

Noni

By Belinda Harvy

Also known as the pain killer tree, Noni has become very popular for a wide range of ailments and conditions. Although the Polynesians discovered its medicinal properties 2000 years ago, the modern world has only just realised its health benefits. The fruit is mainly used as a concentrated juice, although the bark, seeds and flowers are also used. It is rather bitter on the palate like most herbs, but the health benefits far out way the unusual taste.

Health Benefits of Noni

- Hypertension
- Constipation
- Pain (acts as an Analgesic)
- Allergies and Inflammation
- Diabetes
- Intestinal Parasites
- Stress and Depression
- Dysmenorrhea (painful periods)



How Much Do I Take?

It is recommended that Noni be taken on an empty stomach 30 minutes prior to consuming food. Dosage recommendations are found on product labels, but as a general guide you can follow these dosages:

- Concentrated Juice 40ml (2 table spoons), twice a day.
- Capsules 900mg a day (capsule amount depends on strength)

Most commonly sold as a Concentrated Juice, Noni is also available in capsule and powder form, but may be harder to find. The juice tends to be more potent and is absorbed more quickly by the body than the powder form.

Always consult your health professional to advise you if unsure about Noni, or any other product, to get the best results possible for your health and vitality.

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