3, reflecting a dramatic drop in inflammation. Her migraines were also gone. Although SC took Mangosteen juice for migraines, she lowered her risk of heart attack.

Mangosteen juice is not just for energy. By decreasing inflammation, men & women can potentially reduce their risk of Cancer, Heart Disease, Stroke and Death. Mangosteen juice should be used to prevent disease; EVEN IF THE OTHER SYMPTOMS DON'T GO AWAY. **THINK: ANTI-AGING !**

In other words, even if you don't immediately see or feel any difference, the changes may be happening at a cellular level & you may not feel the inflammation. Xanthones slow down the degeneration of cells until our immune system can catch up.

Xanthone's anti – oxidation efforts may take months if not years to return the body to a NORMAL HEALTHY body - BE PATIENT !

(i.e. – Red Blood cells take 120 days to replace new cells, so for the beneficial changes to take place, it requires patience & time to "heal the body").

*** Powerful website → <http://www.lovemangosteen.net/>**

Infants, pregnant moms, & elderly people (who hate swallowing pills) **can take Mangosteen juice.** How powerful it is to have a fruit juice with NO side effects & NO contraindications.

Why would anyone want to use a drug, when a food or fruit juice can provide the same or better result?

Anti-inflammatories are a \$9 billion market; the New York Times says it will be years before there will be a safe solution – yet **WE HAVE A POTENTIAL SAFE SOLUTION NOW!**

Personal Testimonial from Les Berenson M.D., F.A.C.P. – *I use the name "Mangosteen juice" generically in this document. I encourage you to try a Mangosteen juice made from the puree' of the whole fruit because it will contain all 40 xanthones unlike some products. One of these products is made by Wild Flavors.*

WILD Flavors is the #1 producer of 2,000 health beverages in 70 countries throughout the world. WILD is the ONLY facility in America to have all 3 certifications; meaning the highest standards in process, safety, quality, manufacturing & efficacy! (Only 5 in the world have all 3 certifications !)

Anyone can make Mangosteen juice, BUT not everyone can make it right !

Mangosteen Annotated Research References

(1) High-Sensitivity C-Reactive Protein: A Novel and Promising Marker of Coronary Heart Disease
By **Nader, Rifai and Paul M. Ridker**
Clinical Chemistry 47: 403-411, 2001 Major review of CRP in heart disease and cancer

For a more detailed annotated scientific research article bibliography

* <http://www.impact2health.com/admin/images/medical%20documentation.doc>

Inflammation Research:

Inhibition of cyclooxygenase and prostaglandin E2 synthesis by γ -mangostin, a xanthone derivative in mangosteen, in C6 rat glioma cells

Keigo Nakatani^a, Norimichi Nakahata^b, Tsutomu Arakawa^c, Hideyuki Yasuda^c and Yasushi Ohizumi^a
Biochem Pharmacol. 2002 Jan 1; 63(1):73-9.

*The fruit hull of mangosteen fruit, *Garcinia mangostana* L., has been used for many years as a medicine to treat skin infection, wounds, & diarrhea in SE Asia. They studied the effect of gamma-mangostin, a xanthone, showing **it had Cox 2 inhibition & potent inhibitory activity of prostaglandin E2 (PGE2) release.***

Inhibitions of histamine release and prostaglandin E2 synthesis by mangosteen, a Thai medicinal plant.

Nakatani K, Atsumi M, Arakawa T, Oosawa K, Shimura S, Nakahata N, Ohizumi Y.
Biol Pharm Bull. 2002 Sep; 25(9):1137-41.

*The investigators found the **mangosteen fruit extract strongly inhibited histamine release and prostaglandin E2 synthesis. This has great importance in preventing allergies.***

Histaminergic and serotonergic receptor blocking substances from the medicinal plant *Garcinia mangostana*. Chairungsrilerd N, Furukawa K, Ohta T, Nozoe S, Ohizumi Y.

Planta Med. 1996 Oct; 62(5):471-2.

*They determined that alpha & gamma-mangostin are a **histaminergic & a serotonergic receptor blocking agent, respectively. That is, they have the ability to prevent allergies and inflammation.***

Cancer and Hematology (Blood) Disorders:

Garcinone E, xanthone derivative, has potent cytotoxic effect against hepatocellular carcinoma cell line.

Ho CK, Huang YL, Chen CC. ;
Planta Med. 68 (11): 975 -9, 2002

*The investigators tested **6 xanthenes** from the fruit *Garcinia mangostana* on **14 different human liver cancer cells & cancer cells of the lung & stomach.** They **found Garcinone E had greater tumor killing action than usual chemotherapeutic agents** (Metotrexate, Vincristine, 5-FU, Cisplatin, Mitoxantrone) & less than Taxol.*

QUOTE: "Unlike other anti-cancer drugs such as Metotrexate and Vincristine, the cytotoxic effect of Garcinone E does not vary greatly among different cancer cell lines and could achieve total killing of the target cells..."

