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BEERY BOUNTY: The berries of the *Lycium* tree can be made into a variety of foods or made into a tea.

SUPPLEMENTS

Lycium may repress some cancer cells

Tibetans and Chinese legends tell of people who lived century-long lives while retaining the strength and beauty of youth — thanks to lycium. The sweet, red berries of the *Lycium barbarum* tree are rich in beta carotene, B vitamins, vitamin C and several essential minerals. Lycium — sometimes called matrimony vine, wolfberry, heartberry and goji — is native to Asia. — **ELLEN HARRIS**

Uses: Traditional Chinese herbals recommend lycium to promote liver and kidney health, improve vision and memory, boost immunity and fertility, combat stress and increase life span. It's also used to prevent staining (darkening) during pregnancy.

Dose: In traditional Chinese medicine, lycium is most often taken in combination with other herbs, such as schisandra or ginseng. The berries can be consumed fresh or dried, or made into a tea. Herbalists recommend half a cup of berries daily, made into about 32

grams of fruit.

Precautions: Some evidence suggests lycium may amplify the effects of blood-thinning drugs, such as warfarin.

Research: Much of the research on lycium's health-promoting properties has been done in China, where lycium has demonstrated anti-cancer and antioxidant activity in scores of lab and animal studies. In mice, the berry has inhibited the growth of leukemia cells, liver and skin cancer cells. It's also destroyed some types of sperm in mice. One clinical trial has shown that lycium may be helpful in treating certain cancers, but more human research is needed to verify its efficacy.

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