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Ningxia Wolfberry: Ultimate Superfood: How the Ningxia Wolfberry And Four Other Foods Help Combat Heart Disease, Cancer, Chronic Fatigue, Depression, Diabetes And More

Gary Young, Ronald, Ph.D. Lawrence, Marc Schreuder

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Is there a whole food more effective than Coenzyme Q10 for supporting heart function? Echinacea in amplifying immunity? Oat bran in lowering cholesterol? St. John's Wort for treating depression? Lutien for preserving vision? Milk thistle in regenerating the liver? Insulin for controlling diabetes? Is there a food that has been shown to combat cancer in multiple clinical studies? Hundreds of studies conclude that a little-known fruit from Northern China may, in fact, do all of the above. This book documents the science behind the ultimate superfood.

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