

THE MIGHTY MORINGA



A Native of the Indian subcontinent, the Moringa tree has highly nutritious leaves, shaped here from the dried leaf powder

Plant of the year in 2008

“Mothers best friend,” “Never die,” “drumstick tree” - moringa takes many names around the world. For other ailments, it’s now being hailed as a way to battle famine and malnutrition. With vitamin-and-mineral-packed leaves, the drought-resistant tree also grows fast-up to 12 feet in a season. From spicy

seeds to bitter leaves (often ground into a powder), most of moringa oleifera can be eaten or used, says Jed Fahey of Johns Hopkins. Its seed, crushed can even help purify water. Although animal studies support anecdotal evidence of its medicinal benefits, more human trials are needed,

Fahey notes. Meanwhile, the “miracle tree” is catching on in impoverished areas of Africa, Asia, and Latin America, entering local dishes and lore.

-Luna Shyr

Gram for gram, dried moringa leaves have

25x iron in spinach

17x calcium in milk

15x potassium in bananas

10x vitamin A in carrots

9x protein in yogurt



MORINGA is recognized as an amazing source of nutrition by hundreds of organizations.

Hundreds of published, peer-reviewed white papers on www.pubmed.gov studying benefits of Moringa oleifera

Problem...

The Biochemical Institute at the University of Texas studied changes in food composition for 13 nutrients in 43 garden crops from 1950 to 1999. The team found:

- A 6% decline in protein
- A 16% decline in calcium
- A 9% decline in calcium
- A 15% decline in Phosphorus
- A 15% decline in iron
- A 38% decline in riboflavin
- A 20% decline in vitamin C

Source: Donald R. Davis et al., "Changes in USDA Food Composition Data for 43 Garden Crops, 1950 to 1999," Journal of the American College of Nutrition, Vol. 23, No. 6, 2004, pp. 669-682

Solution...

Moringa Oleifera

46 antioxidants

36 anti-inflammatories

Omegas 3,6 & 9

20 Amino Acids

including 9 essential amino acids our bodies can't produce

Over 90 verifiable positive health benefits

Moringa Oleifera is called the MIRACLE TREE for many incredible reasons. When you look at what Moringa can do to extend your life it's simply earth shattering. Moringa gives your body all the antioxidants, vitamins, Omega 3 essential oils, minerals and proteins it needs to thrive and stay healthy. Moringa is super easy to digest, even for young children and the eldest of seniors. Moringa offers literally HUNDREDS of beneficial & healthy properties.

Moringa Supplies Nutrients Missing In The Modern Diet



Moringa supplies all these nutrient benefits and more:

The typical Western diet of today has more than double the caloric intake than in 1966. Modern food processing has robbed our food of the nutritive qualities that make it healthy for our bodies. Americans are receiving 80% less nutritional value for calories consumed. Having daily nutrient supplementation is not simply an option but an absolute requirement for staying 100% healthy.

Are You Concerned About Aging?

Moringa is known as "The Tree of Life" so it's no surprise that all the powerful antioxidants, proteins and vitamins will slow down the aging process. As we grow older our cell regeneration slows down dramatically. As cell regeneration slows, tainted DNA will result in the production of deficient cells. These deficient cells can cause different types of Cancer and Alzheimer's Disease. Moringa Oleifera helps speed up the ways cells are regenerated through-out your body. The powerful antioxidants in Moringa Oleifera have the ability to neutralize free radicals. Moringa's wide array of antioxidants and nutrients which include vitamins, Omega-3 Fatty Acids, Quercetin, Zeatin can protect your body's cells and prevent many of the common conditions associated with aging.



Moringa and free radicals?

The various parts of the Moringa Oleifera tree provide a large amount of the daily allowance of vitamins like beta carotene that support the body in removing free radicals from the tissues and bloodstream. This reduces the risk of certain cancers, keeps cells healthier, and prevents premature aging.

Our body's natural defense systems are in place to protect against the damage that can be caused by free radicals. The body produces a type of enzyme that acts as an antioxidant, basically a mighty molecule that can fight off free radicals by dissolving them. Many antioxidants come from vitamins, which the body is unable to produce on its own like the trace metal, selenium, Beta Carotene and Vitamins E and C.

Can Moringa Lower High Blood Pressure?

Moringa leaves have a measurable effect decreasing blood pressure in laboratory testing. Moringa leaves contain four compounds that are helpful in treating high blood pressure, also known as hypertension. These compounds are Niacin A1, A5, and Vitamins B3 and B10. The important nutrients needed to reduce high blood pressure in individuals are Magnesium, Potassium, Calcium, Zinc, and Vitamin E. Moringa contains all these power packed nutrients and helps support the body's production of nitric oxide. Nitric oxide assists to normalize the function of your blood vessels. The smoother the blood flows through your blood vessels the lower your risk of hypertension.



Do you suffer from High cholesterol?

Moringa leaves have Zeatin which is a powerful antioxidant and Quercetin which can neutralize free radicals and relieves inflammation. Moringa also has Beta-Sitosterol a power packed nutrient that blocks LDL "Bad Cholesterol" build-up and is an anti-inflammatory agent for your body. Moringa can reduce damage to blood vessels and keeping arteries and veins free of the plaque caused by high cholesterol. It is believed Moringa's effect on hypertension is tied to Moringa's ability to reduce cholesterol.

