

Noni Plant Helps Cancer

BACKGROUND: According to legend, the Noni plant was brought to Hawaii from Southeast Asia around 1,500 years ago. The Noni's scientific name is *Morinda citrifolia*, and it's also called Indian Mulberry. Ancients have been known to use all parts of the noni, roots, stems, bark, leaves, flowers and fruit, in making around 40 different herbal remedies. The Noni plant is a small evergreen tree found growing in open coastal regions at sea level and in forest areas up to about 1,300 feet above sea level. The plant is often found growing along lava flows. It's identifiable by its straight trunk, large, bright green leaves, white tubular flowers and its distinctive, "grenade-like" yellow fruit. The Noni fruit, when mature, has a foul taste and odor. The smell and taste of the fruit pulp is so foul that one researcher pronounced it akin to 'vomitus'!

NONI'S BENEFITS: The beliefs of Noni's benefits have now gone beyond just word of mouth. In a report to the 83rd Annual meeting of the American Association for Cancer Research in May, 1992, the juice of the fruit of the Noni plant was shown to significantly prolong the life of mice with implanted Lewis lung carcinoma. The conclusion was that it seemed to suppress tumor growth indirectly by stimulating the immune system. Now, Dr. Brian Issell, and colleagues at the University of Hawaii Cancer Center, are involved in another study of the Noni. Dr. Issell says patients were coming to him and telling him they were taking Noni. The patients wanted to know if that was safe to do, but Dr. Issell didn't have an answer. That's when he began a clinical trial to test the safety of Noni in cancer patients. **NONI STUDY:** Dr. Issell was given \$340,000 by the National Institutes of Health to study the Noni. Part of his goal is to determine what chemicals in Noni are responsible for its believed to have cancer-fighting properties. He is conducting a two-year study involving 30 patients who have failed standard therapies. Patients take a capsule with Noni extract. The key, says Dr. Issell, is that as opposed to many of the home remedies with Noni, these pills are very exact and their make-up is completely known. Throughout the study, patients will have their blood and urine tested. This will help doctors get a grasp on what is in the plant that is

having an effect. Doctors are not focusing on any one specific type of cancer at this time, but all patients have gone through traditional treatments and have not had their cancer successfully treated. **RESPONSE:** Patients in the study say they feel better and have more energy, and say they don't have the same side effects they experienced with chemotherapy.



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Why Noni Heals in So Many Ways?

Let us first sum up what happens to the noni juice as you drink it. The primary important ingredient in noni is a large molecule called proxeronine. When you drink a glass of Noni juice, the proxeronine goes through your digestive tract into the large intestine where it is then sent through the hepatic vein into the liver. The liver is the main storehouse for many of the body's essential nutrients. Every two hours the liver releases a certain amount of this proxeronine into the bloodstream, and then on to various tissues of the body.

After this release takes place we need to go down to the molecular level to understand what is happening. If we look closely enough, we will see that proxeronine is a very large molecule with a molecular weight of 17,000 atomic units. (To understand exactly how big this is, a water molecule has a molecular weight of only 18). It is a long chain with two clublike ends. In order for the proxeronine to be made into xeronine it requires the help of a certain enzyme which is abundant in the body which has been named proxeroninase. The process that changes proxeronine into xeronine is very complex, but to explain it simply, proxeronine wraps itself around proxeroninase and proxeroninase joins the two clublike ends of the proxeronine together and then cuts off the useless chain. The remaining conjoined club-like parts combined with serotonin to make xeronine.

Once the xeronine is formed from proxeronine it now combines with proteins in your body in order to allow them to function. In order to explain this part of the process more fully we need to understand a little bit more about proteins.

Proteins are perhaps the most important biochemical agents in your body. Their name comes from the Greek proteios, which means "prime," or "chief" giving us a clue into their importance. They are made up of long chains of amino acids. There are 20 amino acids that your body needs to make up your various proteins. These amino acids combine together in specific sequences that are determined by your RNA. It is the different sequence of amino acids in the protein that determines the protein's structure. The chain winds around itself and clumps together to form a very large cluster of amino acids, or a protein.

