

The Famous Goji Berries make an appearance for In Touch Magazine



They
may even
make you
laugh
more!

Why is Hollywood wild for this **berry?** Goji berries help stars look younger!

Hollywood's hottest new food comes from Tibet, looks like a red raisin and tastes like a cranberry crossed with a cherry. The Goji berry is nature's little miracle — packed full of antioxidants, minerals, vitamin C (500 times more than oranges!) and essential fatty acids. The powerful berries, which are used in Tibetan medicine to fight depression and cancer, are also said to be a secret weapon against aging. No wonder celebs love them! Marat is adding Goji extract to its skincare line, but the easiest way to get a Goji fix is to follow the example of L'Av Kinara Spa and Cafe and add a handful of berries to a salad or trail mix.



Athletes
drink the
juice.