

COLLEGE OF MICRONESIA-FSM YAP CAMPUS AGRICULTURAL EXPERIMENT STATION

NONI SEARCH 2008

World Noni Research Foundation organized its third annual symposium on noni in New Delhi from October 19 to 20. Dr. Muru from Yap Agricultural Experiment Station has had the privilege of being one of the few overseas delegates invited for this symposium to share his experience with noni research in the region.

The symposium highlighted current research activities and breakthroughs in clinical, agricultural and pharmacological research in noni.

Named as **Noni Search 2008**, theme of this year's symposium was **'Noni for Nutrition and Health.'** With the change in life style and food habits, there is a great concern now on the visible rise in various health issues. Noni fruit juice and many value added products are possible protective wellness items against many debilitating disorders.

A glittering inaugural session, 6 enriching technical sessions, an illustrious poster session and a meaningful plenary session were the highlight of this well organized symposium.

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Noni Search 2008: Plenary Session

FOOD SUPPLEMENTS: POINTS TO PONDER

Do I need to think about my total diet?

Dietary supplements are intended to supplement the diets of some people, but not to replace the balance of the variety of foods important to a healthy diet. While you need enough nutrients, too much of some nutrients can cause problems.

Should I check with my doctor or healthcare provider before using a supplement?

This is a good idea, especially for certain population groups. Dietary supplements may not be risk-free under certain circumstances. Be sure to consult your physician before taking any supplement. If you plan to use a dietary supplement in place of drugs or in combination with any drug, tell your physician first.

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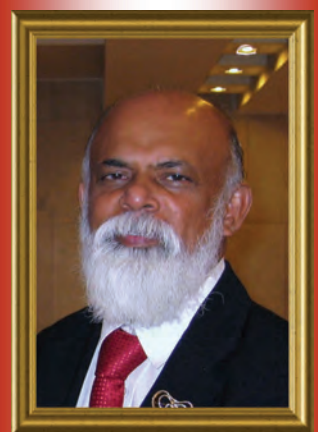
MEET DR. P.I. PETER, AKA NONI GURU

Prof. Dr. P.I. Peter is the founder of World Noni Research Foundation (WNRF) and presently the Chairman of Health India Laboratories. As a botanist, he carried out commendable research on noni and coordinated a global network of professionals including scientists, medical practitioners, paramedics and a committed team of noni volunteers to project noni for wellness and rediscovered its divine qualities to provide good health, longevity and well-being for the people. Besides WNRF, he also established Indian Noni Cultivation Council (INCC), an exclusive World Wellness Open University (WWOU) and Noni Wellness Rural Center (NWRC). The NWRC is a model for integrated rural development incorporating nutrition security with livelihood security and wellness.

He has authored several books on various aspects of noni, including a monumental treatise, **'Monograph on Noni,'** which covers role of

noni in about 190 bodily diseases or disorders.

Prof. Peter is a living legend, an intellect, a true visionary and the brain behind the great noni wellness program. Out of strong commitment to create healthy people to create healthy nations, he travels around the globe and conducts wellness awareness programs and empowers people to do better than their best. His passion to contribute wealth and wellness to the lives of millions worldwide earned him several international acclaim and, therefore, aptly called **'Noni Guru.'**



Prof. Dr. P.I. Peter

..... **NONI SEARCH 2008**

Technical sessions focused on the following main areas:

- Noni for Health
- Noni for Nutrition
- Crop Improvement and Production
- Crop Protection
- Noni Utilization and Value Addition
- Success Stories with Indian Divine Noni and Noni-based Products

While inaugurating the event, former President of India Dr. A.P.J. Abdul Kalam stressed the need for research on designer crops

to enhance metabolites of therapeutic importance.

Over 2000 delegates from India and abroad attended this special event.

Photo courtesy: World Noni Research Foundation



Dr Muru receives Noni memento from Dr. K.V. Peter, for his lecture on Value Addition of Noni

**WORLD NONI RESEARCH FOUNDATION:
CREATING WEALTH AND WELLNESS**

World Noni Research Foundation (WNRF), Chennai, India is devoted to bring wellness characteristics of noni to humankind. It is a non-profit, self sustaining and independent registered Trust, promoting scientific knowledge on all aspects of noni. Its vision is to create a disease free world of happy and healthy people by pioneering research on noni. WNRF is committed to revive the age-old wisdom of using noni fruit for health and wellness. It promotes World Wellness Forum (WWF), a Social Action Movement to Create a

World of Wellness. By spreading Ten Commandments of wellness (see below) it brings wellness for oneself, one's family, one's society and for the world community. **WWF believes that use of Indian Divine Noni along with practice of 10 commandments would transform human mind and body into a supreme phase of happiness, love and power.** Readers are encouraged to visit www.wwf.org.in and to begin practicing the wellness commandments along with the use of noni.

Noni is the greatest nutritional discovery of our times

- Discovery Channel

TEN COMMANDMENTS OF DAILY LIVING FOR YOUR WELLNESS

- | | |
|----------------------------|------------------------|
| 1. Meditate and exercise | 6. Check your words |
| 2. Eat moderately | 7. Vibrate love |
| 3. Go vegetarian | 8. Live gratitude |
| 4. Drink 3 liters of water | 9. Care mother earth |
| 5. Eat 3 hrs before sleep | 10. Manage your stress |

Courtesy: World Wellness Forum

... Food Supplement

Many supplements contain active ingredients that have strong biological effects and their safety is not always assured in all users. If you have certain health conditions and take these products, you may be placing yourself at risk.

Some supplements may interact with prescription and over-the-counter medicines

It is important to fully inform

your physician about the vitamins, minerals, herbals or any other supplements you are taking. Taking a combination of supplements or using these products together with medications (such as prescription or over-the-counter drugs) could under certain circumstances produce adverse effects, some of which could be life-threatening.

Can the use of a substance be generally regarded as safe (GRAS), even if it is not

listed by FDA?

Yes. Because the use of a GRAS substance is not subject to pre-market review and approval by FDA, it is impracticable to list all substances that are used in food on the basis of the GRAS provision (21 CFR 182.1). The use of a substance is GRAS because of widespread knowledge among the community of qualified experts, not because of a listing or other administrative activity.

Disclaimer: The information provided in this information sheet is meant for educational purpose only. For any medical conditions, always consult a qualified medical practitioner.

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