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Proteins have a variety of very important functions in the body. First, they give structure to your hair, skin, and bones. Proteins provide most of the structure of your body even down to the cell itself. Second, they allow the transport of chemicals within and without the cell. Proteins are interspersed throughout the cell membrane and they attract important nutrients and allow them passage through the membrane. Third, proteins also act as hormones in the body. Acting in this capacity, they are able to coordinate all bodily processes at the molecular level. Fourth, they act as antibodies in their support of the immune system. The antibodies attach to foreign bodily invaders (such as viruses) and incapacitate them so they can be disposed of. Finally, proteins act as enzymes in that they facilitate all chemical production in the body. Your body is constantly breaking down and building chemical compounds and it is protein that allows this to happen.

All of the situations listed above will create a need in the body for more proseronine than you are getting normally. If this need is not satisfied, the proteins in your body are not able to cope with the demand that is placed on them; when this occurs, sickness and fatigue result, and eventually even death. It is entirely possible that many of our modern diseases are caused by a lack of xeronine in the body. If this is the case, then increasing proseronine intake will counteract and "cure" these diseases. This is what is responsible for the many testimonials of Noni juice. When someone has a low level of xeronine in his body, he will feel the negative effects of the inability of his proteins to function. When he then increases his intake of proseronine by drinking Noni juice and restores the xeronine in his body to a healthy level, he will overcome the effects of this illness and experience seemingly "miraculous" results. The reason so many people acclaim the "miracle" of Noni juice, and report so many amazing results from taking it is due to the fact that Noni juice is supplying a vital nutrient - proseronine - that is, in some cases, drastically missing from their diet.

This is why Noni juice is such a uniquely good health product. Rather than supplying the body with an active chemical like so many drugs and pharmaceuticals do, Noni juice supplies the body with the precursor to the active chemical, thereby allowing the body to take control of itself.

Noni juice supplies the body with proseronine, and the body regulates this supply and uses what it needs to maintain a healthy level of xeronine. What is not used is simply discarded. Therefore, it is not possible to overdose on the proseronine in Noni juice.

Noni as a Nutritional Supplement or Food Additive.

Morinda is prized for both its beauty and its medicinal value in many parts of the world. This wandering plant is native to India and is one of the most beautiful plants. Morinda has also been cultivated in the Philippines, and throughout Southeast Asia.

Ancient manuscripts cite morinda as an ingredient in numerous health preparations. Morinda's historical uses have targeted the digestive, intestinal, respiratory and immune systems. It is particularly useful for supporting the nervous and skeletal systems, especially painful joints, and for skin health. Nearly all parts of the plant are used.

Neil Solomon, M.D., Ph.D. : Author of : NONI Juice :

The Tropical Fruit with 101 Medicinal Uses :

'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



Noni Juice: Exiler of Life!

Recently, a woman who had the pain relief from Migraine "headaches" contacted me. She found this "pain relief" in Noni Juice, and claimed that after using Noni Juice for just a few weeks, her chronic daily Migraines disappeared. She now only experiences an occasional Migraine, which she says she quickly relieves with a tablespoon or two of Noni Juice. Does it sound too good to be true?

Noni Juice comes from the morinda citrifolia fruit, native crop of India. The claim is that natives of the region have used it for their health for thousands of years. Advocates for Noni Juice claim it is found on the U.S. Food and Drug Administration's and Department of Agriculture's list of generally recognized safe products

They point to many alleged nutraceutical benefits.

According to the International Noni Communication Council, and Dr. Neil Solomon, the Council's physician, Noni Juice is dosed in four phases: a test serving used over three days, a loading serving used for one month, a therapeutic serving, used for two to six months, and a maintenance/prevention serving for month seven and beyond. Depending on your age, Solomon lists the number of ounces per day a person should use in each phase.

