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Mangosteen - the 'Queen of Fruits'

By Cheryl Dennison , Associate Editor



Mangosteen. What is this fruit that everyone is talking about?

It's been called the "Queen of Fruits" and is also referred to as the "fruit of the Gods." And the juice of the mangosteen is fast becoming known throughout the country for what has been described as its remarkable healing elements.

The mangosteen is about the size of a tangerine and is grown in tropical climates where there is a lot of rainfall. The fruit is plentiful in Thailand, Cambodia, Vietnam and India and is predominantly grown in Southeast Asia.

The alleged healing properties of the mangosteen, which apparently have been known for centuries to the rest of the world but is new to Europe and the United States, have been experienced by Cindy O'Lear, a former trustee of Argentine Township, and her husband, David.

The couple distributes a dietary supplement drink, Xango, which contains the juice of the whole mangosteen fruit. She and her husband have been so impressed with the benefits of the juice, they became distributors.

"I didn't intend to sell it," said Cindy, who has suffered from rheumatoid arthritis for 12 years.

After using the dietary supplement, she said she went from using a cane a few years ago, to working out on a treadmill 30 minutes per day and the pain of her disease has eased, she said.

According to a Xango Web site, the mangosteen contains potent antioxidants, called xanthonenes. Xanthonenes are natural chemical substances that reportedly support microbiological balance, maintain immune system health, promote joint flexibility and provide positive mental support. According to this Web site, the mangosteen contains the single greatest known supply of xanthonenes. The pericarp, or rind of the mangosteen, is particularly rich in xanthonenes.

J. Frederick Templeman, M.D., in a Wellness Report, said the rind of the mangosteen contains 40 different xanthonenes and only 200 total exist in nature. He said the mangosteen has been used as an anti-inflammatory and antimicrobial (viruses, bacteria and fungi). It's been used to combat diarrhea, especially in Third World countries and is also used as a wound-healing agent and to fight malaria and other parasitic illnesses. It is also used to treat skin rashes and as a pain reliever.

Dr. Enrique Martinez, M.D., gave testimony in the Wellness Report of a patient who had a brain tumor. The patient was 32 years old and had headaches, nausea, vomiting and vertigo as well as double vision because of the tumor.

After using mangosteen juice, there was a remission of the symptoms, which enabled the patient to have surgery for the removal of the tumor, he said.

Martinez also testified he has multiple patients with hypertension who have seen significantly lower blood pressure by using the mangosteen juice.

The Wellness Report states one of the reasons the benefits of mangosteen are "so enormous" is because xanthonenes are the nutrients missing in the body.

Other claims to the juice include boosting energy, losing weight, preventing heart disease, improving stomach conditions, fighting and preventing diabetes and improving mental awareness. It is also known to help lower cholesterol and heal mouth sores, according to the report.

Mangosteens are said to contain catechins, which have been proven to be effective in fighting free radicals. Free radicals are atoms

or molecules missing an electron. They attack other cells and often cause damage that cannot be repaired.

O'Lear said extensive research has been done on the mangosteen fruit over the last 30 years and it is gaining the support of the medical community.

She attended a conference where a doctor said he no longer services one-third of his patients because they have benefited from using the mangosteen juice. The doctor said not one person who has used it has not benefited in one way or another.

"We're delighted with our use of it," said O'Lear. The improvement in energy level and a general sense of well-being are also some of the affects O'Lear said she has seen.

When a Help line ran in the Tri-County Times recently asking for information about the mangosteen juice, many replies were received.

Xango is a name brand of the mangosteen juice sold by the O'Lears. O'Lear said the company sells their product by multi-level marketing but is very conservative in its business practices. She said it starts off by donating 7 percent of its gross income to six children's charities. The rest is divided between the manufacturers and personnel. Fifty percent goes to the people who sell it, O'Lear said.

"It is unlike any other marketing business," O'Lear said. O'Lear also said Xango is also one of the few companies that uses the whole fruit of the mangosteen in its juice product.

"It has improved my energy level and general sense of well-being," said O'Lear. "It is a safe, nontoxic, natural alternative."

For O'Lear it is unbelievable that she is now able to exercise on the treadmill with her arthritis.

"I couldn't have done that six months ago."

Patty Thompson, of Linden, said she has been drinking Xango for eight months and it changed her life. She is now a distributor of Xango. She said Xango not only helps her sleep better, but also gives her more energy and stamina in her daily living. Thompson also said being a distributor of the product has turned into a very profitable business.

Brenda Romeo has also benefited from the mangosteen juice and is also a distributor. She said the powerful antioxidants fight free radicals, which are the basis of all disease.

She said the amount of nutrients found in food has depleted. As an example, Romeo said that it takes 40 cups of spinach today to provide the same nutrients that were found in just one cup of spinach in 1947. "It (mangosteen juice) literally helps every cell in the body," Romeo said. She also said it is the most studied botanical product in recent history.

The product Xango came about after a young man, Joe Morton, came across the mangosteen fruit while traveling. Morton worked to find a way to market it, Romeo said. It took 7½ years to bring the product to market with the help of a famous juice bottling company. The product has only been marketed for about 2½ years, she said. Romeo also said there are no side effects caused from use of the mangosteen juice.

Some people may believe the price of the juice can be quite expensive. Prices range from \$25 (plus shipping) for Xango, to as high as \$45 a bottle for other brands sold over the Internet. Romeo said a price tag can't be put on good health in her opinion and giving up a cup of coffee and a donut in the morning is all it takes to pay for the juice.

O'Lear said by distributing the Xango, it has been her experience it pays for itself. Romeo also said it is costly to process as the fruit cannot be brought into the country. It is processed by a major juice company in Germany, she said.

Ken Perry is a distributor of Thai-Go, another version of the mangosteen juice. According to a web site for Thai-Go, antioxidants are getting increased attention from the scientific community. Other providers of mangosteen juice are advertised in the Tri-County Times such as MangoXan. MangoZan boasts of similar claims and is sold in health stores. There are also many distributors of Xango who advertise in the Tri-County Times.

"It sounds too good to be true but it's not," said Romeo. "The range of conditions it has benefited has been incredible. Why use a drug when a fruit will do the same."