

Mangosteen and minerals have improved my immune system

My name is Chris, and I live in a suburb of Kansas City, Mo. My journey toward health and wellness began in the summer of 1996, when ironically -- at age 34 -- I became very ill and was diagnosed with HIV.

Thankfully, my health returned, slowly but surely. My illness proved to be a mixed blessing. With a chronic disease, I learned to take better care of myself. I learned about proper nutrition and the importance of exercise. I paid closer attention to my body, especially when it told me to slow down or to get more sleep. Today, I am healthy and fit. One would never know by looking at me that I am HIV-positive. Improved HIV medications have helped keep the virus at bay for 12 years.



A person's immune system contains different types of cells that help protect the body from infections. One of these types of specialized cells is called a CD4 or T-lymphocyte cell. HIV attacks these cells and uses them to make more copies of HIV. In doing so, HIV weakens the immune system, making it less able to protect the body from illness and infection.

Every few months my doctor orders blood labs to measure the number of functioning CD4 cells. In general, the higher the number of T-cells, the stronger a person's immune system is. Healthy people without HIV have about 700 to 1,000 CD4 cells in a drop of blood. People with HIV are considered to have "normal" CD4 counts if the number is above 500 T-cells. Since my extended illness in 1996, my T-cell count remained stable in the 500 to 700 range. It rarely went any higher and thankfully didn't drop much lower.

About six months ago, some friends who were familiar with my HIV status recommended an organic liquid nutritional supplement that contains 12 vitamins, 65 minerals, decaffeinated green tea, mangosteen and aloe vera. The key ingredient is mangosteen, a fruit grown in Southeast Asia. Asians have known about mangosteen's healing qualities for more than 4,000 years. Many scientists believe it is the highest source of antioxidants on the planet. Doctors who practice Eastern medicine have recommended mangosteen to help boost their patients' immune systems, reduce inflammation, prevent cancer, improve digestion and treat a variety of other ailments.

My friends were familiar with my HIV status and thought perhaps the liquid vitamin supplement with mangosteen and minerals might be good for my compromised immune system. I was the ultimate skeptic, but agreed to give the product a try, especially with its 30-day, money-back guarantee.

Long story short: My energy level increased dramatically in a short amount of time. I am one of the editors at a busy metropolitan newspaper and work in a newsroom full of journalists who rarely slow down. In fact, they often come to work when they are sick. However, even with my so-called depleted immune system, this winter I haven't caught any of my co-workers' germs, such as influenza, colds and sinus infections.

After only four months on the vitamin-mineral supplement with mangosteen, I had routine blood labs drawn, and much to my surprise, my T-cell count had increased from 625 to 875! That measurement is as good as any healthy person's immune system. All of my other counts -- cholesterol, triglycerides, liver enzymes and so on -- are also in the normal range.

My doctor is somewhat incredulous about the dramatic jump in my T-cell count, but she is thrilled. Of course I am, too!

I believe God created mangosteen for a reason, just as it says in Psalm 33:5: "The earth is full of the goodness of the Lord." It is now my goal to share my good news -- what mangosteen and minerals have done for my health in a short amount of time -- with as many people as possible. The supplement makes no claims to treat, diagnose or cure any diseases, or that it will work as well for everyone.

For me, however, the proof is in the pudding. To have an immune system functioning at levels below the "norm" for the past 12 years -- and now to be in the normal range, even with a serious and chronic disease like HIV -- is simply spectacular! My improved labs have turned this skeptic into a firm believer.

CD4 (aka T-cell count) since 1996

Note the dramatic increase after the introduction of mangosteen and minerals in late 2007.

