

Improve Your Health With the Amazing Goji Berries

Do you really want to improve your health? You can now jumpstart your health and healing with this amazing superfood. Goji Berries, or Wolfberry as it is called in China, is native to Tibet in the Himalayas and in China. For years this magical berry has been used to increase health and achieve longevity.

It has been claimed to:

- improve liver function,
- strengthen eyesight,
- improve sexual function and fertility,
- boost immune function, and
- improve circulation.

Eating goji berries on daily basis can significantly raise the alkaline level of your blood which is beneficial to maintaining good health. It is believed that bacteria cannot survive in an alkaline environment.

High In Anti-oxidants

Goji Berries are very powerful antioxidants as well. It's ORAC value has been set at 25,000 making it a superfood par excellence. Anti-oxidants are important to quench free radicals from our diet, and it has been suggested that humans should consume about 5000 ORAC units a day for maximum benefits. Unfortunately, most people do not eat nearly enough vegetables and fruit, or the right type of vegetables and fruit, to achieve this. For example, to get your daily ORAC dose from apples, you would need to eat about 22 apples. However, eating just 20 grams of goji berries will cover you. If you are new to goji, start slow and build up to your own tolerance. (If you take too much at first, it might cause bowel intolerance.)

You Can Now Get Your Multi Vitamins in a Berry

Goji Berries are high in beta carotene, and are chock full of vitamins, minerals, are high in fiber and polysaccharides. It can help regulate your bowel movements, and the polysaccharides are extremely beneficial to building immune function. For more information on the health benefits of goji berries, visit my website: www.healthy-diet-plan-review.com

While your at the website, be sure to log onto www.healthy-diet-plan-review.com/goji-acai-mangosteen.html to get a comparison of three of the world's greatest anti-oxidant foods: goji,acai and mangosteen.

It is important to make sure you are getting your vitamins and minerals on a daily basis, but taking your nutrients in a pill is not as beneficial as when you get them from whole foods.

Eat a well balanced diet, do your daily exercise, and stay healthy.

About the Author

Dr. Miller graduated New York Chiropractic College in 1982 and has been helping his patients achieve a high level of healing even when many other protocols have failed to produce results. Dr. Miller received a status of fellow in acupuncture in 1989. In 2009, Dr. Miller launched his comprehensive diet/nutrition website: www.Healthy-Diet-Plan-Review.com/ in order to increase awareness of proper diet and nutrition. At the website you can download a 21 page Free Report "8 Ways to Looking Good and Feeling Great".

Source: <http://www.motivationalmagic.com>