

MANGOSTEEN

AMAZING TROPICAL, MEDICINAL FRUIT

Mangosteen is a scarce, tropical, and expensive fruit. in the Northern hemisphere. This import fruit costs more than one euro each. Basically, you have relatively little medical value for money, compared to the purchase of other fruit and vegetable products.

In areas where it is grown, it is considered an expensive fruit as well. It needs specific growth conditions and the tree only produces fruits a few weeks per year. The mangosteen tree is not easy to grow. In Indonesia, where the tree is grown, it does not grow as well on every island, while the weather conditions are the same everywhere. The biotopic factors on each island can vary considerably.

Mangosteen is one of the few fruits of which the outside tells how many parts are in it. The bottom has a kind of crown or stamp with an image of what looks most like a flower petals. The number of petals indicates how many parts are in the fruit.

Mangosteen on vacation

If you are on holiday in South East Asia and you see mangosteen for sale, then it is recommended to buy a kilo and enjoy it for a few days. It is a special fruit and it can expand the holiday experience to enjoy local products. The nutritional value and medicinal strength that this fruit has can strengthen your body and mind. Our body looks for the substances from food that it needs to come in such an optimal form.



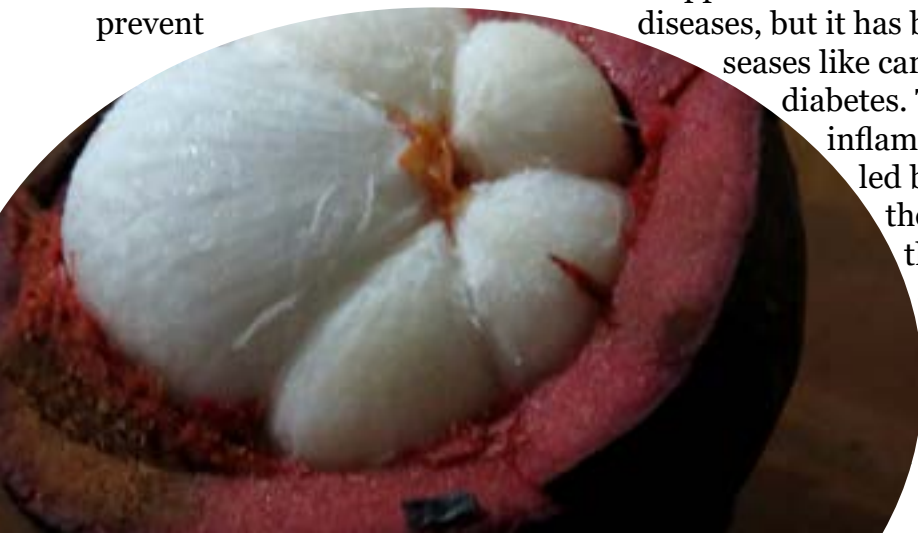
Traditional use mangosteen

Mangosteen is traditionally used in skin problems, wounds and skin infections. It is also a popular medicine for high blood pressure, obesity and diabetes. The bark of the tree is used in various countries such as Cambodia, Indonesia and the Philippines to make tea, as a folk medicine for diarrhea. The soft part of the inside of the skin, the pericarp, serves as a means to make tea, which works against diarrhea and dysentery. This is traditionally done in India.

Supplements of mangosteen?

There are many products in circulation based on substances in mangosteen. It has not yet been proven that these supplements work well. Mangosteen certainly contains special substances. These are in the fruit, and not all end up in the supplement. In addition, too little research has been done to demonstrate the medicinal effects of supplements. It has not been shown that supplements prevent

diseases, but it has been shown what conditions causes diseases like cardiovascular diseases, alzheimer's and diabetes. This cause lies in free radicals and inflammations at cell level. These are controlled by substances in mangosteen. However, there are hundreds of species that inhibit these inflammations. When scientists start researching the medicinal effects of nutrition, they want to know against which specific types of diseases a fruit has medicinal benefits.



Anticancer activity xanthenes from mangosteen

Since Brian Peskin has given all the attention to the theory of Nobel Prize Winner professor Otto Warburg, a theory which explains the cause of cancer lies in the oxygen deficit of healthy body cells, we can see that scientists who do not know about the relationship between oxygen and cancer are supporting Warburg's theory with new studies. Research has shown that xanthenes have an important anti-cancer effect. Xanthenes are found in abundance in mangosteen. Xanthenes are sometimes described by scientists as: oxygen-containing heterocyclic components. Substances that can supply oxygen are cancer-inhibiting. Mangosteen can do that because it has a lot of oxygen-containing components in the form of xanthenes. Research shows that it reduces tumors on colon cancer cell lines.

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Garcinia mangostana against cancer