Noni advocates say it can be used for several conditions and to achieve many goals: increasing energy, lessening allergy symptoms, improving asthma, losing weight, improving arthritis and diabetes, decreasing pain (including headache pain) and to lessen symptoms of cancer, fibromyalgia, multiple sclerosis and stroke.? The advocate who contacted me claimed it was safe to take with all medicines, even, she specifically pointed out, blood pressure medicines. Such claims scare me to death. With just a little research, I found not only was this juice risky, but many advocates making these claims are in violation of at least three FDA acts.

According to the Natural Medicines Comprehensive Database, morinda citrifolia taken with potassium sparing diuretics might increase the risk of hyperkalemia, a condition where potassium builds to possibly fatal levels in the blood stream. Use of the fruit can also interfere with diagnostic tests; and the increase in stomach acid due to ingestion of any food "will cause destruction of the enzyme required for formation of the active ingredient xeronin in the intestine."?

Noni: this tropical tonic may help with a number of health issues, including obesity

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 2 1/2 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. 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!

Ongoing Noni Research Abstracts:

1. Tumor cell-selective antiproliferative effect of the extract from *Morinda citrifolia* fruits.

Arpornsuwan T, Punjanon T.

Faculty of Allied Health Science, Thammasat University, Pathumthani, Thailand.

The methanol extract from *Morinda citrifolia* fruits was tested for cytotoxicity activity on the MTT assay. The appearance of cytotoxic changes after exposure to the extract was in a concentration dependent manner. The median lethal concentrations (LC50) of the extract in baby hamster kidney (BHK) cells, African green monkey kidney (Vero) cells and human laryngeal carcinoma (Hep2) cells were found to be 2.5, 3 and 5 mg/mL, respectively. A concentration of 0.1 mg/mL of crude extract exhibited cytotoxic activity against breast cancer (MCF7) and neuroblastoma (LAN5) cell lines at 29% and 36%, respectively. The same concentration of extract showed no toxicity to Vero and very little toxicity to BHK (6%) and Hep2 (13%) cells.

2. Cytotoxicity and in vitro susceptibility of *Entamoeba histolytica* to *Morinda morindoides* leaf extracts and its isolated constituents.

Cimanga RK, Kambu K, Tona L, Hermans N, Apers S, Totte J, Pieters L, Vlietinck AJ.

Department of Pharmaceutical Sciences, University of Antwerp (UA), Universiteitsplein 1, B-2610 Antwerp, Belgium.

An aqueous decoction (dried extract), an 80% MeOH extract from *Morinda morindoides* leaves, and 10 flavonoids and 4 iridoids isolated from the 80% MeOH extract were evaluated in vitro for their potential antiameobic activity and their cytotoxic effect against MT-4 cells. Results indicated that the aqueous decoction and the 80% MeOH extract exhibited an interesting antiameobic activity with IC(50) values of 3.1+/-1.7 and 1.7+/-0.6 mug/ml, respectively. Apigenin-7-O-glucoside and luteolin-7-O-glucoside exhibited a moderate antiameobic activity with IC(50) values of 22.3+/-3.2 and 37.4+/-2.7 mug/ml, respectively. Kaempferol (IC(50)=10.3+/-2.3 mug/ml), apigenin (IC(50)=12.7+/-4.3 mug/ml), and luteolin (IC(50)=17.8+/-4.3 mug/ml) showed a more pronounced activity than their corresponding glycosides. All tested iridoids displayed a very good activity with IC(50) values less than 10 mug/ml. The most active iridoids were epoxygaertneroside (IC(50)=1.3+/-0.4 mug/ml) and methoxygaertneroside (IC(50)=2.3+/-0.7), followed by gaertneroside and gaertneric acid with IC(50) values of 4.3+/-1.8 and 7.1+/-1.4 mug/ml, respectively. Except quercetin and quercetin-7,4'-dimethylether which have shown a cytotoxic effect with IC(50) ranging from 14 to 22 mug/ml. No correlation could be deduced between the observed antiameobic and cytotoxic activity of these tested samples. A

structure-activity relationship for isolated compounds is discussed. These findings support the medicinal report for the traditional use of *Morinda morindoides* leaves for the treatment of amoebiasis.

