

# An Overview of Noni Juice Applications and Nutritional Information

*This material excerpted from "The Noni Phenomenon" by Dr. Neil Solomon, M.D. Ph.D.*

## Preface

Since 1997 I have researched the scientific evidence and field studies involving the island fruit *Noni* to uncover its secrets as a medicinal agent. I logged many hours digging through case studies and reports from doctors and other experts, and analyzed reports from an array of clinical trials. I also interviewed more than 50 doctors and other health professionals who had compiled data that collectively represented over 10,000 people who had used or were using *Noni*.

As I was collecting these data, one of the questions that I continually came back to was: "How can *Noni* possibly help so many people with so many diverse health problems? What was its secret?" I concluded that, indeed, it does not help everyone -- and it does not help with all health problems. However, on an average, 78 percent of the more than 10,000 *Noni* users in our survey reported that it helped in some way, including fighting cancer, heart disease, digestive disorders, diabetes, autoimmune disorders, stroke, weight problems, and skin and hair problems. This booklet provides an overview of my findings.

## Introduction

*Noni (Morinda Citrifolia)* is a fruit with extraordinary healing properties that most North Americans have never heard of. It's been successfully used for over 2,000 years in Polynesia, China, India and elsewhere. *Noni* migrated with the inhabitants to the South Pacific islands, Tahiti, Hawaii, Malaysia - and wherever there is pollution-free volcanic soil. Like Aloe Vera, Kelp, Papaya, Pycnogenol™; and other botanicals, the extract of the *Noni* plant has been demonstrated to improve a wide variety of health conditions. For use in the United States, the *Noni* fruit is prepared primarily as a food supplement in juice form. Although the plant is very bitter and has an adverse odor, the noni juice supplement is very palatable in taste and smell because of the addition of natural fruit and berry juices.....

## Noni's Miraculous Health Benefits

Research indicates that *Noni* stimulates the immune system, regulating cell function and cellular regeneration of damaged cells. The fact that *Noni* seems to operate on the very basic and critical cellular level may explain why it's useful for a wide variety of conditions. Dr. Richard Dicks, a clinician from New Jersey, says, "We're beginning to realize that we must get back to basics with our bodies. What it boils down to is, either burn nutrients or burn your body. *Noni* saves our bodies by giving us the nutrients we need."

Actually, *Noni* has over a hundred primary and secondary applications. This booklet will focus mainly on the primary uses. *Noni* is invaluable as a healing herb because of the following functions, which will all be discussed in more detail:

- *Increases body energy.*
- *Alleviates pain.*
- *Acts as anti-inflammatory and anti-histaminic agent.*
- *Works with melatonin and serotonin to help regulate sleep, temperature and mood cycles.*
- *Inhibits pre-cancer function and growth of cancer tumors.*
- *Has antibacterial properties that can protect against digestive and heart damage.*

NOTE: *Noni* can be taken together with all other medications - there are almost no negative interactions. In some situations, *Noni* can allow other medications to act more efficiently. You should tell your health professional that you are taking *Noni*, as your physician might want to decrease the dose of the medication prescribed. This often reduces the side effects from the original medication.

Reported side effects were minimal. Less than 5 percent experienced minor belching, loose stools, allergy, or developed a mild rash. The belching disappeared when the dose was decreased. The rash and loose stools cleared within 72 hours after stopping treatment. *Noni* has been reported safe for pregnant and/or nursing mothers.

## Overview of Noni's Primary Applications

According to Steven Hall, M.D., of the state of Washington, another physician whom I interviewed and who *is a Noni* juicer: "Not only does *Noni* provide many benefits on its own, but it also increases the effectiveness of other treatments." He has found that "*Noni* is incredible because it offers help to people who could not be helped by traditional medical science."

Increased effectiveness and an alternative treatment to drugs are just two of the reasons that *Noni* is such a valuable herb. Hall's results were consistent with the previously reported positive response from 78 percent of *Noni* users. *Noni* also has the following characteristics:

- *Noni works synergistically with other food supplements and/or medications.*
- *Noni probably helps with prevention, and works optimally in conjunction with other antioxidants.*
- *Noni helps animals heal faster.*

Dr. Schechter, director of the Natural Healing Institute in California, reports that there has been a wealth of information supporting the traditional uses and health benefits of *Noni*. His work supports what the Kahunas (traditional healers in Hawaii) have known and used beneficially for thousands of years. He confirmed in an interview that the positive results obtained by physicians using *Noni* were consistent with the results obtained by naturopathic clinicians. Dr. Schechter has treated hundreds of patients with *noni* and has been very impressed with the variety of illnesses that responded to *Noni*.

