

Goji berries

From Asia

NL boksdoorn

En wolfberry



You can buy it dried, tastes somewhat like raisins. Indicated price € 3,45 per 200 gr. But you might bump into much higher prices also.

Goji berries contain:

- many anti-oxydants and polyacharides (such as zeaxantine, carotenoïde incl. betacaroteen)
orac score 25.300
- 21 minerals ao iron (11 mg/100 g), copper, zinc, selenium, phosphor, calcium.
- beta-sisterol (anti-inflammatory) & linolic acid (omega 6)
- 18 amino acids
- vitamines B (complex), C and E

What it is supposed to do

Anti-aging / improves kidneys and liver / combat sleeping problems / strengthens bones and muscles / lowers cholesterol and blood pressure / helps when dieting / improves appetite and digestion / improves the blood suger level / reduces Alzheimer symtoms / improves your memory / improves your libido / reduces symptoms with menopause / improves fertility

The recommended dayly amount of Goji berries is a handful (15-20 gr). You can just eat it as it is, or you can make tea from it (brew for 15 minutes), in yoghurt, with salades, in smoothies or fruit juices.

More info (ao scientific publications)

<http://wolfberry.org/>



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.

Epub 2006 Oct 11.

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.

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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.