3. Determination of polysaccharide from Chinese medicine *Morinda officinalis* how and its trace elements analysis]

Wu YJ, Liu J, Wu YM, Liu LE, Zhang HQ.

College of Public Health, Zhengzhou University, Zhengzhou 450052, China.

Polysaccharide was extracted from *Morinda officinalis* how by back-flowing with 80% ethanol for 1 h, and the method of improved phenol-sulfuric acid spectroscopy was adopted to determine the content of *Morinda officinalis* how polysaccharide.

As for its trace elements, the atomic absorption spectroscopy was used to detect the content of Zn, Fe and Cu, which were compared with its fake; and cold atomic fluorometry was applied to determine the trace mercury. The results were satisfactory, which can give reference about the effective components of *Morinda officinalis* how, and will help to exploit it.

4. Induction of extracellular matrix synthesis in normal human fibroblasts by anthraquinone isolated from *Morinda citrifolia* (Noni) fruit.

Kim SW, Jo BK, Jeong JH, Choi SU, Hwang YI.

Coreana Skin Science Research Center, Cheonan, Republic of Korea.

In previous studies we found that *Morinda citrifolia* (Noni) fruit extract up-regulated biosynthesis of type I collagen and glycosaminoglycans in primary cultures of normal human fibroblasts. The objective of this study was to identify the active ingredients in Noni fruit extract.

An active single compound having a type I collagen-stimulating effect was isolated and identified as 1,4-dihydroxy-2-methoxy-7-methylanthraquinone by nuclear magnetic resonance, infrared, and mass analysis. It was revealed that anthraquinone showed significantly increased elaboration of procollagen type I C-terminal peptide and glycosaminoglycans and reduced expression of the collagenase matrix metalloproteinase-1 dose-dependently in human dermal fibroblasts. Furthermore, in a clinical trial, a nano-emulsion containing anthraquinone predominantly increased the dermal type I procollagen in nude mouse skin.

These results suggest that anthraquinone derived from Noni extract is a good candidate for use as a new anti-wrinkle agent due to its strong induction of biosynthetic activity of

Noni and its Nutrients

Noni is receiving more and more attention from modern herbalists, medical physicians, and high-tech biochemists. Scientific studies within the last few decades lend support to the claims of its unusual healing power. Some of the health-related ingredients of Noni fruit that have been isolated are Morindone, Morindine, Acubin, Terpene compounds, L. Asperuloside, various Anthraquinones, Alazarin, Caproic Acid, Caprylic Acid, Scopoletin, Damnacanthal, and Alkaloids.

Alkaloids are colorless, complex, bitter organic bases, and they are essential to maintaining healthy stasis in the body. Dr. Ralph Heinicke, a respected biochemist formerly at the University of Hawaii, has dedicated himself to the study of one alkaloid in particular found in Noni called xeronine. The body produces xeronine in order to activate enzymes and to regulate and give structure to proteins. According to Dr. Heinicke, without xeronine, life would not exist. However extracting xeronine from the human body has been impossible to date. The body's protein molecules consume the alkaloid immediately after it is created; and therefore, there is never an appreciable, insoluble amount in the body.

Even though the noni fruit has only negligible amounts of xeronine, the juice does contain very large amounts of a precursor to the essential alkaloid called proxeronine. Proxeronine is a colloid that, unlike most colloids, contains neither sugars, amino acids, nor nucleic acids and thereby has been overlooked by most biochemists. This compound initiates the release of xeronine in the intestinal tract after it comes in contact with a specific enzyme which is also contained in the noni juice. This particular chemical combination is believed to significantly affect cellular function, which can determine a whole host of physiological reactions. The enzymatic reactions that occur with taking noni juice on an empty stomach are what Dr. Heinicke believes set cellular repair into motion.



Potential* Health Benefits & Traditional Uses of Noni Juice

- Diabetes
- High Blood Pressure
- Arthritis
- Asthma & Allergies
- Immune Deficiency
- Muscle & Joint Pain
- Digestive Problems
- Chronic Fatigue

Vital Nutrients

Phytonutrients: A newly recognized group of substances that provides nourishment to cells, tissues, and organs, fights free radicals, and may even reverse the effects of aging and pollution. They are also believed to block the processes that lead to cancer.

