

[Find Out What Mangosteen Can Do To Your Health](#)

Mangosteen has created a lot of noise recently as one of the most searched nutritional supplements. Many people believe that it can help to cure various diseases including zits, asthma, and even cancer. Mangosteen fruit is prized for its flavor and some even consider it as the most delicious fruit in the world and call the fruit "the Queen of Fruits". This article will explore basic information on mangosteen and its health benefits.

A brief history of mangosteen

Mangosteen is a fruit that is originated from the Southeast Asia region and it is an ultra-tropical fruit, which means that it cannot tolerate cold weather. Mangosteen tree are tall, pyramid-shaped and it cannot survive below forty degrees Fahrenheit. It is difficult to cultivate mangosteen trees because they are choosy about the surrounding environment. They like humidity and a lot of rains, but they also do not like the soil to be too wet. They will not do well in cold, high elevation, salty air, and sandy or silt soil. They prefer to grow in Asia and Africa, below 200 latitude, but it should be distant from the coastal area. Rain forest conditions with rich and loamy soil are excellent for them.

The trees grow at a very slow rate and will reach maturity after ten years old when they will start producing fruits. The fruit is small, around two to four inches in diameter, and purple in color. There is a kind of small rosette-shaped blossom on the top of the fruit with four to eight triangular segments.

The mangosteen fruit can be divided into two parts, the white center fruit and the purple outer shell. The center fruit has several segments and basically there is one segment for every triangle in the blossom remnant on the top of the fruit. The thick and purple outer shell contains bitter latex and the purple juice is actually a kind of permanent dye, which makes some Asian hotels ban the guests to bring this fruit into the room. The outer shell of the mangosteen contains a lot of healthful xanthonenes and in fact this part is the main source of mangosteen's health benefits.

Xanthonenes are powerful antioxidants and they can help to repair damaged cells and improve cell functions. Xanthonenes are also good for many parts of our body system, such as brain function, heart function, lung function, the work of immune and digestive system, as well as the health of muscle and joint. They can provide these various health benefits because they work at cellular level in all of our cells.

The benefits of mangosteen

Medical research has been conducted to investigate the powerful benefits of the mangosteen. Preliminary results have indicated that these benefits are more than hype and there is a scientific explanation behind them. Several individual anecdotal reports have reported that the fruit indeed has real and important health benefits.

It has been found that the mangosteen fruit contains a lot of antioxidants that can help to delay the aging process. Antioxidants will freshen the skin, make it wrinkle-free and glowing with health. The whole mangosteen fruit has various minerals and vitamins, such as Vitamin E, Vitamin C, Vitamin B1, Vitamin B2, Vitamin B6, calcium, iron, and fiber.

The fruit is claimed to have a potential to support the immune system and combat various diseases because it will make the body stronger to fight any infection comes on its way. However, you never consider a mangosteen fruit as medicine for all diseases. What it can do is improving your immune system, which in the end will make your body stronger and healthier.

Other reports indicate that mangosteen can help to prevent or treat cancer because studies showed that people with cancer experience improvements after they consume the fruit regularly. Additionally, it seems to be able to improve respiratory health and allergies as well as asthma. Some people in Asia even use the ointment of the fruit for zits and other skin problems.

An important fact that you should remember is that all these claims are only based on preliminary results and thus they have not been sufficiently proven. However, since we really know that mangosteen contains a high concentration of antioxidants, it definitely can help you to feel better and healthier.

Buying a mangosteen fruit

The best way is to buy mangosteen fruit from its original location. Sometimes, the fruit is shipped to some stores, but unfortunately, mangosteen fruit is choosy about shipping condition. If you want to enjoy the benefits of this fruit, you should consider drinking its juice. You will obtain more benefits from this juice because it comes from the whole fruit, not only the central part.

You should check your local health food, whole food, or import food for this juice. Usually it is not easy to find it from a regular store. Another option is to find the juice online, where you will find that there are actually many independent distributors around the world. Mangosteen fruit is definitely worth to try so you can experience its essential health benefits.

About the Author

Cindy Heller is a professional writer. Visit [affordable mangosteen juice](#) to learn more about [mangosteen fruit](#) and other [benefits of the mangosteen fruit](#)

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