Article published on December 20th 2011 | Food

Goji berry is the common name of fruits from two closely related speciesâ€”Lycium barbarum and Lycium chinense. These berries grow abundantly in China and the Himalayan region, with little difference between the fruits from these geographical locations. The Chinese grown fruit is often criticized for its smaller size and greater use of pesticide. The medicinal value of either fruit is comparable, with the Himalayan cousin being a better friend for your taste buds!

The Goji treasure trove of health

Despite its use in Chinese medicine since ancient times, the goji fruit has come to the forefront in recent times owing to the growing demand for natural health supplements. Goji berries cultivated in some of the most fertile, nutritionally rich, and diverse lands offer a whole array of health benefits sans the side effects of modern pharmaceutical preparations. These berry fruits may often offer curative properties and regular consumers seem to live a longer, fulfilling lifespanâ€”it is no myth that health indeed is the greatest wealth!

Consumed routinely, himalayan goji juice are known to bestow longevity and youthfulness. The high proportion of antioxidants, vitamins, polysaccharides, amino acids, and minerals all in one small fruit produces beneficial effects on the complete body. It is also noteworthy that goji berries contain greater amounts of nutrients (Vitamin C, iron, beta carotene) than the best known sources. Some of the outstanding health benefits include improved eyesight, better sleep patterns, liver protective actions, and improved sexual vitality.

A high antioxidant concentration is believed to have favorable anti-cancer activity. The elimination of harmful free radicals by virtue of the high concentration of antioxidants in the goji berries is an important advantage in this regard.

Dried goji berriesâ€”a treat indeed

The sweet and sour dried goji berry is ready for consumption and has a great taste. Its texture is like that of raisins. Alternatively, many a culinary recipes use the versatile dried berries in exotic sumptuous dishes. The berries may also be brewed in tea or added to soups and tonics as in traditional Chinese food.

This amazing fruit may thus be your answer to living a healthy, disease-free life the tasty way!

Article Source:
http://www.articleside.com/food-articles/goji-berries-health-benefits-without-the-side-effects.htm - Article Side

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Kirk Bachelder is an Contributor writer for this site and plays a major role. you can find more info about a Goji berries, a himalayan goji juice and a goji berry.

Article Keywords:
Goji berries, himalayan goji juice, goji berry

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