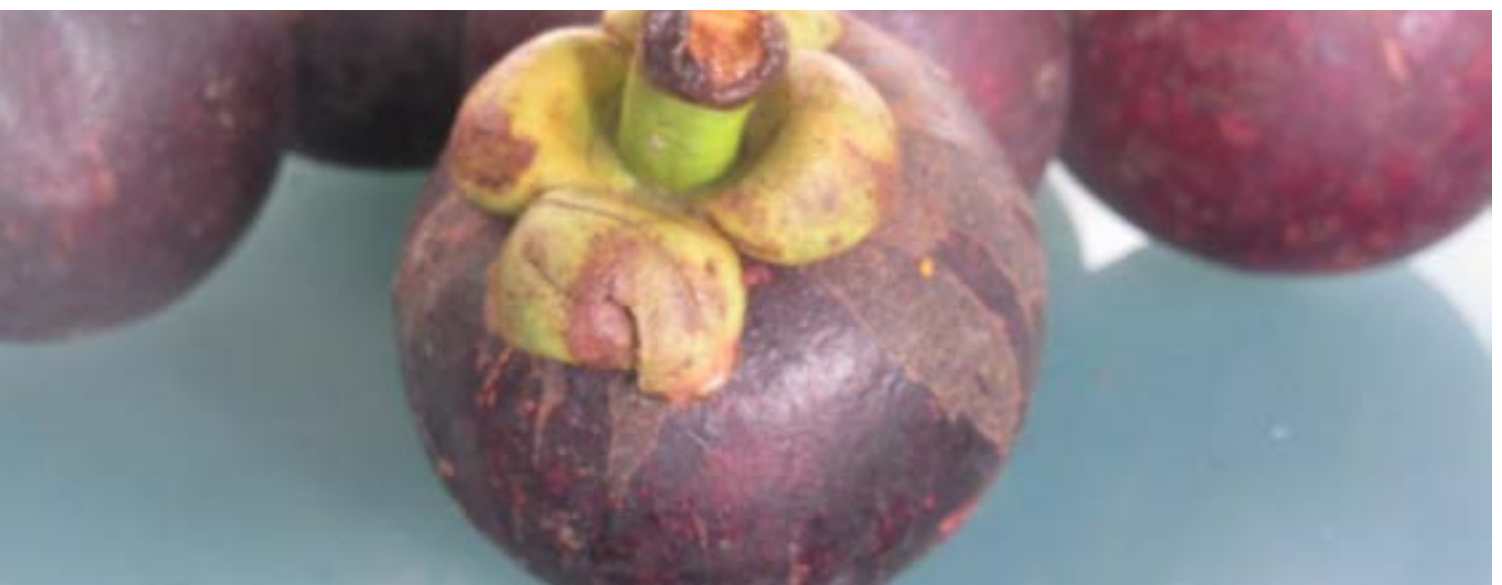
Above we saw that the xanthenes have an important anti-cancer effect. They can fight another notorious disease as well, namely: leptospirosis, the most common animal bacterial infection worldwide, caused by the bacterium leptospira.

Leptospirosis is normally controlled with antibiotics such as penicillin, doxycycline, cefotaxin, ceftriaxone, azithromycin, erythromycin and ampicillin. Research shows that different solutions of fruit extracts of mangosteen are able to fight leptospira. That is good news because antibiotics have side effects and antibiotic use yields resistant bacteria, making these and other bacterial infectious diseases more difficult to combat.

Substances from mangosteen are also tested in collaboration with penicillin. It then appears that penicillin works better when accompanied by xanthone administration from mangosteen.

Mangosteen against arteriosclerosis due to high blood sugar levels

Too high levels of blood sugar leads to damage in the veins, and arteriosclerosis, which is because the blood sugars ensure that aortic nitrate oxide can not be processed. This reduces the vein wall in quality and causes inflammation. In addition, the vein wall becomes less elastic, and therefore high blood pressure is produced. We can all take synthetic medicines to keep this process under control, but what if a fruit like mangosteen has both blood vein enhancing and diabetes inhibiting qualities? Researchers from Saudi Arabia and Egypt saw that mangosteen can indeed work as a medicine for both disorders. Substances in this fruit repair the vein wall by exerting influence on the nitrate oxide mechanism, so that the vein wall becomes more elastic and the blood pressure decreases. Flavones provide extra relaxation of the vein wall, so that blood flows better.





Mangosteen and kiwi against osteoporosis

Osteoporosis is a bone disease that mainly occurs during, and after the menopause of women. The disease is related to reduced estrogen production. For a research the fruit juice from mangosteen was used. This had enough medicinal effects to prevent osteoporosis. The study used a mix of two fruit juices, namely *Garcinia mangostana* and *Actinidia deliciosa*. The latter is mostly called: kiwi. It appears that this works better than an extract from the husk of mangosteen, which was also investigated. The extract and fruit juice were compared with the medicine estradiol. It turns out that the fruit juice of mangosteen and kiwi together works best against osteoporosis.

Alfamangosteen, a special xanthone

Italian researchers see that the substance alfamangistine has a strong anti-cancer effect. Because it is considered ethically irresponsible by medical authorities to investigate cancer without using chemotherapy, only the effect of a natural product in combination with chemotherapy can be investigated. This prefabricated censorship on scientific research does not prevent researchers from investigating the anti-cancer effect of many fruits. Alfamangistine is said to possibly be offered in collaboration with a chemo since it is scientifically proven that this gives better health opportunities.

Unfortunately, it is not the case that oncologists worldwide use mangosteen fruit or any proven natural anticancer product by default. This is partly due to the fact that the employees of the medical world are tied hands and feet when it comes to the use of inferior treatments such as chemotherapy and radiation, which in short, do not appear to work, given the large number of cancer victims who die each year after undergoing these obsolete therapies. Government organizations and the rules they have constructed, are not helpful when scientists want to introduce new therapies. New promising medication therapies that could be beneficial to mankind, may not be applied under penalty of all sorts of sanctions, such as dismissal, and that is obviously what employees in the medical industry want to avoid.

Other research shows that alfamangistin kills breast cancer cell lines. According to several studies, it is an anti-cancer agent. Alfamangistine is a xanthone, and multiple studies show that xanthones as alfamangistine not only inhibit cancer but are also antibacterial. Tumor growth is always accompanied by the presence of pathogenic bacteria. We can look at xanthones as if they were knives, cutting away cancer.

The xanthone knife even cuts on three sides: it can induce the death of a cancer cell, it inhibits pathogenic bacteria and it is an antioxidant, which means it clears free radicals that can cause DNA damage. DNA damage from a healthy body cell is one of the conditions for this cell to become a cancer cell.



A

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B

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[Bok choy](#)

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C

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