



Steve Frailey began organically farming noni fruit in 1981 when he and his wife started the family farm.



but there acts as a stimulant and social lubricant; everyone does it.

But as bad as the practice might be, it wasn't the deciding factor when it came to ascending rates of type 2 diabetes. Dr. Patrick Owen of the School of Dietetics and Human Nutrition, Macdonald Campus of McGill University, Quebec, Canada, studied the natives to see why they had type 2 diabetes (DM2), and he found that diet was critical. He looked at lifestyle, diet and foods within the diet. What he found was shocking: one simple food growing wild all around them was what made all the difference.

"We investigated the dietary habits of Kalo residents from coastal Central Province who are avid BQ chewers yet have a relatively low incidence of DM2 compared to the ethnically similar and adjacent Wanigelans who abstain from BQ yet have an unusually high incidence of DM2," says the lead investigator.

In Kalo, guava bud (*Psidium guajava*) and noni (*Morinda citrifolia*) were consumed much more frequently than in Wanigela, whereas the inverse was observed for mangrove bean (*Bruguiera gymnorrhiza*).

"Habitual intake of guava and noni is proposed to offer better protection against DM2 development ... than cooked mangrove bean. These findings provide empirical support that DM2 risk reduction can be accomplished using traditional foods and medicines."

Guavas are a tropically grown vitamin C-rich green fruit that many people adore and others do not like for its taste. Noni is highly perishable and tastes a bit musty too. Yet this study shows quite clearly that raw food noni was helping those who consumed it to stay blood-sugar healthy.

The study is not isolated, either.

Noni, among other medicinal plants traditionally used as alternative support modalities in diabetes, was evaluated for antioxidant activity by the Department of Pharmaceutical Science, Faculty of Pharmacy, Chiang Mai University, Chiang Mai, Thailand.

Five plants had strong antioxidant activity, among these noni, *Phyllanthus emblica* and *Houttuynia cordata*. "The results imply that these plants are potential sources of natural antioxidants which have free-radical scavenging activity and might be used for reducing oxidative stress in diabetes."

In a study from Japan, the hypoglycemic effects of the chemical constituents of *Morinda citrifolia* roots were evaluated. One of the extracts "showed a significant reduction of the blood glucose levels."

It just seems that this food that was a medicinal

## Raw Food Noni Benefits Diabetes Sufferers

What does a rapid increase in the incidence of type 2 diabetes in Papua New Guinea have to do with a place as far away as Reading, Pennsylvania, researchers from Japan and China or an amazing farm on the Hawaiian Garden Isle of Kauai for that matter? The common denominator is raw food noni, the only raw food noni for the masses.

### NEW GUINEA

Noticing a rapid increase in the rate of type 2 diabetes (DM2) among natives of New Guinea, researchers began looking for clues as to causes and prevention. At first they thought it was directly linked with chewing betel nut (BQ), a toxic fruit that would be considered a poor lifestyle choice here (prolonged use may increase risk for oral cancers, cardiovascular disease and stain gums and teeth)

staple of South Sea Islanders is also very helpful to people who are battling all sorts of conditions. Noni also is known to cut down on pain when applied topically. It is a rich antibacterial too, which is why topically it is a great healing agent, both for pain, and in support of the body's natural defenses against infection. Noni is a powerful, vitalizing food, according to traditional lore.

## BREAKTHROUGH RAW FOOD NONI

But there's a problem.

You see, no matter how fast airliners travel, getting noni to market before it goes bad is a dubious task. It seems to spoil quickly, and when it's super fresh and hard, it isn't appetizing. It is one of those treasures where timing is everything, best consumed on the spot at the perfect moment of harvest. But wouldn't it be nice if all the power of the raw food could be captured?

Steve Frailey, a veteran organic farmer from California who moved to the Garden Isle of Kauai, discovered the wild noni on his new farmland. That was 25 years ago. The love affair began as he learned how to prepare raw food noni and deliver it to the world.

Over the years, Frailey's Hawaiian Health Ohana perfected the art of certified-organic raw food noni using the most sophisticated preservation methods so that all of its enzymes and antibacterial properties remain completely intact. Just consume small one-inch squares, he says, as you would a food, and within your body, its benefits for blood sugar are remarkable.

## THE NONI SOLUTION FOR DIABETES

We were very pleased to hear from Phyllis Kramer from Reading, Pennsylvania, a manager of the dental department at St. Joseph's Medical Center, who uses Noni Fruit Leather from Hawaiian Health Ohana to manage her type 2 diabetes. After 15 years of living with diabetes, at the age of 70, she couldn't be happier. "I've been taking noni fruit leather from Hawaiian Health Ohana for two months now, and my sugar levels are gradually going down," says Phyllis. In only a month and a half after taking noni, her blood-sugar levels dropped 50 points, and she has more energy.

The American Diabetes Association recommends keeping blood-sugar levels in the range of 80-120 mg/dL before meals and 100-140 mg/dL at bedtime. Phyllis couldn't get her levels under 200, but now after two months, her levels are running between 130 and 140. ■

Diabetes can be properly managed with blood pressure and cholesterol control, careful self testing of blood glucose levels, exercise, meal planning, weight control and medication or insulin use to help treat common symptoms such as fatigue, increased appetite and thirst, nausea and blurred vision. Phyllis takes oral medications. Now, although noni hasn't replaced any of her medications, she is experiencing a positive change to her overall health with noni fruit leather.

"I heard about noni from a friend of mine at the hospital I work at. She lost 20 pounds and was able to get off one of her diabetes medications. Once I heard that, I had to give noni a try!"

Phyllis takes two two-inch squares a day, once in the morning and once in the late afternoon.

"I was always very tired, and in only two-and-a-half weeks after taking noni, I had more energy and started walking again to get exercise. I'm also happy to report that I lost nine pounds."

Helping even more is that noni also inhibits low-density-lipoprotein oxidation and has been suggested for use in preventing arteriosclerosis. Glycosides and other constituents isolated from the fruits and leaves have demonstrated antioxidant effects.

And knowledge about the healing power of noni also seems to be spreading across the globe. Hawaiian Health Ohana receives thousands of testimonials, and not only regarding diabetes. Their lotions and fruit leathers are also widely popular in treating pain, arthritis and physical injuries, so if you have external diabetes wounds, then you would also want to use Lavendar Noni Lotion for its healing and antibacterial benefits. (Use IcyHeat Lavendar Noni Lotion for sports injuries, sprains and strains.)

The interesting thing here is we have the medical and scientific studies and the food, which is available as noni and noni with banana. Both are going to be known as super-healthy, nondrug food for people who are meeting the diabetes challenge. Noni works preventively to help the body maintain healthy sugar responses by being very slowly absorbed into the bloodstream, much as any complex food would be.

Yes, you can live healthfully and have healthy blood-sugar levels—thanks to raw whole food noni. ■



## Resources

Hawaiian Health Ohana's 100-percent-certified organic fruit leather is available at health food stores and natural food markets. Visit Hawaiian Health Ohana at [www.nonifruitleather.net](http://www.nonifruitleather.net) to use their store locator service or call 888-882-6664 for more information.

***Hawaiian Health Ohana certified organic farm on the Garden Isle of Kauai is totally self-sustaining. This no-till farm produces its own energy from wind and solar, its own well water (the only agricultural enterprise doing so on the island), and it has a Food and Drug Administration-approved raw food processing facility. From their orchards to your home comes the world's finest certified organic raw food noni.***

