

noni

THIS TROPICAL TONIC MAY HELP WITH A NUMBER OF HEALTH ISSUES, INCLUDING OBESITY

By Linda A. Odum

If improving your health and losing weight are part of your 2006 resolution list, there's a tropical supplement that may aid in your quests: noni. For centuries, people in the South Pacific have used noni (*Morinda citrifolia*) to treat a number of health issues, from high blood pressure to headaches.

Today, there is promising research on noni's possible role in treating breast and colon cancer. Initial studies show that the tropical fruit may deter disease development and tumor growth. Currently, the National Institutes of Health is working to pinpoint noni's cancer-fighting abilities in a Phase I clinical trial—done to determine a treatment's safety, side effects, correct dosage

and how the body responds to the treatment.

There is evidence that suggests noni could battle obesity as well. Neil Solomon, MD, PhD, author of numerous books on noni, including *Noni Juice: How Much, How Often, For What*, surveyed 1,227 health professionals who represented more than 25,314 noni juice drinkers from 80 countries. "Of the 5,526 people who drank noni juice to help with weight problems, 72 percent reported that they lost weight," he says.

Solomon found that people who lost weight with noni drank 2½ oz. (5 Tbs.) of the juice per day. He recommends these general guidelines for adults: Begin with a testing dose of 1 tsp. of noni before breakfast

and 1 tsp. before dinner for 3 days to make sure there aren't any adverse reactions (see below). If you don't have problems with it, jump to 4 Tbs. twice a day for a month. For the next 5 months, take 4 Tbs. before breakfast and 2 Tbs. before dinner, and then move to a maintenance dose of 2 Tbs. twice a day for as long as you want.

There are a few possible side effects from taking noni. Some people may experience rare allergic reactions, and noni's high potassium content can be problematic for people with kidney disease. As always, check with your health care provider before taking any new supplement. Then you can feel good about making noni part of your resolution regimen. Here's to a healthy 2006! □



EARTH'S BOUNTY NONI JUICE whole-fruit capsules have 100% noni juice.



TAHITI TRADER NONI provides 10,000mg of extract per ounce.



HAWAIIAN HEALTH OHANA NONI FRUIT LEATHER can be eaten plain or dissolved in warm water as a beverage.



FLORA PURE HAWAIIAN NONI JUICE is 100% pure concentrated noni.

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