

Goji bessen

Uit de aziatische keuken

NL boksdooen

En wolfberry



Gedroogd verkrijgbaar bij Erica kruidenrijen
€ 3,45 per 200 gram. Let op: je komt ook wel
prijzen tegen van € 10-20,- per 200 gram.
Het smaakt enigszins naar krenten.

Goji bessen bevatten

- veel anti-oxydanten en polyachariden
(wo zeaxantine, carotenoïde incl.
betacaroteen)
orac score 25.300 / adh 20 gram
- 21 mineralen wo ijzer (11 mg/100 g),
koper, zink, selenium, fosfor en calcium.
- beta-sisterol (ontstekingsremmer) &
linolzuur (omega 6)
- 18 amino zuren
- vitamines B (complex), C en E

Veronderstelde werking

Anti-aging / verbetert de werking van nieren
en lever / tegen slapeloosheid / versterkt
botten en spieren / cholesterol en bloeddruk
verlagend / helpt bij afslanken / verbetert
eetlust en spijsvertering / brengt bloedsuiker
in balans / vermindert klachten van Alzheimer
/ verbetert het geheugen / verbetert het libido
/ vermindert symptomen van de meno-pauze
/ bevordert vruchtbaarheid

De aanbevolen hoeveelheid voor Goji bessen
is een handje vol (15-20 gram) per dag. Je
kunt dit gewoon opeten maar het kan het ook
in de thee (15 minuten trekken), in de yoghurt
of door de sla, in smoothies of
vruchtensappen

Meer info (wo wetenschappelijke publicaties)

<http://goji-bes.nl/>



Quote: Robert Ritch, md (NEEI)

Yes. Kwok-Fai So is a leader in Hong Kong in
this area. Available here as yoghurt-covered
wolfberry. Good to munch on while you're
watching TV.

[Exp Neurol.](#) 2007 Jan;203(1):269-73.

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**Neuroprotective effects of Lycium
barbarum Lynn on protecting retinal
ganglion cells in an ocular hypertension
model of glaucoma.**

**Chan HC, Chang RC, Koon-Ching Ip A,
Chiu K, Yuen WH, Zee SY, So KF.**

Department of Anatomy, Faculty of Medicine,
The University of Hong Kong, Pokfulam,
Hong Kong SAR.

Glaucoma is one of the major neurological
disorders in eye leading to irreversible
blindness in elderly. Increase in intraocular
pressure (IOP) has been considered to be
the major risk factor for the progressive loss
of retinal ganglion cells (RGCs) in retina.
While attenuation of IOP has been a major
pharmaceutical target, reduction of IOP



cannot prevent progressive loss of
RGCs. In this regard, urgent need
for alternative treatment has to be
investigated. Anti-aging medicinal
herb Lycium barbarum L. has been
used for centuries in Eastern
World to protect the eyes and

maintain good health. Using an ocular
hypertension (OH) model in rat by laser
photocoagulation of episcleral and limbal
veins, we attempted to investigate whether L.
barbarum can promote RGCs survival
against elevated IOP. Oral administration of
L. barbarum in Sprague-Dawley rats (250-
280 g) significantly reduced the loss of
RGCs, although elevated IOP was not
significantly altered. Rats fed with the 1
mg/kg extract could nearly totally escape
from pressure-induced loss of RGCs. In
conclusion, this is the first in vivo report
showing the therapeutic function of L.
barbarum against neurodegeneration in the
retina of rat OH model. The results
demonstrate that this extract may be a
potential candidate for the development of
neuroprotective drug against the loss of
RGCs in glaucoma.