Selenium: An important anti-oxidant and trace element that may preserve the skin's elasticity, thus slowing the aging process. Selenium increases oxygen flow to the heart and may prevent blood clotting and hypertension.

Xeronine: An important alkaloid that some scientists believe works on the molecular level to stimulate cell function and regenerate damaged cells.

Current Noni Research Dr Brian Issel of the University of Hawaii Cancer Research Center has undertaken a 2-year study to evaluate Noni's ability to fight cancer.

A study by the research team of A. Hirazumi and E. Furusawa demonstrated that Noni increased the life span of mice infected with lung carcinoma.

The French research team of C. Younos, et.al., seeking to verify the analgesic and sedative properties of noni found that it is both non-toxic and analgesic. A team of Japanese researchers discovered that Noni extract inhibited the development of K-Ras cancer precursor cells.

“Indian Noni An ideal choice for a Quality Living”

About HIV

Acquired immunodeficiency syndrome (AIDS) is spreading rapidly worldwide. Governments, NGOs and scientists are leaving no stone unturned to control the spread of this disease. Though no cure is available as of today, awareness and prevention are the only ways to deal with the disease. Many voluntary and governments organisations are constantly working towards increasing the awareness about AIDS. Noted public figures like film stars and sports personalities have been involved in awareness programmes. Confederation of Indian Industry (CII) had organized an AIDS awareness rally recently. Corporate leaders, representatives from NGOs, students and top government officials took part in the event.

Detection of Human Immunodeficiency Virus (HIV) is done through ELISA test. Government and NGOs have been conducting the test at various community centers for the benefit of the public. Many people are utilizing this opportunity to diagnose themselves.

Introduction

In early eighties, this deadly disease was reported by a team of physicians. Since its first identification, HIV infection has become a pandemic and has posed a formidable challenge to humankind. AIDS came to be known in India in 1986. The alarming rate of its spread, the magnitude of its infection, long incubation period, lack of curative therapy and vaccine to prevent it, are the major hurdles in controlling this epidemic. In present circumstances, AIDS prevention largely depends on health education and behavioral changes based on AIDS awareness, particularly among young adults who are prone to risky behaviour. Prevention is the only cure available today. For detection of this disease, many clinical tests are available. Out of these, Enzyme Linked Immuno Sorbent Assay (ELISA) is the accurate and speedy diagnosis that has received greater attraction.

Virus Diagnosis

Diagnosis of HIV infection is important for patient management. Laboratory diagnosis is the mainstay in identifying HIV infection in an individual. Different kinds of diagnostic kits are available. Two types of tests most commonly used to detect HIV infection are ELISA and Western blot tests. These tests are very accurate and speedy in detection of HIV antibodies. The results are available within minutes.

Present Scenario

HIV is spreading its deadly tentacles at an alarming rate in India. Unfortunately, at present, there is no medicine for cure and alternate strategies must be formulated and implemented on priority basis. The most viable and acceptable step would be to increase awareness about this disease among people. It is the only alternative to contain the spread of this disease. At present, even in most of the urban areas, the awareness about this disease is very low.

In India, 3.5m people were affected by AIDS disease in 1998. The number rose to 5.134m people in 2004; a 46% increase. The spread of HIV in India has been diverse, with much of the country having a low rate of the infection. However, the epidemic is most extreme in the southern part of the country and in the North East. The highest HIV prevalence rates are found in Maharashtra in the west; Andhra Pradesh and Karnataka in the south; and Manipur and Nagaland in the North East. In the southern states, the infection is mostly due to heterosexual contact, while in Manipur and Nagaland, the infection is mainly found among injection drug users.

