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# Goji Berry

## *Fruits of Paradise*



Provides valuable information on the amazing health benefits of the goji berry, also called the Chinese wolf-berry, or *gou qi zi* in Chinese. Among its health-promoting constituents, goji berry contains the carotene zeaxanthin, a substance that scientific research has demonstrated to prevent age-related macular degeneration (AMD). With its powerful antioxidant properties, *gou qi zi* can also help prevent and treat a myriad of diseases—read the critical, up-to-date information inside!

**Candace Hoffmann**

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## **Goji Berry: The Amazing Health Benefits of Gou Qi Zi, the Chinese, Fruits of Paradise (Woodland Health Series)**

Candace Hoffmann

Goji berry-also known as wolfberry, gou qi, zi, purple diamaon, wilderness thorn, the Duke of Argyle's tea plant, or Lycium barbarum-is a candy fruit that has confirmed itself to be robust opposed to disease. Goji berry is an old chinese language fruit Goji Berry: The Amazing Health Benefits of Gou Qi Zi, the Chinese, Fruits of Paradise (Woodland Health Series) that appears like a crimson raisin and comprises excessive degrees of the health-promoting antioxidant (free-radical fighter) zeaxanthin. unfastened radicals are molecules with an unpaired electron which are continuously looking for molecules in bodies to bond with, leading to DNA harm and a cascade of deleterious reactions that could bring about melanoma and middle disease, making us sicker, weaker, and extra vulnerable. Goji berry's antioxidants act as search-and-destroy missiles opposed to oxidative rigidity attributable to loose radicals.

## **Goji Berry The Amazing Health Benefits Of Gou Qi Zi The Chinese Fruits Of Paradise Woodland Health Series**

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