



## Goji Berry Juice: 10+ Superfood Benefits for the Body

*Tkacheva Natalya*, herbalist, nutritionist

*Eliseeva Tatyana*, editor-in-chief of the EdaPlus.info project

*E-mail:* tkacheva.n@edaplus.info, eliseeva.t@edaplus.info

**Abstract.** Goji berries, known among modern nutritionists as an effective means for losing weight and gaining a slim figure, have been successfully used in traditional Chinese medicine for more than 2000 years. The small bright red fruits of the *common wolfberry plant* , or *Lycium Barbarum* , have been used by Asian healers for many centuries to strengthen the immune system and get rid of many diseases. A variety of desserts, medicinal teas and tinctures are prepared from goji berries, and they are added to various dishes. They also squeeze out tasty and healthy juice.

**Key words:** goji berries, goji juice, beneficial properties, contraindications, composition, calorie content

### Composition and calorie content

Goji berries are champions in protein content - almost 12 grams per 100 grams of pulp. At the same time, they contain quite a few carbohydrates (18.8%) and a minimum of fat - 0.4%. The calorie content of fresh fruits is also quite acceptable - 68-70 kcal.

The main advantage of the famous longevity berries, as goji berries are also called, is their unique and very rich composition. <sup>[1]</sup>

They contain:

- various microelements: iron, calcium, sodium, magnesium, zinc;
- a large number of vitamins: A, E, C, B1 and others;

- fiber (about 4 grams) - dietary fiber normalizes intestinal function and helps maintain healthy microflora, helps cleanse the body of toxins and waste <sup>[2]</sup>;
- 4 polysaccharides (LBP-1, LBP-2, LBP-3, LBP-4) - the most important active substances of goji pulp <sup>[3]</sup> - have antioxidant, antiviral, antitumor and antidiabetic properties <sup>[4, 5]</sup>.

Also, wolfberry berries, and, accordingly, juice contain 18 unique amino acids (more than in the royal pollen of bees), including arginine (strengthens the immune system <sup>[6]</sup>, accelerates wound healing <sup>[7]</sup>), valine (supports health and muscle tone <sup>[8]</sup>, helps remove toxins from the body), leucine (stabilizes blood glucose levels <sup>[9]</sup> - helps curb appetite and reduces the risk of diabetes), as well as tryptophan, tyrosine, etc.

## **Top 13 Health Benefits of Goji Berry Juice**

### **1. Protects skin from UV damage**

Research shows that drinking goji juice has a positive effect on the skin - protecting it from photodamage caused by ultraviolet radiation. That is why drinking juice squeezed from bright red wolfberry fruits is recommended for people with sensitive skin, especially during periods of increased sun activity. <sup>[10]</sup>

### **2. Boosts immunity**

Goji berries are a natural antioxidant <sup>[11]</sup> - they protect cells from damage and premature aging, improve immunity and the body's resistance to viruses and infections. <sup>[12]</sup> Prepare for the coming season of viruses and colds by first drinking a course of a natural immunostimulant in the form of delicious and healthy goji juice!

### **3. Prevents Liver Damage**

It is known that alcohol abuse has a negative impact on health, and first of all, the liver suffers from close exposure to strong drinks. Studies have shown that daily intake of goji juice for 14 days has a positive effect on the intestinal microbiota and relieves acute organ damage, as evidenced by a decrease in the content of lipopolysaccharides and pro-inflammatory cytokines in liver tissue. <sup>[13]</sup>

### **4. Prevents the development of inflammatory bowel diseases**

Inflammatory bowel diseases (IBD), such as ulcerative colitis or Crohn's disease, can trigger the development of cancer. That is why experts do not recommend turning a blind eye to the presence of these problems in the body. It has been proven that goji juice has high prebiotic properties - it effectively restores the intestinal microbiota, prevents dysbiosis associated with IBD <sup>[14]</sup>, the development and progression of acute colitis. <sup>[15]</sup>

### **5. Improves vision**

Age-related macular degeneration (AMD) is an ophthalmological disease accompanied by damage to the central part of the retina (macula) and leading to loss of visual acuity. It is one of the main causes of age-related blindness. <sup>[16]</sup> Studies have shown that regular consumption of goji berries and their derivative products, including juice, is much better than the consumption of lutein and zeaxanthin in

increasing the optical density of macular pigment, carotenoids, and helps prevent or delay the development of AMD. <sup>[17]</sup>

## **6. Effective in the treatment of cancer**

The fruits of the common wolfberry contain a unique trace element, germanium. It is the lack of this important element in the body that can cause the development of oncological processes. <sup>[18]</sup> Drinking goji juice has a positive effect on health - it shows good results in the treatment of cancer of the liver, prostate, colon, breast and other organs. <sup>[19]</sup>

