If you are not familiar with the Goji berry, you may soon be reading and hearing more about it. This little red berry has been consumed for thousands of years by communities of people throughout Asia. Within the past decade, scientific research has been documenting the constituents of this herb and finding links with numerous health benefits.

As early as the first century A.D., the ancient Asian medical text “Divine Farmer’s Handbook of Natural Medicine” (Shen Nong Ben Cao) extolled this berry’s medicinal virtues. Some of its health benefits touted today are protection from premature aging; stimulation of hGH (human growth hormone), the “youth hormone”; increase of energy and strength; maintenance of healthy blood pressure, enhancement of sexual function, support of eye health, improvement in memory; and headache relief, to name a few.

There are two primary types of Lycium Goji berries that are used medicinally. One type, grown mainly in China, is the Lycium Chinense, often referred to as Chinese wolfberry, matrimony vine, or Chinese boxthorn. The other is Lycium Barbarum, which grows in various regions of Asia such as Tibet and Inner Mongolia.

The Goji berry has been used in traditional Mongolian and Tibetan medicine for centuries. In Asian herbalism, the Tibetan Goji berry is among the most revered of sexual tonic herbs. The urban civilization that flourished for nearly 1,500 years in this region was along the trade route between central Asia and the Indian subcontinent.

Some of the scientific research findings reported about the Goji include:

- Contains 19 amino acids—six times higher than bee pollen
- Contains 21 trace minerals, including germanium, an anti-cancer trace mineral
- Contains more protein than whole wheat
- Contains a complete spectrum of antioxidant carotenoids
- Contains 500 times the amount of Vitamin C by weight than oranges
- Contains B-complex
- Contains vitamin E
- Contains Beta-Sitosterol, an anti-inflammatory agent; also lowers cholesterol and used to treat sexual impotence and prostate enlargement
- Contains essential fatty acids
- Contains Cyperone, a sesquiterpene that benefits the heart and blood pressure
- Contains Solavetivone, an anti-fungal and anti-bacterial compound

Source: Dr. Earl Mindell, and Rick Handel, Goji: The Himalayan Health Secret

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