



The day before I was due to fly to Thailand for a week's vacation last spring I was clearing some brush on our property in southern Oregon. I didn't see it until it was too late but my right arm, around the elbow, had come into contact with poison oak.

I was really looking forward to my vacation so I ignored my arm until, while in flight, I noticed the extent of the poison oak damage ... It was a lot worse than I had initially suspected.

Luckily we were staying at the 'Mangosteen Resort & Spa' in Thailand and we had the fresh Mangosteen fruit & juice available in our suite. I was drinking a

'whole fruit' Mangosteen juice everyday and also crushing the skin (pericarp) of the fresh fruit and rubbing it directly onto the effected skin.

I've had a 'run-in' with poison oak before and it took about 5-6 weeks to recover. The pictures here show a sequence over approx. 5-6 days. The results from this powerful little fruit were amazing ... I now drink this juice everyday.

**Glenn S
Medford, OR**



Elbow



Elbow



Forearm



Elbow



Forearm



Elbow



Forearm

