

Mangosteen Serving Guidelines

(i.e. NOT set in stone) - Les Berenson MD 7-19-05

Information to help determine how to take Mangosteen juice.

(The only Mangosteen Juice I have personal experience with is XanGo).

Prevention: (No health challenges) – 1 oz twice / day with food

One of the greatest advantages is to **potentially PREVENT** chronic disease (cancer, heart disease, arthritis, Alzheimer's etc.)

Kids ages: 6-12 yrs. – (1/2 adult dosage); < Age 6 yrs (infants weaned onto fruit juice)- (1/4 adult dosage)

Minimal health concerns – 2 oz 2X / day with food

Severe health challenge – 3 oz 3X day i.e. severe pain

Cancer protocol – see 21 day challenge on back of cancer testimonials

Treatment of health concerns – usually between **2 oz. 2X / day** up to **3 oz 3X / day**.

The half life (length of time the Mangosteen juice works in the body) is short, about 4 hours, so treatment of more severe pain and other severe conditions MAY need more frequent usage.

Take Mangosteen juice with food - Some of the xanthones are fat soluble and need to have fats in order to be utilized by the body. It can be as simple as a few almonds taken at the same time. (Dr Joy)

Healing Crisis: This often occurs especially during the 1st week as the body starts to detox and toxins are removed **FROM** a deeper cellular level. It is imperative that one drinks a lot of water especially in the first week to flush out the toxins into the urine. If you feel a little flu like or increase in symptoms you're concerned about that (you likely are trying to help with Mangosteen juice), this is likely a healing crisis and is a "good thing".

Drink lots of water and the symptoms should go away.

Systemic yeast problem is just that...systemic, it is everywhere in a persons system.

When you begin doing something that will enhance cellular activity & begin to kill the yeast, there's going to be a major detoxification response & **it's ESSENTIAL that anyone with severe conditions keep their water intake high....** (Dr. Joy)

Base line for water – 1 oz for every 1/2 lb. body weight. i.e. if weigh 200 lbs, - drink 100 oz. of water. Water is necessary to help the body remove the toxins through urine, faeces, respiration, and perspiration. If you release toxins out of the cell & they can leave the body, where do you think they go? (Dr. Joy)

Diabetes – Mangosteen can have a profound effect on the blood sugar so it's critical to watch the blood sugar levels closely to watch for a reaction (drop in blood sugar). If you are sensitive to a drop from Mangosteen, cut back the dosage and increase back up as tolerated.

Always work with your practitioner to adjust your diabetic medications.

Remember insulin can promote atherosclerosis (hardening of the arteries), so Mangosteen can be beneficial to a diabetic in many ways because of the multiple systems it seems to affect & protect in the body. (Potentially lowering cholesterol levels & blood pressure.) 3 oz is considered 1 fruit exchange.

Sugar sensitivity or regulation problems (hypoglycemia) - always take the Mangosteen with protein. (Helps prevent any spiking in their levels and give the xanthones a chance to enhance the cell sensitivity to insulin).

Can also begin with 1 tsp. 3x's a day & increase as their body becomes more stable. (Dr Joy)

Constipation, Irritable Bowel syndrome (IBS) (constipation mainly – less diarrhoea)

Start with 1 tablespoon diluted in glass of water: 1 - 2X / day.

As tolerated work way up to 3 X / day THEN as tolerated work up to 1 oz / day

(IBS with diarrhea seems to be very sensitive – often having quick resolution of symptoms)

References - (Order from Sound Concepts (888) 461 – 7090; www.mangosteentools.com)

- 1) Mangosteen Desk Reference – Dr. Ken Finsand (guidelines for 61 health conditions)
 - 2) 65 ways to Use Mangosteen Juice – Isa Navarre (oral, topical & internal ways to use Mangosteen)
 - 3) Mangosteen for Children – Dr. Ken Finsand
 - 4) Body Mind Connection – Dr. Ken Finsand
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The following information is NOT intended to treat or diagnose. Just try it and see

Please also note that the company, XanGo, and this document make no medical or therapeutic claims about their product, XanGo.

XanGo is made with the whole Mangosteen fruit that is rich with Xanthones. Xanthones have been researched by independent scientists and medical doctors who have no affiliation with XanGo. Many of the abstracts of their papers can be found at www.pubmed.com

See instructions for researching that site at www.greatnews4u.biz

Any testimonial you hear or read about is not to suggest that you might have the same effect. We merely say, "Try XanGo and see what benefits you receive."