Garcinone E should be a more effective drug than Metotrexate, Vincristine, 5-FU & Cisplatin, suggesting that it is potentially more effective than some of the commercially available anti-neoplastic agents presently in use."

Antiproliferation, antioxidation and induction of apoptosis by *Garcinia mangostana* (mangosteen) on SKBR3 human breast cancer cell line

P. Moongkarndi, N. Kosema, S. Kaslungkab, O. Luanratanac, N. Pongpanc and N. Neungtond
Journal of Ethnopharmacology Volume 90, Issue 1, Jan. 2004, Pgs 161-166

*They found that an extract from **Mangosteen fruit inhibited the growth of breast cancer cells.** They also showed that the **extract had potent antioxidant and cancer cell death properties***

Induction of apoptosis by xanthenes from mangosteen in human leukemia cell lines.

Matsumoto K, Akao Y, Kobayashi E, Ohguchi K, Ito T, Tanaka T, Iinuma M, Nozawa Y.
J Nat Prod. 2003 Aug; 66(8):1124-7.

*They examined the effects of six xanthenes *Garcinia mangostana*, on the cell growth inhibition of human leukemia cell line HL60. **Alpha-mangostin showed the most potent ability to cause the cancer cells death.***

Alpha-mangostin induces Ca (2+)-ATPase-dependent apoptosis via mitochondrial pathway in PC12 cells.

Sato A, Fujiwara H, Oku H, Ishiguro K, Ohizumi Y
J Pharmacol Sci. 2004 May; 95(1):33-40..

Alpha-mangostin had the most potent effect with apoptosis (death) of pheochromocytoma (cancer) cells

Mangosteen Research References, Continued

Xanthenes as inhibitors of growth of human cancer cell lines and their effects on the proliferation of human lymphocytes in vitro.

Pedro M, Cerqueira F, Sousa ME, Nascimento MS, Pinto M
Bioorg Med Chem. 2002 Dec; 10(12):3725-30.

Inhibition research of in vitro growth of 3 human cancer cell lines, (breast cancer, kidney, cancer, melanoma).

Antiplatelets activity of some xanthone derivatives.

Rajtar G, Zolkowska D, Kleinrok Z, Marona H.
Acta Pol Pharm. 1999 Jul-Aug; 56(4):319-24.

Researchers studied the effects of twelve xanthone derived compounds on platelet aggregation. They found five of them inhibited thrombin-induced platelet aggregation (inhibited clot formation).

Heart Disease, Cholesterol, High Blood Pressure and Diabetic research

Inhibition of lipoprotein oxidation by prenylated xanthenes derived from mangostin.

Mahabusarakam W, Proudfoot J, Taylor W, Croft K.
Free Radic Res. 2000 Nov;33(5):643-59.

Oxidative damage plays a critical role in cardiovascular & other chronic diseases. They have previously shown that the xanthone, mangostin can inhibit the oxidation of LDL, low density lipoprotein (bad cholesterol). Researchers studied more xanthone derived compounds & found enhanced antioxidant activities.

Note: If the oxidation of LDL cholesterol can be prevented or inhibited, then the LDL-cholesterol cannot exert its "bad" effect and cause heart disease.

Mangostin inhibits the oxidative modification of human low density lipoprotein. Williams P,

Ongsakul M, Proudfoot J, Croft K, Beilin L.
Free Radic Res. 1995 Aug; 23(2):175-84.

They concluded that mangostin is acting as a free radical scavenger ("mop up" sponge) to protect the LDL from oxidative damage in this in vitro system. In other words, it's a potent antioxidant.

Relationship between protective effect of xanthone on endothelial cells and endogenous nitric oxide synthase inhibitors.

Jiang DJ, Hu GY, Jiang JL, Xiang HL, Deng HW, Li YJ
Bioorg Med Chem. 2003 Nov 17;11(23):5171-7

Xanthone preserved endothelial cells inhibited the increased adhesion of monocytes to endothelial cells induced by oxidized LDL. Important in preventing plaque formation & subsequent blockage of arteries & heart disease

Antihypertensive and vasorelaxing activities of synthetic xanthone derivatives.

Wang LW, Kang JJ, Chen IJ, Teng CM, Lin CN.
Bioorg Med Chem. 2002 Mar; 10(3):567-72.

All compounds tested exhibited effective hypotensive (lower blood pressure) activity in anesthetized rats.

Antidiabetic activity of a xanthone compound, mangiferin.

Miura T, Ichiki H, Hashimoto I, Iwamoto N, Kato M, Kubo M, Ishihara E, Ishida T, Tanigawa K. Suzuka
Phytomedicine. 2001 Mar; 8(2):85-7.

