

Goji Tonic

This tonic is made with authentic Mongolian goji berries, an herb that has been researched in connection with cancer prevention as well as use during or after conventional treatments.

All of the herbs in this formula are edible and often used in cooking. Goji Tonic is thus safe for general use.





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The Formulation of Goji Tonic and Goji Elixir

This formula was created in response to patient needs following consultations in European clinics where many patients were just coming off chemotherapy and were going to practitioners of natural medicine to rebuild their vitality following the use of harsh pharmaceuticals.

The most serious side effects of chemotherapy involve damage to the heart, usually considered to be irreversible. However, due to the wide use of darkfield microscopy, we could also see that the plasma and blood cells were severely compromised. A combination of herbs that conferred significant cardioprotection and that reduced the nausea, vomiting, diarrhea, and other symptoms commonly associated with chemotherapy seemed urgent.

About the same time, a colleague, Dr. Bradley Dobos, the first American to receive a doctorate in Tibetan Medicine, was engaged in a project involving the precious goji berry, a type of lycium berry but plumper and sweeter than the Chinese berry. In short, these very special “happy berries” became available at the same time that I took on responsibility for alleviating the suffering of cancer patients.

The tonic uses very safe herbs, all them are edible and most are used in cooking as well as traditional medicine. The difference between the Tonic and Elixir is simply in the percentage of alcohol. By extracting some herbs in vegetable glycerine, the elixir has a sweeter taste and less alcohol. The potency is the same.

Ingrid Naiman



Goji berries are a type of lycium unique to the Himalayan regions of Tibet and Mongolia. The berries are sweeter than Chinese berries which are readily found in Asian food stores and TCM formulas.

Goji: The Happy Berries of Tibet

Lycium chinense is known in Tibet as the “happy berry” and even in some Chinese texts, the main side effect is reputed to be laughter. In Eastern medicine, the berries are used as a liver, blood, and eye tonic.



Our berries are authentic and were imported by the Tanaduk Institute of Botanical Medicine in cooperation with the Mongolian Goji Farmers Collective and the Tibetan Medicinal Plant Cultivation Program. They are grown in pristine regions of the Himalayas where no pesticides or herbicides have ever been used.

Goji berries are a rich source of vitamin C, having 500 times more vitamin C per ounce than oranges. They are also a superb source of vitamin A, not surprising because they are a really pretty red color. Goji berries also have vitamins B1, B2, B6, and E and have become famous as an antioxidant. They are also a rich source of both selenium and germanium and have hence been used in a number of clinical trials involving cancer patients. When given to patients undergoing chemotherapy, the berries conferred significant protection for the liver.

In Oriental medicine, they are said to correct chi deficiency, meaning that people with low energy, insomnia, heart palpitations, and even anxiety are more comfortable after consuming goji berries.

In studies conducted in Japan, the therapeutic dose of goji berries was 10-30 grams per day. However, our tonic is highly concentrated and then blended with herbs that support the overall intent, which is to protect the patient from the potentially harmful side effects of conventional cancer treatments — these include nausea and vomiting, damage to the liver and blood, and permanent shrinkage of the heart.

In vitro studies suggest that goji berries kill many kinds of cancer cells. The mechanism whereby this happens is believed to involve some factor that inhibits the ability of the cell to divide, thus lowering its reproductive capacity. A large study in Japan suggested that tumor growth was inhibited by 58% among the patients eating goji berries as compared to the control groups. A study in Mongolia showed that patients eating the goji berries had a significant increase in lymphocyte activity and that their blood began to resemble that of much younger persons.

Hawthorn Berries: Heart Protection

Crataegus monogyna berries are used to support the heart muscle and rhythm. Use was endorsed by Commission E, the monographs that formed the basis of herb regulation in Germany.

However, they have a long tradition of use by herbalists for the combination of antioxidant, circulatory, and hepatoprotective properties that when combined with the tonic effects on the heart make it both an ideal and safe herb to use to strengthen the heart and protect it against injury.



