

# Greenwich Sentinel

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## Health & Wellness

# Yes to Noni Juice



**By Julia Chiappetta**

The noni fruit looks a bit like a mango but it tastes bitter; more than a fruit, it is known as a healing tonic. You will see it offered as a juice, tea, powder or capsule.

You can also buy the fruit itself for juicing (six fruits make eight ounces), but remember that noni, a member of the coffee family, is bitter.

Therefore you may need to add lemon—some nutritionists suggest grape juice—which will help soften and sweeten the taste. (You will also find noni on labels for natural medicines and cosmetics, where the oils are pressed and used.)

The noni plant is well known in the tropics, having been transported by Polynesian explorers and taken by canoe or boat to other pacific islands, like Hawaii.

At that time, the juice was effectively used for intestinal issues and the leaves were used to reduce swelling, wounds and injuries. During World War II, soldiers based in these islands were taught by the natives to drink the juice for strength.

Noni is considered a superfruit with potent anti-inflammatory properties. This is what led me to this research, as I am a huge believer that inflammation is the root cause of so much disease and physical pain.

According to DrAxe.com, “Noni is a small, evergreen tree found in the Pacific Islands, Southeast Asia, Australia and India that often grows among lava flows.

Known as a folk remedy for numerous treatments, noni has been used to make dyes for clothing as well as medicine. Even today, the fruit of noni, along with the leaves, flowers, stems, bark and roots, are used for healing.”

On his website Dr. Axe lists some of the benefits in more detail, but here is the short list:

1. High in antioxidants
2. Combats inflammation while boosting immunity
3. Helps reduce cholesterol
4. Provides cellular repair
5. Fights parasitic disease

This summer, I feel it is worth giving noni a try—I can easily add organic lemons, grapes and mint to sweeten and soothe the taste as I continue to experiment by taking in different super foods and monitoring the results.

As always, please be good to your body, drink a green juice, enjoy the beach, get your toes in the sand, swim in the ocean, hike your favorite path with a friend or solo, try an new class, like boxing or painting, and be kind to those around you, because we never know when we might meet one of God’s angels.

Sending all my readers love and encouragement!

*Julia Chiappetta is the author of “Breast Cancer: The Notebook” (Gemini Media, 2006) and is also the owner of Julia Chiappetta Consulting. She lives in Cos Cob. More information and past columns can be found at [JuliaChiappetta.com](http://JuliaChiappetta.com).*

