

~ Ask Granny Earth ~

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Noni- *Morinda citrifolia*

## ASK GRANNY EARTH

**I have recently started drinking Noni Juice, because a friend of mine is selling it. Although it is supposed to be good for a lot of conditions, I was wondering if you could elaborate on its medicinal properties and history.**

Funny you should ask about Noni at this time. I too have been hearing lots of wonderful things concerning this juice lately. I first heard about Noni at a Health Expo at the Convention Center in Pittsburgh in the mid-90's and I was quite skeptical as to its many health claims. But here it is six years later and Noni is surfacing (in my life) once again.

**Noni** (*Morinda citrifolia*): *Morinda* is from the Latin *morus* and *indicus*, meaning 'Mulberry' and 'Indian' and referring to the similarity of the fruit to the mulberry, *Morus indica*. *Citrifolia* means having leaves that are similar to the genus *Citrus*. Noni (*Morinda citrifolia*) has a lot of 'local names', for example: It is called Noni in Samoa, Nono in Tahiti, Nonu in Tonga, Noni Apple or Polynesian Bush in the Polynesian Islands, Indian Mulberry in India, Bumbo in Africa, Mengkudo in Malaysia, Cheese fruit in Australia, Painkiller

Tree in the Caribbean Islands, Nhau in Southeast Asia, Grand Morinda in Vietnam, Kuru in the Fiji Islands and Hai Ba Ji in China ([www.users.globalnet.co.uk/~swigmore./HHS805%20Indep%20study.doc](http://www.users.globalnet.co.uk/~swigmore./HHS805%20Indep%20study.doc)).

As you can tell from the names and areas above, Noni is grown in tropical climates. It is believed to have originated from Eua in the South Pacific more than 3,000 years ago. There is also mention of Noni in ancient Indian Ayurvedic medicine dating back as far as 2,000 years. Some of this herb's historical uses have been:

**Leaves** - bruises, boils, sores and abrasions, joint pain, chest colds, gingivitis, breast cancer, urinary tract infection and headaches.

**Bark** - cuts, coughs, stomach ailments, diarrhea, infertility, low energy, abscess and malaria.

**Flowers** - eye complaints, bladder and kidney disorders and digestion.

**Roots** - skin eruptions, intestinal parasites, cancer, depression, Epstein-Barr Syndrome, tuberculosis, dysentery, jaundice, tetanus and toothache.

**Fruit** - tuberculosis, viral infections, respiratory problems, allergies, arthritis, diabetes, cancer, high blood pressure, poor digestion, influenza, drug and alcohol addiction, chemical poisoning, and AIDS ([www.cobechem.com/nonistory.htm](http://www.cobechem.com/nonistory.htm)).

The Noni Juice (made from the fruit of the tree) contains many different phytonutrients, including glucopolysaccharide - known to boost the immune system while inhibiting viruses and cancerous changes in DNA. Another phytonutrient is Proxeronine. It is responsible for producing a recently discovered alkaloid called '**xeronine**'. Xeronine improves the functioning of our enzymes and cell-wall receptors, enabling them to boost each other's effectiveness- all cellular communication mechanisms use cell-wall receptors. This alkaloid seems to be responsible for Noni's ability to improve the function and structure of hormones, antibodies, connective tissue, enzymes and neurotransmitters.

Dr. Steven M. Hall states that, "Due to nutrient-depleted soils, environmental pollution, stress and food additives, many of us are severely xeronine deficient. Noni juice supplies the necessary nutrients so that our bodies can make more xeronine." (Navarre, Isa: 76 Ways to use Noni Fruit Juice for your Better Health, p. xvii). Xeronine, a small alkaloid recently discovered by Dr. Ralph Heinicki, is believed to be one of the main healing and anti-aging components in Noni juice.

Research carried at the Universite de Metz, in France in 1990, tested the pain relieving activity of an extract from Morinda citrifolia on animals. The pain-killing effect of Noni was 75% as effective as morphine sulphate without the

toxic side effects. At the same study, Noni demonstrated a sedative effect on the animals. Also demonstrated was Noni's vigorous anti-parasitic action against the *Ascaris lumbricoides*, a human parasite. In 1994 Drs. Hirazumi, Furusawa, Chou and Hokama published a research paper entitled: *Anticancer Activity of Morinda citrifolia (Noni) on Intraperitoneally Implanted Lewis Lung Carcinoma in Syngeneic Mice*. In this study all the mice were implanted with Lewis Lung Carcinoma cells; half were fed Noni juice, while the others were not. The summary statement read: "This report demonstrates the anti-tumor activity of Noni juice on ip implanted LLC in syngeneic C57B/6 mice." Noni juice passed the standard test for inhibition of tumor growth with flying colors (Alfred, Melanie; Why Noni Works, p. 35).

Although recent research and writings are claiming that Noni has cured many conditions from allergies to addiction, beneath all of these claims is this philosophy: Although Noni gives the body very specific healing compounds, healing and health are a gift of Grace. Noni simply gives the body what it needs to receive this gift. There are several different brands of Noni juice on the market. Some, I believe, are definitely better than others.