## **7. Stabilizes cholesterol levels**

The polysaccharide contained in the pulp of goji berries promotes accelerated lipid metabolism. Patients who drink the drink obtained from these fruits experience a decrease in the level of bad cholesterol. Which helps prevent the development of cardiovascular diseases (heart attacks, strokes), and also has a positive effect on weight loss. <sup>[20]</sup>

## **8. Helps combat obesity**

Polysaccharides contained in the pulp of Lycium Barbarum promote the breakdown of fats - help cope with obesity and speed up the process of losing weight. <sup>[21]</sup>

## **9. Has neuroprotective properties**

Neurodegenerative diseases that affect the nervous system and lead to the progressive death of brain neurons (Parkinson's disease, Alzheimer's disease, etc.) are becoming increasingly common in the modern world. Scientists have discovered that goji juice has powerful neuroprotective properties and can be used as an effective therapy in the treatment and prevention of these types of diseases. <sup>[22]</sup>, <sup>[23]</sup>

## **10. Improves neurological and psychological indicators**

During an experiment in which one group of patients systematically consumed goji juice for 14 days, and the second - a placebo, it was found that after two weeks, people who drank fresh juice obtained from the pulp of cattail fruits significantly improved their neuropsychological indicators. Their mental acuity increased, they began to sleep better and fall asleep faster, and got rid of anxiety. As an added bonus, their gastrointestinal tract function stabilized. <sup>[24]</sup>

## **11. Improves the effectiveness of flu vaccinations**

It is known that the influenza vaccine has a weaker effect on older people and does not provide them with strong enough protection against viruses. During the experiment, it was possible to establish that if a daily dose of goji juice is introduced into the patient's diet a month before the planned vaccination, he will have higher titers of antibodies to influenza and milder symptoms of the disease. <sup>[25]</sup>

## **12. Stimulates reproductive function**

Goji fruit juice affects the hormonal profile and reproductive functions, improves sperm quality. Can be used as a natural aphrodisiac. <sup>[26]</sup>

### **13. Relieves symptoms of atopic dermatitis**

Research shows that consuming fresh juice from wolfberry fruits has a calming effect on inflamed and irritated skin during exacerbations of chronic skin diseases, in particular atopic dermatitis. <sup>[27]</sup>

### **Contraindications and features of drinking goji berry juice**

**Note!** People taking blood thinners, in particular warfarin, should not consume goji berries or their juice. They can increase the effect of medications, leading to bleeding. <sup>[28, 29]</sup>

Pregnant women should also use the drink with caution - it can cause contractions of the uterine walls and cause miscarriage or premature birth. People with food allergies may also experience a reaction to contact with goji berries <sup>[30]</sup>, including anaphylactic shock. It is also unsafe for children under 3 years of age to try this fresh juice due to the lack of sufficient research on the effect of goji juice on the children's body.

It is recommended to drink wolfberry juice between meals, two tablespoons twice a day (you should start with minimal doses, carefully monitoring the body's reaction).

### **How to prepare and store goji berry juice**

Goji berries are easily traumatic and have a short shelf life <sup>[31]</sup> - the slightest damage to the skin leads to its darkening, the development of spoilage and the loss of the fruit's presentation. Immediately after harvesting, goji berries are carefully transported to the processing site, where they are sent for drying or juice extraction. Fresh fruits of wolfberry are almost never found on sale. Therefore, you can taste the juice only in the form of a concentrate, which is available in some specialized outlets. Or you can make it yourself from dried fruits.

The berries should be washed, poured with a small amount of water and boiled for a few minutes. Then the liquid with the swollen fruits must be placed in a blender and blended. Goji juice is ready - enjoy tasting!

Goji berry smoothies are also very popular among healthy eating enthusiasts. Two dozen berries are added to 250 ml of kefir, and then the mixture is whipped in a blender. You can also add other fruits or berries to the drink to vary the taste: strawberries, currants, cherries, etc.

### **Expert commentary**

#### **Tatyana Eliseeva, nutritionist, nutritionist**

Goji berry juice is a unique drink that has proven its benefits for the body over more than 2000 years of presence in traditional Chinese medicine. Since ancient times, Asian peoples have successfully used it to treat a wide variety of diseases - skin, inflammatory and oncological diseases, and stimulate reproductive function. You can verify the effectiveness and benefits of delicious fresh juice from your own experience by adding it to your diet!

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*Tkacheva Natalia*, phytotherapist, nutritionist

*Eliseeva Tatyana*, editor-in-chief of the project EdaPlus.info

*E-mail:* tkacheva.n@edaplust.info, eliseeva.t@edaplust.info

**Abstract** . Juice from goji berries is a unique drink that has proven its benefits for the body for more than 2000 years of its presence in traditional medicine in China. Since ancient times, Asian peoples have been successfully treating a variety of diseases with its help - skin, inflammatory and oncological diseases, stimulating reproductive function. You can convince yourself of the effectiveness and benefits of this tasty fresh fruit by introducing it into your diet!