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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Health Benefits of Noni Juice**

**By Cori Young**

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Noni Juice, Morinda Citrifolia

Morinda Citrifolia , a deciduous creeping vine with twining stems and white flowers which is native to Malaysia, Australia, and Polynesia, is gaining popularity in the west due to its apparently wide ranging health benefits. Part of the Madder family, Morinda's thick, intertwined purple roots are harvested in the spring and fall for use in herbal medicine and to make the increasingly popular noni juice.

The Polynesian culture has long used morinda to treat a wide variety of symptoms ranging from respiratory problems, poor digestion, and high blood pressure to menstrual problems and immune deficiency. Rich in vitamin C, noni juice also contains the full spectrum of amino acids, as well as naturally occurring vitamins, minerals, trace elements, enzymes, beneficial alkaloids , co-factors and plant sterols.

Recent research suggests that noni root compounds contain natural sedative properties and may lower blood pressure. Biochemist , Dr Ralph Heinicke, asserts that proxeronine, an alkaloid precursor to a vital compound called xeronine, helps in the normalization of abnormally functioning cells. Heinicke claims that noni juice provides a safe and effective way to increase xeronine levels, which can be decreased by anger, stress, trauma, disease and injury.

"Rich in vitamin C, morinda provides natural antioxidants that support the kidneys, increasing the flow of urine to flush toxins from the body. It works to correct problems with the structure of proteins and cells. Working at the cellular level, morinda solves problems within the body ranging from cancer to digestive distress." – From Prescription For Nutritional Healing, by Phyllis A Balch, CNC

Depression

## Health Benefits of Noni Juice

Morinda contains antidepressant compounds in the form of two sugars, inulin and nystose, as well as succinic acid, a compound created from simple sugars. Morinda also contains xeronine, which brings about a feeling of well-being by opening brain receptor sites to receive more endorphin hormone.

### Rheumatoid Arthritis

There is promising evidence that morinda helps reduce inflammatory conditions while strengthening bones and ligaments. People with rheumatoid arthritis report relief from pain and swelling as well as an increase in mobility.

### Menstrual Problems

Traditional Chinese medicine has prescribed Morinda for centuries to treat irregular menstrual cycles in women, especially when accompanied by pain in the lower back or pelvic area.

### Other Benefits

Studies show that noni stimulates the immune system, regulating cell function and cellular regeneration of damaged cells. It's also been shown to increase stamina and endurance and is thought to be beneficial in treating impotence and infertility.

Morinda works slowly, and is best taken daily over a period of six to eight weeks for best results.

### References

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Herbal Remedies Info (

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## The Uses Of Noni Juice

By John H. Rogers

Noni is characterized as a small tree or shrub that is known to grow in shady forests and rocky or sandy shores. Noni juice, which derives from noni, is believed to have beneficial healing agents that are thought to contain fevers, help to treat certain types of skin and eye problems, as well as throat and gum ailments and even constipation. In addition, noni juice is thought by many to help ease stomach pain and respiratory discomforts.

Noni features large, dark green leaves and is a plant which blooms year round. The flowers found on noni are petite and white in color, while the fruit is multi and features a strong smell. In addition, a noni plant features a great number of seeds, which are often dispersed by the bats that its smell is known to attract.

In some parts of the world, noni juice is used to help treat arthritis, which is a painful disorder that affects the body's joints and muscles. It is important to note that neither noni itself or noni juice have been evaluated by the USFDA (United States Food and Drug Administration) for its safety or its possible benefits. In 2005, the European Food Safety Authority began an evaluation of noni products and their possible relation to hepatitis resulting from ingestion of noni.

Noni, which is that plant from which noni juice originates, is most commonly used Internationally and is not so widely used in American medicine. A large part of that is because of the lack of its full potential and the absence of studies to indicate its potential risks and/or side effects. As with any medicine or anecdote, it is important that its full potential be realized before being prescribed to patients with certain ailments or prior to being marketed as an over-the-counter treatment method for any type of illness. Individuals are often unfamiliar with the side effects associated with certain medications, which is why they often develop serious reactions after their use.

While little remains known about the complete effects of noni and/or noni juice, including potential healing or side effects, worldwide studies will continue to investigate the effects of this mysterious shrub.

This article is intended to be used for informational purposes only. It is not to be used in place of, or in conjunction with, professional medical advice or a doctor's recommendation regarding the use of noni juice. Prior to beginning any treatment program, including that which involves noni juice, individuals must consult a physician for proper diagnosis and/or treatment.

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