

# The SuperFood Power of Goji Berries

Foods that have an incredible array of health benefits that go well beyond just their nutrient value are considered superfoods. These foods are typically loaded with a combination of critical fatty acids, anti-oxidant phytonutrients, and essential amino acids. Goji berries contain an extraordinary amount of unique nutrients and anti-oxidants, which give them amazing power as a superfood in our diets.

Goji berries are classically grown from an evergreen shrub found in China, Mongolia, and in the Himalayan Mountains of Tibet. Goji berries are also called wolfberries in many of these countries. These berries are a member of the Solanaceae family of plants that is also called nightshade veggies. The relatives include tomato, potato, peppers, eggplant, tomatillo, and tobacco.

## Goji Berries are Loaded with Nutrition

Goji berries contain all 18 amino acids as well as mega doses of vitamin A (beta carotene), B1, B2, B6, and vitamin E. Goji berries also contain more vitamin C by weight than any other food on Earth. They also contain more iron than spinach as well as 21 other key trace minerals. Goji's are extremely rich in the unique phytonutrient anti-oxidants lutein and zeaxanthin, which are some of the most important nutrients for healthy eyes and a healthy nervous system.

Goji berries are also rich in unique compounds known as Lycium barbarum polysaccharides. These nutrients have been shown to enhance immunity and have a similar chemical structure to

immune stimulating compounds within maitake mushrooms and Echinacea. These polysaccharides provide immune cells with special sugars that enable them to communicate more effectively.

## **Key Polysaccharides Enhance Immunity**

These polysaccharides are also one of the preferred fuel sources of good intestinal bacteria, bacteria which also helps to orchestrate a healthy immune response . By supporting the immune cells and probiotic cells with their preferred fuel, these polysaccharides present in goji berries modulate immunity and reduce inflammation. Famous author and pharmacist Earl Mindell believes that these polysaccharides are master molecules because of their influence on many of the body's biochemical defense systems.

These polysaccharides are very effective at enhancing detoxification within the body. They aid in the removal of metabolic waste products such as lactic acid that accumulates in muscles during exertion. They also support the liver and protect it from damage that may occur during intense periods of exercise.

In Asia, goji berries have been used as a cultural medicinal for inflammatory based disorders such as asthma, allergies, chronic pain, and cancer. The polysaccharides also show promise in blunting auto-immune disorders such as rheumatoid arthritis, lupus, and Crohn's disease.

## **Goji Berries Stimulate HGH**

Goji berries are also a rich source of sesquiterpenoids which help to stimulate human growth hormone secretion by the pituitary gland. This is the only known food source that is known to stimulate HGH. Additionally, goji berries contain L-arginine and L-glutamine along with potassium. These

nutrients further promote growth hormone production.

These key nutrients synergize to have a very powerful effect on the key endocrine glands such as the adrenals, thymus, thyroid, and pituitary. Goji berries can be classified as an adaptogenic aid in that they enhance the body's ability to successfully adapt to stress. This unique array of supernutrients make goji berries one of the world's premier foods for optimal performance and longevity.

**Sources for this article include:**

- [http://www.naturalnews.com/035473\\_blueberry\\_superfood\\_brain\\_function.html](http://www.naturalnews.com/035473_blueberry_superfood_brain_function.html)
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