

# FROM SKEPTICISM TO EXCITEMENT

I have been investigating the benefits of using Mangosteen personally for the last eight months; my attitude has gone from skepticism to excitement. My involvement with Mangosteen has evolved from personal use to promotion of this unique extract for therapies involving my patients.



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My large dental practice is focused on dental implant therapy (tooth replacement) and dentistry using sedation (sleep). I possess several specialized credentials including a specialization in periodontics, the treatment of gum disease. I cannot speak for other professionals, but personally advocating an alternative medicine approach to therapy carries a tremendous risk for me as a professional trained in science. I need to have scientific evidence of efficacy since I care for the health of my patients before I suggest such a supplement.

Due to an injury to my back 15 years ago, pain from osteoarthritis was a daily companion. When I saw the scientific research that validated that the Mangosteen extract was rich in Cox 2 inhibitors, involved in

pain relief, I decided to replace my daily use of Vioxx or Celebrex, both drug-based Cox 2 inhibitors, with the recommended two ounce dosage of the Mangosteen Juice. A quote from Dr. Templeman M.D. (Templeman 2003) states my sentiments exactly, "Why would anyone use a drug to obtain the same effect that can be found in a natural food substance?"

Mangosteen is a fruit that has no known side effects. Long-term use of some of the most innocent drugs carries significant potential for side effects. An article published in the New England Journal of Medicine states "anti-inflammatory drugs (prescription and over-the-counter, which include Advil®, Motrin®, Aleve®, Ordus®, Aspirin, and over 20 others) alone cause over 16,500 deaths and over 103,000 hospitalizations per year in the US" (Wolfe 1999).

The benefit of my personal pain relief was immediate. What I did not anticipate was the subtle effects of increased stamina and improved sleep patterns. These personal experiences led me on an extensive scien-

tific search of published research on the Mangosteen Juice. A database search on Medline, a worldwide Internet database of research articles, on Mangosteen and its active compounds, xanthones, was performed. Extensive research showed positive



## **The Mangosteen Fruit**

results with many laboratory and animal studies.

My personal experience extended to my immediate family and close friends, some with truly amazing results. My mother-in-law was an uncontrolled insulin dependent diabetic. After one month of product usage, her doctor withdrew her

insulin treatment and stated that he has not seen her blood sugar levels this low and controlled in ten years.

My best friend and a health care professional, also a skeptic, has had liver inflammation subside with all liver tests appearing normal. He had suffered for years with drug-induced hepatitis. His condition was not brought on by street drugs but as side effects of cardiac drugs prescribed for his heart condition. His heart function and blood tests have normalized and his initial cardiac medications have been reduced in number from ten to two. He states he just "feels younger!"

The benefits of modifying the host (patient) response in the treatment of gum disease have been extensively studied. In lay terms, if we can improve the body's immune response and alter the destructive response mechanisms, we can thereby improve the outcome of treatment of gum disease. Mangosteen extract or juice could possibly boost the body's immune system. This area will be explored as my use of the juice with some selective patients and patient groups continues.

Many patients would rather use an alternative, natural product rather than synthesized drugs. I am extremely excited by Mangosteen Juice and its positive benefits for my patients.