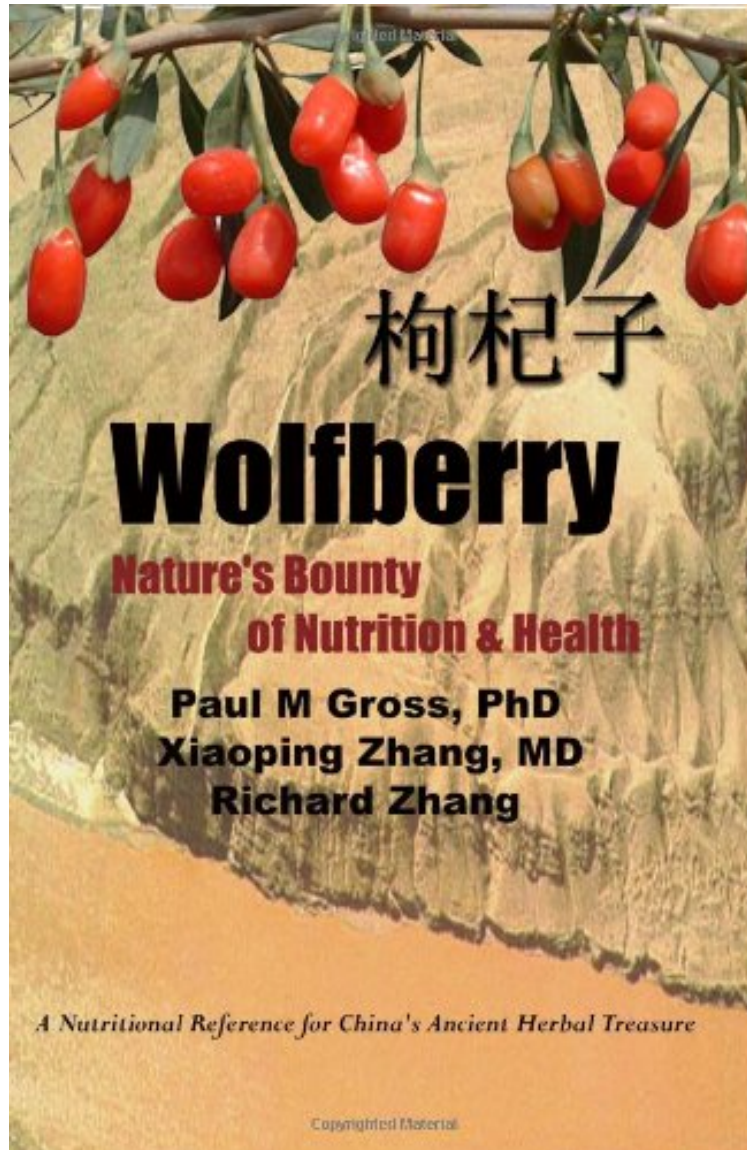


[Library ebook] Wolfberry: Nature's Bounty of Nutrition and Health

Wolfberry: Nature's Bounty of Nutrition and Health

P. M. Gross

*ebooks | Download PDF | *ePub | DOC | audiobook*



[Download](#)

[Read Online](#)

#2483125 in Books 2006-06-08 2006-06-08 Original language: English 9.00 x .59 x 6.001, .95 #File Name: 1419620487260 pages | File size: 19.Mb

P. M. Gross : Wolfberry: Nature's Bounty of Nutrition and Health before purchasing it in order to gage whether or not it would be worth my time, and all praised Wolfberry: Nature's Bounty of Nutrition and Health:

2 of 2 people found the following review helpful. Well written overview. By NLI was considering wolfberry cultivation at one time. This book explains the wolfberry's use in China and Asia, its cultivation, and cites scientific studies on its health benefits, which are many. 2 of 2 people found the following review helpful. A very through and complete book on Wolfberries. By ButterflyI have searched far and wide for health benefits and nutrients for

wolfberries on the internet. This book has more information than I can gather and find in one place. This is a very good reference. It is very technical and backed by science. This book may not be for everybody, but it is perfect for me. I only wish I had found it sooner. 0 of 1 people found the following review helpful. technicalBy Abe Golddifficult, technical read. World's most nutrient dense fruit, Goji berries of China. Closely related and naturally occurring thru out the southwestern deserts, often on very poor soil.

This book objectively considers nutritional evidence that the Chinese wolfberry, *Lycium barbarum* L., is the world's most nutrient-rich food. 81 scientific publications are summarized and interpreted as a foundation for this evidence. Wolfberry's diverse phytochemicals, including its rich content of protein, 8 polysaccharides (dietary fermentable fiber) and 4 carotenoids (antioxidants), 6 vitamins, 18 amino acids, 11 essential minerals, and 5 omega fatty acids provide compelling definition for wolfberry's superlative nutrition. Data comparisons are made to more common 'superfoods', such as flax seeds, spinach and blueberries. A chapter is devoted to the 2000 year old legend of wolfberry as China's herbal treasure and 5000 year old applications of traditional Chinese medicine. Factors influencing nutrient density and quality, such as taxonomy, geography, Yellow River loess (silt from flooding), cultivation practices and processing, are given separate chapters. Using available research literature dated to 2005, the book fulfills the scientific credibility needed to benchmark wolfberry as a nutrient-rich food valuable for western diets and health.

About the AuthorDr. Paul M. Gross received his PhD degree in Physiology from the University of Glasgow, Scotland and was trained in neuroscience at the National Institute of Mental Health, Bethesda, Maryland. A Canadian, he was a Research Scholar of the Heart and Stroke Foundation of Ontario and recipient of the Heinz Karger Memorial Award for publications on brain capillaries. Over a 25 year career in medical science, Dr. Gross published 85 peer-reviewed reviews, research articles and book chapters. Dr. Gross is currently a freelance science writer living on Vancouver Island, British Columbia.