



CHAPTER 3

MODERN RESEARCH CONFIRMS ANCIENT WISDOM

Many of the traditional health-giving properties of the goji berry are being confirmed in modern scientific studies, and this has led to the discovery of even more far-reaching benefits. We list these newly found properties of goji here, and all health benefits will be discussed in detail in later chapters.

New Areas of Scientific Research on Goji

- ✿ Cancer prevention
- ✿ Cancer treatment
- ✿ Inhibition of tumor growth
- ✿ Reduction of the toxic effects of chemotherapy and radiation
- ✿ DNA restoration and repair
(preventing mutations that can cause cancer)
- ✿ Improvement in immune response
(T-cell, IL-2, IgA, IgG)
- ✿ Treatment of bone marrow deficiency
(stimulates red and white blood cells)
- ✿ Improvement in lymphocyte count
- ✿ Activation of anti-inflammatory enzymes
- ✿ Inhibition of lipid peroxidation
(a cause of heart disease)
- ✿ Treatment of weakened digestion
- ✿ Rejuvenation of blood

Inconsistent Berries Give Inconsistent Results

When scientific studies were first initiated to confirm the traditionally observed benefits of goji berries, they did not yield uniformly positive results. It could have been foreseen that these studies would arrive at inconsistent conclusions, as they were performed using the whole dried berries.

There can be tremendous variation in the quality of dried fruits, depending upon how they were harvested, dehydrated and stored, and also depending upon the quality of the fresh berries from which they were made. While goji berries grow in a lot of places, their quality can vary enormously.

The same is true in the growing of wine grapes. How is it that the Chardonnay grapes of one vineyard will yield a spectacular vintage, while the same grapes in a neighboring field will produce wines that are merely ordinary? A few minutes more of daily sunshine or a little better drainage in one field or the other can make all the difference between a \$100 bottle of Dom Perignon and a \$10 bottle of “bargain bubbly.”

A Gaggle of Goji Berries

Just as there are many varieties of grapes, there are also many varieties of goji berries to be found growing in different parts of the world. It has been claimed that there are 41 species in Tibet alone. Each has its own distinctive appearance, color and taste, and each may differ from others in its medicinal power. Some of them are unrelated, coming from different botanical families.

Variants of the goji vine have been found in the fjords of Norway and the Arizona desert, in Inner Mongolia and in Outer Patagonia.

Could this be any more confusing? Researchers seeking to unlock the secrets of the goji berry were perplexed. They knew that only consistently excellent berries could yield consistently excellent clinical results, but which of the dozens of varieties were the best?