The following gives a synopsis of some important data concerning Dr. Schechter's clinical investigations:

- *Noni stimulates the production of T-cells in the immune system. T-cells play a pivotal role in fighting disease.*
- *Noni acts to enhance the immune system involving macrophages and/or lymphocytes, which are a vital part of your body's natural defenses.*
- *Noni has been shown to combat many types of bacteria.*
- *Noni has unique anti-pain effects.*
- *Noni inhibits pre-cancer function and the growth of cancer tumors by allowing abnormal cells to function more normally.*

Dr. Schechter states, "As a clinical therapist, I have seen *Noni* generate significant, even profound, therapeutic benefits for both prevention and self-help of a wide range of health problems." From Dr. Schechter's list and from the information provided by the other professionals with whom I communicated, I have determined the primary application categories, which are discussed in the following overview. Though there are many other valuable uses of *Noni*, as the charts show, only those with the most support have been included.

#### Nutritional Analysis of Noni Juice

	Composition on a freshweight basis
Total sugars	2.2 g/100mL
Carbohydrate	4.73 g/100mL
Fat	0.11 g/100mL
Protien	0.32 g/100mL
Energy	89.9 kj/100mL
Sodium	7.2 mg/100mL
Potassium	280 mg/100mL
Glycine	7.5 mg/100mL
Taurine	7.9 mg/100mL
Vitamin B1	.01 mg/100mL
Vitamin B2	.04 mg/100mL
Vitamin B3	.47 mg/100mL
Vitamin B6	.09 mg/100mL
Vitamin B12	.25 mg/100mL
Vitamin C	214 mg/100mL

Source: Atkins, Paul K. Foods Engineer, Fresh Technologies FTCT project F00-25.  
Based on nutritional analysis of Noni Juice samples received by Massey University on June 8, 2000.

## Conditions and Applications

The following table contains statistical analysis of the data, including both primary and secondary applications, that I obtained from surveying more than 50 doctors and other health professionals who had taken *Noni* and/or given it to over 10,000 patients. It depicts the number of people who drank Noni Juice for 23 different conditions, the percentage that were helped, and the primary active components (PAC) believed to be involved. It is my belief that although the PAC is the major component, it is the total blend of all natural ingredients that result in Noni's optimal health benefits.

Conditions Helped With Noni			
Condition Reported to Respond to Noni	# Taking Noni For That Condition	Percent Helped	Primary Active Component
Allergy, decreased symptoms	948	84%	Xeronine
Anti-Aging, Look Better	148	78%	Terpene
Arthritis, Lessened symptoms	719	81%	Terpene
Breathing, Improved	2,854	77%	Xeronine
Cancer, Lessened symptoms	889	65%	Xeronine
Depression, Lessened symptoms	807	77%	Xeronine
Diabetes, Types I and II	2,773	84%	Scopoletin
Digestion Improved	1,593	89%	Xeronine
Energy Increased	8,327	92%	Xeronine
Fuzzy thinking, helped clear	373	88%	Xeronine
Heart Disease, Decreased symptoms	1,123	80%	Xeronine
High Blood Pressure, Decreased	938	85%	Scopoletin
Kidney Health Improved	2,372	67%	Xeronine
Mental Acuity, Increased Alertness	2,983	72%	Xeronine
Muscle, Increased Body-building	816	71%	Protein
Obesity, Lost excess weight	2,841	75%	Xeronine
Pain, including headaches, decreased	4,231	88%	Xeronine
Sexuality, Enhanced enjoyment	1,608	87%	Xeronine
Sleep, Improved	1,231	73%	Xeronine
Smoking, Stopped	452	58%	Xeronine
Stress, Helped cope with	4,113	72%	Xeronine
Stroke	1,019	57%	Xeronine
Well Being, Increased feeling of wellness	4,561	80%	Xeronine
*Pooled percentage of people who experienced objective and/or subjective improvement of their signs and/or symptoms after taking noni. The majority of noni users who did not get optimal results failed to do so because they took a lesser dose and/or took it a lesser amount of time than recommended in the table below.			