

The Journal of the American Nutraceutical Association Reports Improved Spleen Function With NingXia Red™

NingXia Red™ is the only drink of its kind to have a published peer-reviewed clinical study on the actual product and not just the main ingredient.

In a study published in the Journal of the American Nutraceutical Association, Ningxia Red was found to increase spleen phagocyte cell counts by 81%. (Having a large number of phagocytes in the spleen enables the body to more quickly eliminate foreign substances, including bacteria and disease-causing organisms, thus preventing the development of illness.)

Research on Ningxia Wolfberries

For more details about the following research read “Discovery of the Ultimate Superfood” by Gary Young ND, Ronald Lawrence MD, PhD and Marc Schreuder, Essential Science Publishing, 2005.

IMPROVES VISION

- *Zeaxanthin and lutein are found in very high concentrations in the human eye.*
- *Japanese researchers found that long-term zeaxanthin and lutein deficiencies caused steadily diminishing vision.*
- *Ningxia wolfberries are the highest known source of zeaxanthin and lutein.*
- *Elevated ocular lipid peroxide (damaged fat) levels are a sign of aging and damage in the eyes.*
- *SOD reduces lipid peroxide.*
- *Ningxia wolfberries contain high amounts of SOD - the most powerful antioxidant Superoxide Dismutase.*

IMPROVES DARK ADAPTATION

- *In a 1998 Chinese study, diabetic rats were fed 1 gm daily of wolfberries for two weeks. The subjects showed a 20% reduction in lipid peroxides in their eye retinas and an 80% increase in SOD (the most beneficial antioxidant).*
- *Chinese researchers gave a daily dose of 50 grams (equals about 2 oz.) of wolfberries to each of 27 test subjects for 34 days. Researchers noted significant improvement in dark adaptation time in all subjects.*

HELPS GLAUCOMA

- *Excess pressure inside the eye is the primary cause of a number of types of glaucoma.*
- *A 1999 study at the Agnes Scott College Dept of Chemistry, Decatur, Georgia examined the ability of phenolic antioxidants (ellagic acid) to lower intraocular pressure.*
- *Ningxia Red is rich in polyphenols such as ellagic acid (in wolfberries and raspberries).*

PREVENTS AGING, FREE-RADICAL DAMAGE AND CELLULAR MUTATION

- *Peking University gerontologists found wolfberry increased lung tissue lifespan by 22%.*

MAINTAINS NORMAL BLOOD PRESSURE

- *Research at Beijing Medical University in 1998 showed that Ningxia wolfberry polysaccharide reduced systolic blood pressure by 23% and diastolic blood pressure by 21% in an animal model.*

STRENGTHENS THE CARDIOVASCULAR SYSTEM

- *Steven Coco of Yale University School of Medicine says, "Increases in dietary potassium benefits several disease states. These include the treatment of hypertension, stroke prevention, arrhythmia prevention and treatment of congestive heart failure."*
- *Ningxia wolfberries are one of the richest known sources of potassium (1600mg per 100 gm)*
- *Studies published in the British Journal of Medicine indicate that potassium and magnesium together create a powerful synergistic effect to dramatically reduce the risk of heart disease.**
- *High magnesium and calcium levels in Ningxia Red also provide powerful cardio protective properties.*

**For people using warfarin or any other anti-clotting medication such as aspirin, be sure to take Ningxia Red under the guidance of a doctor to monitor your blood thickness. Wolfberries can reduce blood clotting and thin the blood through natural whole nutrition.*

REDUCES CHOLESTEROL

- *Research shows that Ningxia wolfberry reduces serum triglycerides and cholesterol by up to 80%.*

NORMALIZES BLOOD SUGAR AND HELPS DIABETES

- *Sugar damage to the body is extensive in people over age 50.*
- *The New England Journal of Medicine indicates that low glycemic foods and diet outperformed drugs in reducing diabetes.*
- *New research shows that Ningxia Red (10.57) has one of the lowest glycemic indexes of any food.*
- *A joint study in 1998 by the Affiliated Hospital of Qing Dao Medical School and the First People's Hospital of Liu Zhou City examined the impact of wolfberry supplements on diabetic rats. They found that feeding 1 gram/day of wolfberry for two weeks lowered blood sugar dramatically; glycated hemoglobin (HbA1C) fell by 22% and fasting blood glucose plunged by 41%.*
- *"Chromium potentiates the action of insulin," states USDA researcher Walter Mertz, MD, working at the Beltsville Human Nutrition Research Center in Maryland.*
- *Ningxia wolfberry is one of the highest natural sources of chromium known with 79mcg per 100 gm.*

IMPROVES DIGESTIVE TRACT HEALTH

- *The high polysaccharide and fiber content of the Ningxia wolfberry can promote the growth of beneficial bacteria in the gastrointestinal system.*

