



Goji Tonic

*T*his tonic is made with authentic Mongolian goji berries, an herb that has been researched in connection with cancer prevention as well as use during or after conventional treatments.

All of the herbs in this formula are also used in cooking. It is a safe remedy for general use. In addition to goji berries, our tonic contains hawthorn berries for the heart, milk thistle for the liver, astragalus for immunity, galangal for digestion, and cinnamon bark for taste, assimilation, and blood sugar regulation.

Goji Berries

Lycium chinense is known in Tibet as the “happy berry” and even in some Chinese texts, the main side effect is reputed to be laughter. In Eastern medicine, the berries are used as a liver, blood, and eye tonic.

Our berries are authentic and were imported by the Tanaduk Institute of Botanical Medicine in cooperation with the Mongolian Goji Farmers Collective and the Tibetan Medicinal Plant Cultivation Program. They are grown in pristine regions of the Himalayas where no pesticides or herbicides have ever been used.

Goji berries are a rich source of vitamin C, having 500 times more vitamin C per ounce than oranges. They are also a superb source of vitamin A, not surprising because they are a really pretty red color. Goji berries also have vitamins B1, B2, B6, and E; they are becoming famous as an antioxidant. They are also a rich source of both selenium and germanium and have hence been used in a number of clinical trials involving cancer patients. When given to patients undergoing chemotherapy, the berries conferred significant protection for the liver. In Oriental medicine, they are said to correct *chi* deficiency, meaning that people with low energy, insomnia, heart palpitations, and even anxiety are more comfortable after consuming goji berries.

In studies conducted in Japan, the therapeutic dose of goji berries was 10-30 grams per day. However, our tonic is highly concentrated and then blended with herbs that support the overall intent, which is to protect the patient from the potentially harmful side effects of conventional cancer treatments—these include nausea and vomiting, damage to the liver and blood, and permanent shrinkage of the heart.

In vitro studies suggest that goji berries kill many kinds of cancer cells. The mechanism whereby this happens is believed to involve some factor that inhibits the ability of the cell to divide, thus lowering its reproductive capacity. A large study in Japan suggested that tumor growth was inhibited by 58% among the patients eating goji berries as compared to the control groups. A study in Mongolia showed that patients eating the goji berries had a significant increase in lymphocyte activity and that their blood began to resemble that of much younger persons.



Goji berries are a type of lycium unique to the Himalayan regions of Tibet and Mongolia. The berries are sweeter than Chinese berries which are readily found in Asian food stores and TCM formulas.

Hawthorn Berries

Crataegus monogyna berries are used to support the heart muscle and rhythm. Use was endorsed by Commission E, the monographs that formed the basis of herb regulation in Germany. However, they have a long tradition of use by herbalists for the combination of antioxidant, circulatory, and hepatoprotective properties that when combined with the tonic effects on the heart make it both an ideal and safe herb to use to strengthen the heart and protect it against injury.



Milk Thistle Seeds

Silybum marianum is an edible plant that like other members of the thistle family possesses significant liver detoxifying properties. It is used with all manner of liver disorders, everything from cirrhosis to hepatitis. More importantly, milk thistle seeds have protective effects that lessen damage to the liver among patients taking prescription drugs that have harmful side effects. It is being investigated as a possible treatment for cancer as well as HIV. It has almost no known side effects except possibly for those who are allergic to ragweed and marigold and other plants in the same family.



Astragalus

Astragalus membranaceus is a famous immune boosting herb. It is called Huang Qi in Chinese and Chinese milkvetch in some English references. It is very well researched and has been used in the treatment of AIDS as well as cancer and the common cold. It stimulates phagocytosis as well as the production of natural interferon. It is remarkably safe and can be used in conjunction with chemotherapy.



Galangal

Alpinia officinarum is a member of the ginger family and is native to South China and Thailand though related species are found throughout the tropical parts of Asia. It is a common culinary seasoning with a somewhat more exotic taste than ginger, but it is an even more powerful stomachic and hence is used primarily to relieve nausea and improve digestion. The heating properties promote circulation, stimulate healing, and reduce numbness, especially in the extremities.

St. Hildegard of Bingen (1098-1179) was one of the foremost herbal authorities of her day. Galangal was so highly revered by her that she wrote that it had been given by God to provide protection against illness. “The spice of life,” as she called galangal, appears in many Hildegard formulas.



Hildegard regarded galangal mainly as a potent aid to digestion and quick reliever of pain, such as the pain associated with angina pectoris, heart attacks, and gall bladder symptoms. The heart symptoms are secondary to the gastric distress, which, if relieved, eases cardiac pressure. Physicians in Germany who have taken up Hildegard Medicine as their calling have reported that galangal is as effective as nitroglycerin, but it has absolutely no harmful side effects.

Cinnamon Bark

Cinnamomum cassia comes mainly from tropical forests in India and Sri Lanka where it is prized as a culinary spice and component of many traditional medicinal preparations, this for nearly 5000 years. It is discussed in Chinese, Ayurvedic, Egyptian, Hebrew, Greek, and Roman texts as a remedy for nausea, vomiting, indigestion, and stomach cramps. In addition to its merits as a flavoring ingredient, it is antibacterial, antifungal, and antiseptic as well as antispasmodic and analgesic.

The warming properties of cinnamon aid in digestion, particularly the digestion of fats. It also helps to regulate blood sugar.



Despite the fact that the ingredients in this formula are also used in food preparation, the tonic is potent. However, it tastes good and supports digestion and assimilation of nutrients.

Contains: Proprietary blend of Mongolian goji berries, hawthorn berries, milk thistle, astragalus, galangal, and cinnamon bark in distilled water, organic grain alcohol, and vegetable glycerin.

Availability: Goji Tonic is available as an alcohol extract blend or glycerite preparation with somewhat less alcohol, 17%. It comes in 4 oz. bottles with a dropper.

Dosage: 15-30 drops, 3-5 times a day or as recommended by your health care practitioner.



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CREDITS:

Goji Berries: Beautanicals Herbs and Seeds
Cinnamon Sticks
Galangal Root
Hawthorn Berries
Milk Thistle