

Let's talk about Goji berries



Goji berries (*Lycium barbarum*) are a member of the nightshade family (*Solanaceae*), which contains many other common vegetables such as potato, tomato, eggplant, and pepper. Native to the Himalayan Mountains of Tibet and Mongolia, the goji berry is now grown in many other countries as well.

Although they have only been introduced in Western countries in recent years, gojis have been used for thousands of years in Tibet and China, both as a culinary ingredient and medicinally.

This little superfruit contains natural anti-inflammatory, anti-bacterial and anti-fungal compounds. Their powerful antioxidant properties and polysaccharides help to boost the immune system. It's no wonder then, that in traditional Chinese medicine they are renowned for increasing strength and longevity.

Gojis are most commonly available in dried form, and make a great snack eaten as is, added to trail mix, muesli or oatmeal. They can also be soaked for a couple of hours in enough water to cover them. Then the soak water can be drained off and makes a delicious drink, or both water and berries added to smoothies.

We invite you to order this superfood online. Click the link below to view the product.

<http://www.health-connection.co.za/Shop/item.aspx?id=129185>