Can Moringa Prevent Cancer?

Moringa Oleifera has been proven helpful in treating cancer because Moringa has anti-tumor properties. Moringa can also help strengthen cells during chemotherapy treatment. The leaves as well as the seeds and extracts of the Moringa Oleifera tree serve as powerful antioxidants and also have compounds with potent anti-inflammatory properties exhibiting as anti-allergenic, antiviral, and analgesic effects. Scientists have been focusing a large number of studies on Moringa. The optimistic results are making Moringa a popular tool in cancer prevention.

Pregnant Women And Breast Feeding



Moringa nourishes the mother-to-be with an array of the most needed nutrients including Iron and Calcium which are easily absorbable. Iron and Calcium are often found to be deficient in pregnant and nursing women. Moringa has been clinically proven to assure an abundant and robust supply of breast milk directly after pregnancy, and results in highly nutritional breast milk for newborns. Most mothers who took Moringa produced twice the amount of nutritional breast milk than mothers who did not consume Moringa. Mother's Milk is the ultimate food for infants. It is far more nutritional than over-the-counter formula. Adding Moringa to a new mother's diet will ensure the highest levels of nutrients, proteins and antioxidants in breast milk. Women who consume Moringa typically have their milk "come in" faster than those mothers who do not take Moringa.

Lupus And Moringa

Moringa supplements can be combined with a healthy diet, exercise, quitting smoking in treating lupus. The leaves of the Moringa Oleifera tree have anti-inflammatory and antioxidant properties. So they reduce inflammation in the body. They also suppress the enzyme (COX-2) that is responsible for inflammation in the body. Lupus patients are often treated with NSAID's, which come with great risks that can create problems in the kidneys and in the circulatory system. There are no adverse reactions to the use of Moringa supplements with NSAIDs. Moringa is packed with vitamins and minerals as well as amino acids that help to improve overall health and in boosting the immune system. Moringa has actually been found to be safer than most of the NSAIDs that are given to Lupus patients.

Can Moringa help Alzheimer's Disease?



Recent research shows Moringa supplements may slow or even prevent the onset of Alzheimer's in those at risk! No known cure for Alzheimer's exists so prevention is key.

Traditional treatment is aimed at slowing the progress of Alzheimer's Disease. In all cases, changes in lifestyle choices are essential. In an important study, Omega 3 oils appear to prevent Alzheimer's Disease when taken 3 times a week. Moringa contains Omega 3 oils.

According to a recent study of juice drinkers versus non juice drinkers, research shows that powerful antioxidants from fresh juice may also prevent or reduce the incidence of Alzheimer's. Moringa contains an abundance of beneficial antioxidants and nutrients. The antioxidant effects of Moringa leaf supplements help to reduce free radicals in the body, which can decrease symptoms or may even prevent Alzheimer's.

Role of Moringa with the Immune System and AIDS

Moringa is effective in fighting off infections, cancers, and a variety of pathogens. It has no known side effects and is a great addition to any diet. One study has shown that the properties of the Moringa Oleifera tree contain powerful antioxidants that are helpful in boosting the immune system; the antioxidant properties of Moringa supplements can also boost the body's natural immune responses. Because people with HIV and AIDS have immune systems that are compromised, Moringa supplements can be a powerful tool the treatment of HIV and AIDS.

The antioxidant properties of Moringa can slow or even prevent some of the complications associated with AIDS. At the 14th International AIDS Conference in Barcelona, Spain, a recommendation was made that Moringa should be used in treating AIDS and HIV since it is a powerful immune system builder.

Can Moringa Help Diabetes?

The anti-inflammatory properties found in Moringa supplements can also be crucial in the treatment of those with diabetes. More than 36 compounds have been isolated in Moringa that have anti-inflammatory properties as well as a significant anesthetic effect. These same compounds and their properties are responsible for effectively helping people maintain healthy blood sugar levels. Properties of the Moringa Oleifera tree are natural immune boosters, they are helpful to people suffering from both types of diabetes.

Simply Amazing Nourishment for Teens



Most children today are attracted to junk food loaded with sodium and high fructose corn syrup. Growing children need iron in their diet for expanding blood volume which is a key ingredient for growth. Moringa Oleifera has 25 times more iron than spinach alone. When children consume Moringa as a staple in their diet they are assured appropriate levels of vitamins A, B, and C. Helps decrease and eliminates acne in teens in as little as two weeks. Students can use Moringa while studying. Moringa enhances recall the next day during tests or exams. Students are finding it much easier to remember the information they CRAMMED for the night before on test day.