Mangiferin, a xanthone, lowered the blood glucose (sugar) level in type II diabetic mice and likely exerts its anti - Diabetic activity by decreasing insulin resistance

Synthesis and antithrombotic effect of xanthone derivatives.

Lin CN, Hsieh HK, Liou SJ, Ko HH, Lin HC, Chung MI, Ko FN, Liu HW, Teng CM.
J Pharm Pharmacol. 1996 Sep; 48(9):887-90.

They found several xanthone derived compounds to possess potent antithrombotic (anti clotting) activities.

Protecting women's hearts: An interview with a Mayo Clinic specialist

* <http://www.mayoclinic.com/invoke.cfm?id=HB00040>

Excellent practical review – LEARN how to approach prevention in heart disease – Mayo Clinic

Mangosteen Research References, Continued

Infections:

Antibacterial activity of xanthenes from guttiferaceous plants against methicillin-resistant *St. aureus*. Inuma M, Tosa H, Tanaka T, Asai F, Kobayashi Y, Shimano R, Miyauchi K.
J Pharm Pharmacol. 1996 Aug; 48(8):861-5.

*They showed extracts of *Garcinia mangostana*, possessed strong inhibitor in-vitro effects against both methicillin-resistant and methicillin sensitive *Staphylococcus aureus* (large cause of antibiotic resistance)*

Alpha mangostin vs Vancomycin resistant Enterococci (VRE) March 2005

*Alpha-Mangostin, from the stem bark of *Garcinia mangostana* L., was found to be active against Vancomycin resistant Enterococci (VRE) and Methicillin resistant *Staphylococcus aureus* (MRSA). Our studies showed synergism between [alpha]-mangostin and gentamicin, and against Vancomycin resistant Enterococci, and [alpha]-mangostin and Vancomycin hydrochloride (VCM) against MRSA, as well as partial synergism between [alpha]-mangostin and commercially available antibiotics such as ampicillin and minocycline. Antibiotic resistance is a huge problem in healthcare throughout the world and Alpha-Mangostin has a huge potential solution.*

Antimycobacterial Activity of Prenylated Xanthenes from the Fruits of *Garcinia mangostana* - S. Suksamrarn., N. Suwannapoch, W. Phakhodee, J.Thanuhiranlert, P. Ratananukul, N. Chimnoi, & A. Suksamrarn
Chem. Pharm. Bull. 51(7) 857—859 (2003)

*Investigators found alpha- and beta-mangostins and garcinone B exhibited strong inhibitory effect against *Mycobacterium tuberculosis* (TB).*

Plant-derived leading compounds for chemotherapy of (HIV) infection.

Vlietinck AJ, De Bruyne T, Apers S, Pieters LA.
Planta Med. 1998 Mar; 64(2):97-109.

They found the xanthone mangostin could inhibit the replication cycle of HIV (AIDS virus).

Active constituents against HIV-1 protease from *Garcinia mangostana*.

Chen SX, Wan M, Loh BN
Planta Med. 1996 Aug; 62(4):381-2.

*They found extract of *Garcinia mangostana* showed potent inhibitory activity against HIV-1 protease (AIDS virus) which affects the replication of HIV.*

Xanthenes as antimalarial agents; studies of a possible mode of action. Ignatushchenko MV, Winter RW, Bachinger HP, Hinrichs DJ, Riscoe MK. (Portland, Oregon)
FEBS Lett. 1997 Jun 2; 409(1):67-73.

Researchers showed potent anti - malarial activities for the xanthenes studied.

Brain and Neurologic Disorders

Synthesis and anticonvulsant effects of some aminoalkanoic derivatives of xanthone.

Marona H.
Pharmazie. 1998 Oct; 53(10):672-6.

Researchers studied compounds derived from xanthenes for anticonvulsant (inhibited seizure) activities. They found several xanthone derived compounds to be active in anticonvulsant tests.

Listen to these doctors discussing mangosteen and xanthenes. Doctors Templeman & Morton know more about Mangosteen fruit research than anyone else in North America.

J. Frederic Templeman M.D. * <http://livingbyheart.tripod.com/xresearch/id62.html>

David Morton Ph.D * <http://livingbyheart.tripod.com/xresearch/id61.html>

Dr. Sam Walters, N.D. * <http://livingbyheart.tripod.com/xresearch/id58.html>

“Mangosteen – The X Factor” by Fredrick Templeman M.D. (4th edition)

“Tame the Flame - Mangosteen’s Remedy for Chronic Disease” by Sam Walters N.D.

Above books available from * www.mangosteentools.com 888-461-7090

Have you and your loved ones had your MJ today? (Mangosteen juice)

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