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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!**

## What Is A Mangosteen?

By D Ruplinger

A mangosteen is an edible fruit but many people have never seen or tasted a mangosteen. The

mangosteen should not be confused with the mango you've probably seen in your grocery store and may even enjoy regularly. They are completely different fruits and are in no way related.

The mangosteen fruit currently only grows in Southeast Asia although attempts are being made to cultivate and grow it in other tropical climates. It's a small fruit, about the same size as a tangerine. The skin of the fruit is a dark reddish/purplish color. The edible fruit inside is pure white and is said to be very sweet and delicious. But because the fruit is highly perishable and because it doesn't continue to ripen after being picked, it's not available as a fresh fruit in the United States, nor in many other countries in the world. But in southeast Asia where the mangosteen is widely available during harvest time, it is a prized fruit and is called the "Queen of Fruits." It's also the most expensive fruit at the markets in Southeast Asia. And because it is so highly demanded and highly prized, you'll never see any fruits lying on the ground under the trees (

<http://www.mangosteenzone.com/mangosteentree>

).

None of the fruit is wasted.

The reason why the mangosteen is generating so much interest in the Western parts of the world lately is because of the rind, or pericarp, of the mangosteen. The rind of the mangosteen has been used for medicinal purposes for centuries, and in some cases thousands of years, to effectively and naturally treat numerous ailments and conditions. It's commonly used to treat conditions such as: dysentery, various infections, eczema, diarrhea, urinary disorders; and for nearly any ailment between a person's neck and waist.

Xanthones, a type of anti-oxidant have been discovered in the mangosteen although it's not a new discovery; just one that's not been noticed much in Western parts of the world. To read some of the research that's been done on the mangosteen and on xanthones go to

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<http://www.pubmed.org>

and

type in "xanthonenes" or "mangosteen."

Although the medicinal benefits of the mangosteen and the xanthonenes contained in it have not been officially evaluated by the FDA in the United States, juices and other products containing the mangosteen are gaining popularity and are being taken by many people as a supplement to enhance their health and well-being.

One of the reasons more and more people feel mangosteen supplements are beneficial is because much of the research that's been done on the xanthonenes contained in the mangosteen suggests that the xanthonenes contain very potent antioxidant properties that may strengthen the immune system; neutralize free radicals in the body; help with intestinal health; and give a person more energy; plus there have been numerous testimonial from people who feel taking a mangosteen supplement has helped them regain health when they were dealing with serious illnesses such as cancer.

I have been taking a mangosteen supplement for a little over a year. I started taking the supplement because I wanted to enhance my health and feeling of well-being. I do feel better since I started taking it. I have more energy; get fewer headaches than I used to; and catch fewer colds.

Disclaimer: this article is for educational purposes only and is not intended to diagnose or treat illness

and disease; nor is it intended as dispensation of medical advice.

D Ruplinger is a featured writer for

<http://www.mangosteenzone.com>

. For more information on

mangosteen, mangosteen research, and mangosteen xanthonenes visit

<http://www.mangosteenzone.com>

## **Water and Sunlight Helps to Clear Acne**

**By Keith Londrie**

Water and Sunlight Helps to Clear Acne

## What Is A Mangosteen?

### Drink More Water

The skin stores around 12% water. It is important to maintain this amount with the correct amount of good fat to keep your skin from getting acne. You need to drink around 2 quarts of distilled water every day. If you are not drinking this amount, just start increasing the amount that you do drink until you are at this level.

Drinking water helps you get rid of toxins in the blood. By drinking water, you will urinate more and more toxins will be eliminated. The cleaner your blood the healthier your skin will be and you will not have a problem with acne.

Use glass containers when buying distilled or reverse osmosis water. Try to avoid using plastic containers for water since plastic containers contain chemicals, left in the container walls during manufacturing, which leaches out into the water.

If you are drinking fresh juices, you will also be getting water from these juices. Drinking sodas is not drinking water. I repeat, drinking sodas or "pop" is NOT drinking water.

Here's a few things you do to help you drink more water or to make the water healthier. Find a 16 or 32 oz glass container and add distilled water. Then add one of the following nutrients:

\* A few drops of Alkalife. This solution changes the pH of the water from 7 to 8 and also activates the water with its electrolytes – sodium and potassium.

\* Squeeze the juice of one lemon into the water. Do not add sugar. A few drops of honey may be ok though.

\* Put 2 oz of mangosteen into the water. Mangosteen is an over all body tonic. It works on all parts of the body and will help keep you regular.

You can also choose to add your favorite nutritional flavor to give water an additional value.

Chose one of these natural additives for your water and drink this water little by little all day long. This is one more thing you can do to get rid of acne, improve your skin texture or to keep the nice skin you already have.

Visit

<http://acneinformation.info/>

for all kinds of information regarding acne, it's causes and cures. Don't

let acne get you down.

Go out and Get Some Sunshine

## What Is A Mangosteen?

One thing you can do for your skin is to get more natural light.

Expose your face to plenty of sun and air. This helps your skin to heal faster. But don't purposely place your face in the sun, but remaining in the shade and open outdoors gives you plenty of sun and air.

At least 20 – 40 minutes a day in the outdoors is necessary for you to get sufficient vitamin D for you daily needs.

For More Information Contact:

Keith E. Londrie II  
infoserve@mchsi.com

<http://acneinformation.info/>

Keith Londrie II is a renowned specialist in acne cures and research. He provides free information on the subject matter at his web site at

<http://acneinformation.info/>

– Visit to get your questions answered

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