STRENGTHENS THE IMMUNE SYSTEM

- *In a 1998 report published by the State Scientific and Technological Commission of China, on the average the people in the study who ate wolfberries had a 700 point increase in white blood cell counts, a 10% jump in lymphocyte transformation rates and a 75% leap in immunoglobulin A (IgA).*

SUPPORTS HEALTHY LIVER AND KIDNEY FUNCTION

- *Research studies conducted at Seoul National University in Korea showed that Ningxia wolfberry contains some very unique nutrients which guard the liver against environmental carcinogens and hepatitis virus scarring.*
- *Wolfberry cerebroside provides 78% protection to liver cells against hepatitis-like injury.*
- *Seoul National University biochemist Young-Won Chin isolated another group of liver-protectants and regenerators from the wolfberry: pyrroles.*

- *In 2003 Seoul National University researcher Hong Kim discovered that Zeaxanthin dipalmitate (the eye protecting compound) also defends the liver against oxidative damage.*
- *Kim reversed virtually every sign of liver damage using high doses of Zeaxanthin. Ningxia wolfberries have 27,800 mcg per 100 gm of zeaxanthin. (Egg yolks are the next highest source of zeaxanthin at 1,253 mcg per 100 gm.*

REDUCES INFLAMMATION

- *A 2003 study by the Institute of Pharmacy of the Huazhong University of Science and Technology, found that Ningxia wolfberry polysaccharides increased interleukin-2 expression and lymphocyte proliferation, vital parts of non-inflammatory immunity.*

SUPPORTS WEIGHT LOSS AND INCREASED MUSCLE MASS

- *Ningxia wolfberries jump start the metabolism and increase energy levels due to their high fiber, protein and mineral content.*
- *A 2003 study published in The Lancet linked low glycemic foods to reduced food cravings and hunger.*
- *NingXia Red™ has a glycemic index in 10.7 and Ningxia wolfberries are 29.*
- *The wolfberry's high chromium content helps preserve muscle mass when dieting while still losing fat - 1997 Austrian study.*

REPAIRS DNA AND DESTROYS CANCER CELLS

- *A 1989 study published in the Journal of Traditional Chinese Medicine reported that Ningxia wolfberry extracts inhibited growth of gastric cancer cells by 88.4%,*
- *The same study found the wolfberry extracts stalled growth of human cervical cancer cells by 73.75%.*
- *Other studies showed the Ningxia wolfberry inhibited prostate and liver cancer cell growth and stopped the growth of leukemia cells.*

STOPS THE BUILD UP OF RANCID FATS IN YOUR TISSUES THAT CAUSE AGING

- *Scientists measure this oxidative damage (rancid fat buildup) by checking for levels of malondialdehyde (MDA).*
- *A Kaohsiung Medical University study found that Ningxia wolfberry extract possessed the strongest inhibition of all medicines tested on reducing MDA levels in the livers of rats.*

Research on Pomegranates

Fights Heart Disease

- *Researcher Dr. Michael Aviram in Haifa Israel says: “Pomegranate juice consumption for 3 years by patients with carotid artery stenosis reduces common carotid intima-media thickness, blood pressure and LDL oxidation.”*
- *Volunteers who drank 3 oz of pomegranate juice daily for two weeks exhibited a 40% reduction in oxidized cholesterol (rancid fat)*
- *A group of high blood pressure patients was given 50 ml (about 1.5 oz) of pomegranate juice a day for 2 weeks.*
- *The subjects registered a 36% reduction in serum angiotensin converting enzyme activity and a 5% drop in systolic blood pressure. (both proven risk factors for cardiovascular diseases)*

A Powerful Antioxidant to Combat Free Radicals

- *The Tufts University ORAC scale ranks pomegranates as the fifth highest free-radical fighting food at 105 un TE/g.*

Inhibits the Growth of Candida and Staph Aureus

- *January 2005 Brazilian Study found pomegranate extract to completely inhibit the growth of Staph Aureus and Staph Enterotoxin.*
- *This means the pomegranate is unique among fruits in its ability to inhibit the growth of harmful yeast, fungi, and bacteria in the intestines.*
- *Candida colonization in the gastrointestinal system has been linked to Crohn’s Disease, headaches, chronic fatigue, heightened incidence of urinary tract infections, sinus infections and athlete’s foot.*
- *Candida overgrowth generates a large number of waste products known as mycotoxins. This fungal excrement can be very damaging to cell membranes and DNA. A large body of data links this mycotoxin to a large variety of cancers.*

REFERENCES

Young, G., Lawrence, R., Schreuder, M., *Discovery of the Ultimate Superfood.* Essential Science Publishing. Orem, UT. 2005.

www.ningxiared.com

DeRuvo, J., Young Living convention notes, July, 2005.

Corrigan, D., Wiscombe, L., *The Ningxia Takeover.* Young Living CD, July 2005.

Young, G., Rodier, H., *The Miracle of Ningxia Red*. Young Living Training CD #72.
2005.

Young Living Publication, "*Ningxia Red Feel the Difference*".