

The Wonder of WOLFBERRIES

Maria
Low



decline the offer. He told her that he could not afford a scientist right now. He knew that she already had a well-paying job. He could not meet that kind of salary! However, Sue insisted that she was going to work for him—and sure enough, she did! She began the collation of the Young Living essential oil science library, the most unique of its kind.

One day, Sue's father, a visiting professor at the time, spoke about his work with wolfberries. He was particularly focused on the plants in a northern area in the Zhongning County in China called the Ningxia Hui Autonomous Region.

What is so unique about this area is that it is a part of the Himalayan Mountain range. As a result, the snow is abundant. As the snow melts, water pours into the nearby Yellow River, bringing with it all the minerals in the silt. This silt gathers on the nearby wolfberry farms. The result is one of the most powerful berries in the world: *Lycium barbarum*, also known as goji berries.

Sue's father invited Gary Young to come to the area and inspect the farms. There were several things that impressed him. The oldest centenarians in China were living in this area. There was a university where people 65 years of age and older attended. The people served the wolfberries as a tea, in wolfberry soup, and other culinary creations that they prepared daily.

In addition, Gary observed that the standards of stewarding the soil, the methods of harvesting, and the processing prior to sale all met the Young Living's strict Seed-to-Seal standards. After scientific analysis of the berries, Gary established a relationship with the people of the Ningxia province. Over the years, the farms have expanded to meet the needs of over one million Young Living Members!

I am often asked during presentations, "What product is the biggest seller for Young Living Essential Oils?" Some would guess Lavender essential oil, or perhaps *Thieves* or Wintergreen or Oregano. You may be surprised that it is none of these! The most requested and best-selling product is *NingXia Red*, a nutritious juice made from wolfberries.

How did Young Living founder, Gary Young, come across NingXia Wolfberries? One day, a woman scientist named Sue Chao walked through the door at his modest office and warehouse. She had with her a bottle of Young Living Essential Oils. She held up the bottle to Gary Young and asked him, "What is the chemical composition of the contents in this bottle?"

Gary passed the bottle under his nose and told her his estimation of the percentages of the terpenes called linalool and eugenol. She thought to herself, "How can he know that? I am going back to the lab and will test the oil and see whether he is correct." Well, it turned out that Gary Young was off by only about two percent.

The woman returned to his office and said, "I will work for you." Well, Gary did not expect that! She was quite assertive. He wasn't sure how to

Rice pudding with wolfberries



When the first shipment arrived in the United States, loaded with wolfberries, the inspectors would not approve it, because they did not know what it was. After testing the product, they put it into the category of “peculiar substances”!

Wolfberry or goji berry is one of the oldest remedies mentioned in ancient healing texts. With over 15% protein, and one of the highest vitamin, mineral, and amino-acid profiles of any food, wolfberries present a breakthrough in nutritional medicine.

Not only are wolfberries a powerful antioxidant, they are also a great immune-system booster. In addition, they support numerous bodily systems and functions, including vision. Young Living now sells Ningxia Red, a beverage that can be served full-strength, diluted in purified water, or mixed into a smoothie. They also offer the dehydrated wolfberries and Wolfberry Crisp food bars that also contain almonds, soy and

pumpkin seeds.

You can add your favorite essential oils to Ningxia Red for a personalized drink. A daily dose of NingXia Red contains high levels of lutein and zeaxanthin, forms of the carotenoid antioxidant that provide powerful protection against age-related macular degeneration

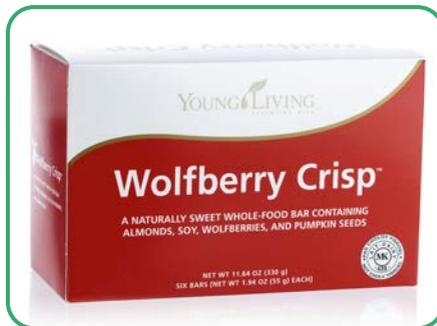
and cataracts. Also, the berries are unique because of the type of zeaxanthin that can be easily assimilated by the body.

In 1994, the American biochemist Dr. George Wald won the Nobel Peace prize for his research on Vitamin A. As most people realize, this vitamin is necessary to maintain and improve vision. Dr. Wald was the first to recognize the role of

lutein and zeaxanthin in protecting vision. More lutein and zeaxanthin is concentrated in the eye than anywhere else in the body.

One of the modern challenges for healthy eyes is the intense blue rays from LED lights in cars and electronic devices. This blue light creates free radicals that damage the macula. In time, high visual acuity is lost. Sometimes the loss can take place over a few months, or it can take place in the blink of an eye!

NingXia Red Wolfberry Drink is an excellent source to replenish nutrients for the eyes.



Over twenty years ago, Chung Ang University Hospital found that supplementation of approximately two grams of wolfberry twice a day would protect the cornea and lens.

Young Living's *NinXia Red* is a powerhouse as a nutritional remedy. You can see that it has quite a history, and why so many Young Living members include it in their lifestyle.

See the website below to try some *Ningxia Red Drink*, or the dried wolfberries themselves. NingXia Wolfberries are also included in some of the Young Living cosmetics, supplements, and other food products. ■

BOOKS/RESOURCES:

53 Ways to Use NingXia Wolfberry, Sound Concepts

NingXia Wolfberry: the Ultimate Superfood, Gary Young, ND

The Essential Oils Desk Reference, Life Science Publishing

An advertisement for 'Essential Drops of Joy'. The background is a gradient from purple at the top to white at the bottom. At the top, the text 'What brings you joy?' is written in a white, curved font. Below it, the word 'Essential' is in a smaller, white, cursive font, followed by 'OILS' in large, bold, white letters. Each letter of 'OILS' contains a different image of an essential oil plant. At the bottom, there is a colorful logo consisting of several overlapping, curved bands in shades of green, yellow, and purple. Below the logo, the text 'Learn more at:' is written in a purple, cursive font, and 'EssentialDropsOfJoy.com' is written in white on a dark green rectangular background.