Government Role

Indian government and many NGOs are actively involved in increasing awareness and educating the adults about preventing the disease. Ministry of Health, Govt. of India has implemented special schemes for educating the people

Outlook

Rigorous research efforts by many public and private organizations can definitely provide a solution to this disease in the future. Since no medicine or treatment is available for this disease at present, awareness through electronic and print media, medical and paramedical staff interaction with the people can help in controlling the spread of HIV. It includes increasing awareness about general human biology and social ethics to keep away from risky behaviour. Drug abuse by way of shared syringes should be avoided. As stated earlier, precaution

**“Drink Noni together
with your Family and
Stay Healthy”**

Noni Fruit Benefits Health

A number of nutritional supplements and aids are available in today's health conscious society, however, the earthy civilizations of the past harvested- nature to cure, and one such rediscovered natural health aid is *Morinda citrifolia*..

Thousands of years ago, sea-going people journeyed in great outrigger canoes to settle what is now known as French Polynesia. Space in the canoes was precious; they brought only what they needed to survive. *Morinda citrifolia* (Noni) was prized cargo in these canoes because of its healthful properties. Indeed it was considered queen of the 'canoe plants' used to establish the new villages.

Knowledge of noni's healthful benefits has been passed from parents to children for countless generations in the South Pacific and Southeast Asia. Families used the noni fruit both internally and externally for its innumerable benefits.

Though noni was widely used and cherished in French Polynesia, its marvelous secrets remained unknown to the rest of the world for thousands of years.

Then, in the twentieth century, ethno botanists interested in the methods of native healers began to study this remarkable fruit. Even the United States military, during World War II, studied the usability and benefits of the noni plant, which were included in the Military Field Handbook for Survival.

Why Natural Supplements?

Medical literature shows us that oxidative stress (the dark side of oxygen) to be the underlying cause of more than seventy chronic degenerative diseases such as heart diseases, cancer, stroke, arthritis, macular degeneration and Alzheimer's dementia. Remember, oxidative stress is created by excessive charged oxygen molecules called free radicals. In fact many researchers now believe that oxidative stress is one of the leading causes of the aging process itself. Building up our body's natural defense system, natural repair system and natural immune system through supplementation is critical in maintaining our health. Our God created body is an amazing structure in its ability to heal. Our immune systems, natural repair system, natural antioxidant defense system, designed by the Great Physician designed, are the best means of protecting one's health! Not the drugs. Unfortunately, our generation is now under greater attack from the toxins in our environment, our stressful life style and poor eating habits than any other previous generation. We need to optimize these defense systems.

The ancient people have used noni for centuries, with only traditions and results as proof of its effectiveness. Today, scientists around the world are confirming through scientific research what these islanders have known for thousands of years. Noni is coming out of the wild and into the laboratory.

Research shows that all parts of the *Morinda citrifolia* plant?roots, seeds, flowers, leaves, and fruit?may have a variety of positive health implications.

NONI Juice can increase mental clarity and attention span, as well as allow greater physical performance levels. It also benefits the following systems of the body:

Immune system: supports the immune system's natural ability to fight disease and infection.

Circulatory system, tissues, and cells: NONI Juice is a superior antioxidant that helps rid the body of harmful free radicals. It also increases energy levels.

Digestive system: NONI Juice supports proper digestion and helps you absorb more nutrients at the cellular level.

Skin and hair: NONI Juice contains components that are specifically important to the skin and hair. It also helps carry beneficial substances to the skin.

The ancient people have used noni for centuries, with only traditions and results as proof of its effectiveness. Today, scientists around the world are confirming through scientific research what these islanders have known for thousands of years. Noni is coming out of the wild and into the laboratory.

What is Prevention?

Prevention means making our body, the disease protecting power of our body, strong enough to challenge any adverse health situation.

Our body has an amazing disease protection mechanism called the immune system. It is designed to defend and protect us from millions of bacteria, microbes, viruses, toxins and parasites that are simply waiting to invade and harm our body. God has created our body so marvelously that our immune system has the ability to go on fighting without taking any rest in order to keep our body healthy and solid.

If we are going to label something preventive, then it should actually prevent something. The true preventive measures involve encouraging supporting to adopt a healthy diet habit.