Milk Thistle Seeds: Liver Protection

Silybum marianum is an edible plant that like other members of the thistle family possesses significant liver detoxifying properties. It is used with all manner of liver disorders, everything from cirrhosis to hepatitis. More importantly, milk thistle seeds have protective effects that lessen damage to the liver among patients taking prescription drugs that have harmful side effects. Milk thistle is being investigated as a possible treatment for cancer as well as HIV. It has almost no known side effects except possibly for those who are allergic to ragweed and marigold and other plants in the same family.



**Also available as a seed extract
to aid liver regeneration.**



St. Hildegard of Bingen (1098-1179) was one of the foremost herbal authorities of her day. Galangal was so highly revered by her that she wrote that it had been given by God to provide protection against illness. "The spice of life," as she called galangal, appears in many Hildegard formulas.

Astragalus Root: Immune Protection



Astragalus membranaceus is an adaptogen and famous immune boosting herb. It is called Huang Qi in Chinese and Chinese milkvetch in some English references. It is very well researched and has been used in the treatment of AIDS as well as cancer and the common cold. It stimulates phagocytosis as well as the production of natural interferon. It is remarkably safe and can be used in conjunction with chemotherapy. It is cardioprotective and mitigates bone marrow suppression when undergoing aggressive conventional treatments.

Astragalus, being a member of the pea family, is edible, but it is the root that is used medicinally. When used in cooking, it is generally added to a soup or tea. As a tonic herb, it is most often taken as a liquid.

Galangal: Nausea and Digestion

Alpinia officinarum is a member of the ginger family and is native to South China and Thailand though related species are found throughout the tropical parts of Asia. It is a common culinary seasoning with a somewhat more exotic taste than ginger, but it is an even more powerful stomachic and hence is used primarily to relieve nausea and improve digestion. The heating properties promote circulation, stimulate healing, and reduce numbness, especially in the extremities.



Hildegard regarded galangal mainly as a potent aid to digestion and quick reliever of pain, such as the pain associated with angina pectoris, heart attacks, and gall bladder symptoms. The heart symptoms are secondary to the gastric distress, which, if relieved, eases cardiac pressure. Physicians in Germany who have taken up Hildegard Medicine as their calling have reported that galangal is as effective as nitroglycerin, but it has absolutely no harmful side effects.

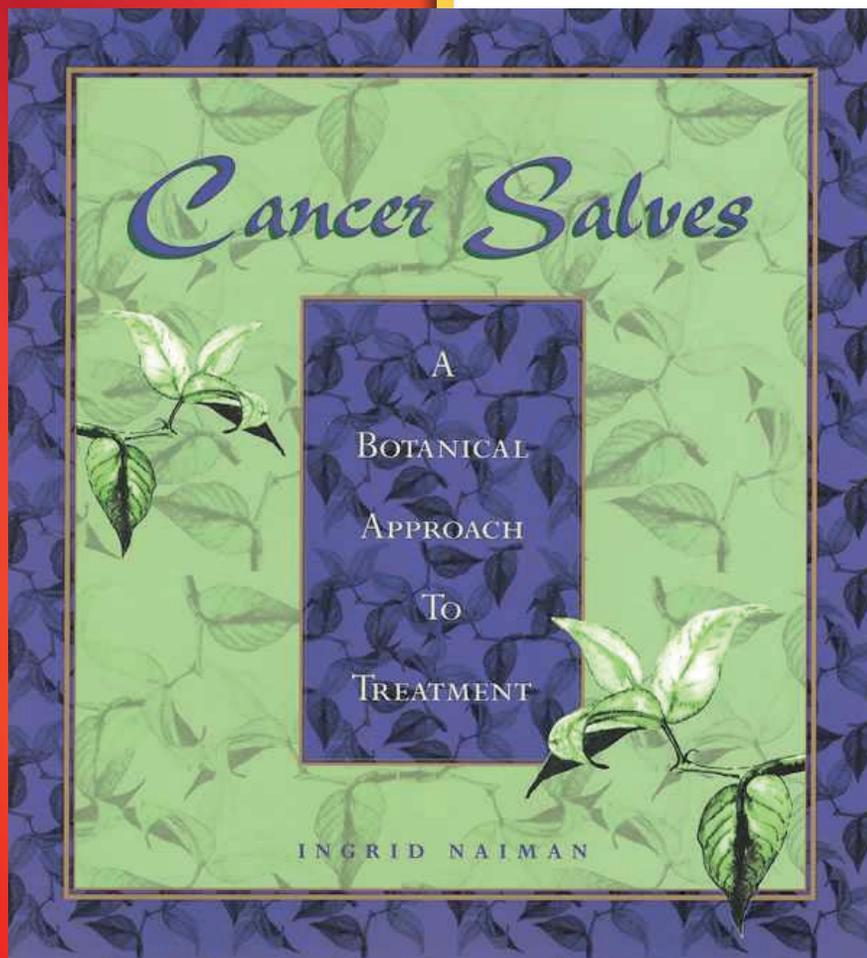
Cinnamon Bark: Assimilation and Circulation