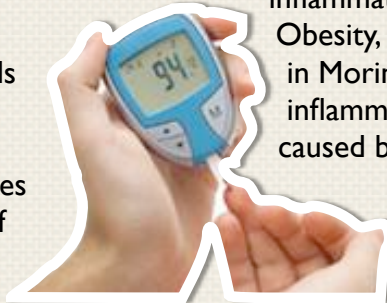
Moringa Seeds For Sexual Virility In Men And Women

In Eastern medicines Moringa has shown to help men with treating erectile dysfunction. The seeds are actually used as a sexual virility drug. Women can benefit from Moringa with enhanced sexual stimulation. The seeds can help with increasing the hardness of an erection and increase your sexual health. Vitamins and co-enzymes in the seeds increase blood flow to erectile tissue increasing cellular expansion and therefore increasing the size and hardness of the erection. The Moringa seeds are an excellent source of Calcium and vitamin D. Just one small serving of Moringa provides more calcium and vitamin D than drinking 3 cups of whole milk without consuming all the extra fat and calories.



Can Moringa Help With Anti-Inflammatory Support and Diabetes?

Scientific research now points to common diseases including: Diabetes, Attention Deficit Disorder. Compounds Quercetin support normal anti-people use Moringa for acute pain alleviate pain in elbows, shoulders, ankles vitamins and minerals, Moringa is full of excellent natural recovery



inflammation as a major contributor to many Obesity, Cardiovascular Disease, Arthritis, in Moringa including Caffeoylquinic Acid and inflammatory activity in your body. Many caused by inflammation. It has been known to and knees. Along with revitalizing Omega 3 Anti-Inflammatories an supplement

Can Moringa Help Ovarian Cancer?

Moringa leaves contain large amounts of two compounds called isothiocyanates and glucosinolates; beneficial in treating ovarian cancer by killing off cancer cells and preventing them from reproducing. There are no known side effects and Moringa packs a big punch when it comes to nutrition. The supplements offer a range of vitamins like calcium and potassium, A and C, as well as minerals and amino acids. Moringa supplements can also be beneficial in balancing hormones. An imbalance of hormones, especially estrogen, can create a higher risk of ovarian cancer. In all, Moringa supplements are a powerful supplement for women who are at risk for Ovarian cancer, whether because of environmental reasons or genetics

Treating Infections And Minor Skin Infections

Women who have had a C-Section or any other surgery where the skin is scarred Moringa Leaf powder can help to heal the skin and significantly reduce scar tissue. One of the original benefits of Moringa was skin purifying properties. The crushed Moringa seeds are a natural environmental protection of skin and have anti-aging benefits for your skin. Moringa is used as a topical treatment for minor skin infections. Pterygospermin is the bacterial and fungicidal compound found in Moringa. This helps with scrapes, sores rashes, and cuts. The MORINGA OIL & various other Moringa beauty products will not clog your pores like most other skin care products. You never want to put anything on your skin that will hamper the excretion of harmful toxins.



Enjoy A Stronger And Longer Work-Out

Moringa is a natural organic energy booster. Many martial art instructors and professional sport trainers use Moringa to extend their physical regimen even, after their muscles are fatigued. Moringa will not give you the ups and downs of other nutritional supplements that are associated with caffeine and sugar. One of the best ways to enjoy the benefits of Moringa is the Moringa Protein Shake.



Can Moringa Treat Herpes?

While there have been many natural remedies used in treating symptoms of herpes outbreaks, one of the most effective in treating symptoms is the extract from the Moringa oleifera leaf. Tests show that even a small amount of Moringa extract created great results in increasing periods of remission and also in reducing the intensity of the outbreaks. Moringa has antimicrobial effects that are helpful in treating the symptoms of herpes simplex I. No known cure for herpes simplex I exists and most treatments focus on controlling the symptoms using anti-viral drugs to control outbreaks.



Can Moringa relieve Gastric Ulcers?

A number of medical studies have identified the positive effects of Moringa leaves in treating digestive tract disorders like gastric ulcers. Ayurvedic practitioners have been treating ulcers and other digestive disorders with Moringa leaves for centuries. Moringa supplements reduce inflammation. Moringa also increases capillaries' resistance to this bacteria.

Since Moringa is established as an antioxidant that can eliminate free radicals from the body, Moringa also works to improve overall health in people suffering from gastric issues and is soon expected that Moringa will be incorporated into traditional medical treatment plans for ulcer patients.

Can Moringa Improve Liver Function?

Studies show that Moringa has the power to decrease, and in some cases reverse the effects of liver disease. One recent study indicated that Moringa supplements can protect the liver by gently cleansing the liver and flushing toxins before they can create any damage. Another Moringa study took place surrounding "acetaminophen overdose liver damage". According to that study, Moringa helped the liver maintain its normal levels of glutathione, which aided to protect the liver from damage. Moringa can improve liver function and help it more effectively rid toxins from the body.

Are You Suffering From A Major Hangover?

Moringa Oleifera has been shown to take away a severe hangover headache in as little as 1 hour. It will also help calm a queasy stomach associated with vomiting. Moringa Oleifera will help soothe your hangover by replacing essential vitamins and nutrients you lost over night. It's best to take the Moringa Oleifera powder mixed with liquids, to have it start working immediately.



Is Your Energy Zapped In The Afternoon?

Moringa will give you a natural lift through-out the day for an extra NATURAL ENERGY boost without caffeine, preventing the afternoon caffeine crash.



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