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These search terms have been highlighted: **himalayan goji juice raw**



## Goji Facts

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David Favor, who is a respected spokesperson in the **Raw Foods** community, comments about Goji.

What makes Dr. Earl Mindell's **HIMALAYAN GOJI JUICE** so unique?

Goji Berry Glycemic Index



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Glycemic index is a number which relates to how intensely a substance creates an insulin response. In other words, dried apricots (highest) cause most people to go into a fog because of the huge requirement for insulin and enzymes required for metabolism (digestion and elimination).

Goji berries and Goji juice, by themselves, have an extremely low glycemic index. The Goji berries from the Himalayan Mountains consistently show peaks in all these rare nutrients, every season. This consistency suggests Dr. Mindell's Goji berries originated in this area.

### Goji Density

As to Goji density, each liter bottle of **Himalayan Goji Juice** contains the equivalent of 2.2 lbs of Goji berries. That's around \$60 worth of Goji berries in most places.

Dr. Mindell's process for creating Goji Density is a his proprietary cold processing. Very exciting, as I go through the equivalent of around 1/2 of Goji berries every day by drinking Goji Juice. I'd be hard pressed to eat this many Goji berries. The berries are good. The Goji Juice is great!

Are the 4 polysaccharides unique to **Himalayan Goji Juice**?

The 4 polysaccharides are unique to Goji, but can vary

in quality depending on the ancestry of the plant and the growing conditions for a particular region in a particular year. FreeLife is the only company that has developed a Spectral Signature to ensure that you always receive the same high potency polysaccharides in exact balance in every bottle of **Himalayan Goji Juice**.

## **Is Himalayan Goji Juice Really Raw?**

**This was my primary question when first approached by people promoting Goji Juice. After all, how can a product in a bottle be raw? FreeLife has reported to me all products in their Goji Juice are processed below 90 degrees Fahrenheit.**

In particular, Goji Berries are juiced in Asia in or close to the fields where they are harvested. The berries are juiced and immediately stored in 200 kilo PET Plastic containers. PET is used as it provides nearly the same protection against oxidation (air) as glass does. The containers have sharply tapered necks, so there is minimal surface area of juice exposed to air. Once filled, the necks of the containers are flushed with nitrogen. Containers are stored at 34 degrees Fahrenheit until shipping. When shipped containers are transported in refrigerated planes, which maintain the 34 degrees Fahrenheit environment. Based on this processing, my requirement of maintaining subtle nutrients and enzymes is met. Also met is my requirement of low heat processing in respect to minerals, which are denatured at high temperatures which results in mineral accumulations through people's body. So for me, **Himalayan Goji Juice** is really **Raw**.

### **Himalayan Goji Juice compared with Berry Young Juice and others:**

The technical difference between these two juices are the Berry Young Juice is cooked and contains high levels of preservatives. It's unclear to me why it's cooked and has preservatives. After trying both myself, **Himalayan Goji Juice** wins hands down. The same feedback comes from many Berry Young Juice refugees who are now enjoying **Himalayan Goji Juice**. The same goes for all the FreeLife knock offs (copies), which are arriving to market at a rate of 1-2 every three months now. My primary challenge with these are they all have one or more cooked components. As a Radiant Health-er and **Raw** Food-er, my focus is 100% Vegan, **Raw** Food to maximize my vitality (energy, mood, regeneration speed) and longevity. FreeLife **Raw** Goji Juice is the only Goji Juice which meets my personal criteria.

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