

Miracle Fruit



The fruit is a small bright red, ellipsoid berry approximately 2 to 3 cm long and containing a single seed. Although not sweet itself, when a single fruit is eaten and the fleshy pulp allowed to coat the taste buds of the tongue and inside of the mouth, an extraordinary effect occurs. The fruit will now allow one to eat a slice of lemon or lime without wincing. The marvelous aroma and inherent sweetness of the citrus remains but the sourness is almost completely covered. The effect remains for some 30 minutes or more.

A small red berry, called Miracle Fruit, packs a lot of benefit into a very tiny package. The fruit has been shown to help many cancer patients being treated with chemotherapy and radiation to be able to taste and enjoy the flavor of foods again.

Synsepalum dulcificum

- **Use:** A berry born on a small shrub native to Ghana, Africa. The fruit contains a unique glycoprotein called miraculin that binds to the taste receptors altering the natural flavors of food in such a way that undesirable flavors are masked and the desirable flavors are greatly enhanced. The effects of the miraculin have been shown to mask the overwhelming metallic taste food can get after chemotherapy that causes extreme nausea and can lead to patients developing an aversion to eating and unwanted weight loss. Doctors agree that chemo patients are able to enjoy a simple meal after using a Miracle Fruit, and this can help improve quality of life, reverse unwanted weight loss, boost nutrition, and help speed recovery. Studies also suggest that Miracle Fruit may be used as an adjunct for treating diabetic patients with insulin resistance, because this fruit has the ability to improve insulin sensitivity. Miracle Fruit can help diabetics and dieters naturally reduce their sugar intake without sacrificing their favorite foods, drinks, or desserts. It is not an artificial sweetener. It is an all-natural way to enjoy sweet flavors and keep blood glucose levels in the target range without the risk of overloading with unwanted carbohydrates.
- **Exposure/Soil:** Prefers full to part sun. Well drained soil.
- **Growth:** Grows 5' tall and wide in our area, but up to 18' in S Florida.
- **Hardiness:** Zone 10-11; Bring inside in winter
- **Foliage:** Deciduous; Foliage is very feathery, open and airy. Plants are fast growing with slender silver-blue leaves.
- **Fruit** The small 1/4 inch white flowers of miracle fruit are produced in flushes through many months of the year. The effects are experienced by moving the pleasant tasting fruit over the tongue. The miraculin will bind to the taste receptors and the flavor masking and flavor enhancing effect can be experienced. The unaltered flavors of food will be restored when the miraculin's bond with the taste receptors is broken through the natural course of eating, drinking, or swallowing. The duration of the effect will vary by the individual and depends on how much is eaten or drunk, but for most it lasts about an hour.