Cinnamomum cassia comes mainly from tropical forests in India and Sri Lanka where it is prized as a culinary spice and component of many traditional medicinal preparations, this for nearly 5000 years. It is discussed in Chinese, Ayurvedic, Egyptian, Hebrew, Greek, and Roman texts as a remedy for nausea, vomiting, indigestion, and stomach cramps. In addition to its merits as a flavoring ingredient, it is antibacterial, antifungal, and antiseptic as well as antispasmodic and analgesic. The warming properties of cinnamon aid in digestion, particularly the digestion of fats. It also helps to regulate blood sugar.



Dosage: 15-30 drops, 3-5 times a day or as recommended by your health care practitioner.



Ingrid Naiman is the author of *Cancer Salves: A Botanical Approach to Treatment*, a book that describes the most successful plant-based cancer strategies. Based on the research for the book, she embarked upon what she called re-creations of historic herbal remedies, and, as time went on, she added to the existing body of knowledge formulas of her own, always motivated by patients and their particular needs. The first of these herbal blends addressed issues in the lymphatic system: microbial or parasitic infections, stagnation, and blockage. The first and most popular formula was named Indigo Drops, after the wild indigo plant, *Baptisia tinctoria*. This is a very powerful immune formula that also relieves lymphatic congestion. It was accompanied by the Cleavers Tea blend which is a sort of lymphatic chai made with lymph cleansing herbs and savory spices. It is also perfectly pH balanced.

The first historic re-creations were the Compound Syrup Scrophularia of Dr. Eli G. Jones and the Hoxsey internal tonic sometimes called Elixirex. These were renamed in honor of Native American medicine traditions as Seneca Elixir and Sundance Elixir.

The product line now consists of 275 herbal and essential oil preparations that address a wide range of issues. Ingrid Naiman is not a medical doctor or botanist but rather a medical philosopher with a deep interest in traditional healing from all cultures and eras. For her work, she has been awarded two honorary doctorates.

- B.A. in Asian Studies from the East-West Center at the University of Hawaii, 1962
- M.A. in economics from Yale University, 1964
- M.D. (honorary) from Medicina Alternativa in Copenhagen, 1987
- D.Sc. (honorary) from the Open International University in Sri Lanka, 1995

Historic Re-creations

Compound Syrup Scrophularia
as Seneca Elixir

Cancer Drops
as Algonquin Drops

Phytolacca Syrup

Hoxsey Elixirex
as Sundance Elixir

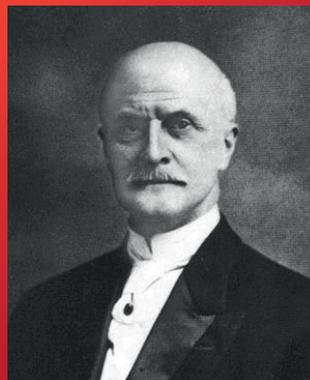
Ingrid's Creations

Indigo Drops
for Immunity

Cleavers Tea
for Lymphatic Support

ParaPro
for Blood Parasites

Arjuna's Arrows
Dragon Dreams
Phoenix Rising



Dr. Eli G. Jones, 1850-1933, was an Eclectic physician whose main work was published in 1911. Over the course of his long career, he treated 20,000 patients with cancer. He claimed an 80% success rate.

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Goji Plant

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Goji Berries

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Fresh Goji Berries

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Ripe Goji Berries on Tree

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Hawthorn Berries

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