

MORINGA OLEIFERA

One of the best ways to take charge of your health is to know some of the facts out there regarding what we gain from our daily diets and dietary supplements.

United States Department of Agriculture

(USDA): *The publication What We Eat in America: NHANES 2001-2002, based on a federal dietary survey of almost 9,000 people, shows that almost a third of us are getting too little Vitamin C, almost half too little vitamin A, more than half too little magnesium, 92 to 97% too little fiber and potassium, and 93% too little vitamin E.*

*A 1991 study done by the British, and a more recent one done by the University of Texas based on USDA data, show that the **food grown today is less nutritious than that grown 60 years ago**, due to soil depletion, fertilizers, and high yield varieties. While fertilizers cause plants to grow bigger and faster, they do nothing to increase the plant's ability to absorb nutrients at a faster rate. Research has also found that plants have a fixed amount of energy and varieties with high yields may not have the energy to absorb enough nutrients from the soil to fully supply that high yield. These studies show that onions have 75% less calcium, potatoes 35% less calcium and 45% less iron, spinach 60% less iron, cabbage 71% less iron, and carrots 75% less magnesium than they did in 1940.*

Reader's Digest: (April 2010): The Vitamin Scam...Page 86,

All we know about manufactured multivitamins is a myth. Actually the pill we think keep us healthy doesn't benefit us. The article begins by saying "Oh, it's painful when another myth gets shattered. Recent research suggests that a daily multi is a waste of money for most people-and there's growing evidence that some other old standbys may even hurt your health." The study author, Mariam Neuhouser, PhD, in the cancer prevention program at the Fred Hutchison Cancer Research Center, in Seattle said "Multivitamins have maybe two dozen ingredients-but plants have hundreds of other useful compounds.

Moringa Oleifera leaves or the leaf powder can help make your diet nutritious.

There is one general question asked about Moringa, why is Moringa Oleifera plant not known by many? **The answer is:** Moringa has been around over thousand years and if you were the pharmaceutical industry selling hundreds of different things that generate you billions in revenue would you let a cheap plant like Moringa Oleifera get you out of business?

What is MORINGA?

Moringa Oleifera is the most widely cultivated of 13 Moringa species of Moringaceae. This rugged, hardy plant is grown in most tropical countries in Sub-Sahara Africa, northwestern India and Asia. It is among the world's most useful plants. Moringa tree has only recently been rediscovered as a plant with remarkable potential and importance.

Modern Science is now proving that these tiny leaves are packed with incredible nutrients that can strengthen our bodies and prevent deficiencies. *World Health Organization and Food Agriculture Organization* have been promoting Moringa as an alternative to imported food supplies to treat malnutrition since 1998 in part of the world. Moringa is a powerful discovery that can make a significant difference in the health and life quality of millions of people.

It is known as the '**Miracle Tree**' due to its incomparable nutrients. Every part of the Moringa tree is edible. Although widely popular in other parts of the world, its use in the United States has only started.

Nutritional and Health Benefits: a powerhouse of natural multi-vitamins, minerals, amino acid, antioxidants and anti-inflammatory components.

Nutritional values: Moringa Oleifera plant or powder has; **3 times the Iron** of Spinach, **4 times the Calcium** of Milk, **2 times the Protein** of Yogurt, **4 times the Vitamin A** of Carrots, **7 times the Vitamins C** of Oranges, **3 times the Potassium** of Bananas.

Medicinal values: Vitamins A thru K, Minerals, Essential Amino Acids, 46 Antioxidants, 36 Anti-inflammatory components and more.

Moringa leaves contain a wealth of essential, disease-preventing nutrients.

What can Moringa do for me?

What Moringa does in the body: 4-6 tablespoonfuls of Moringa leaf powder or 1,000mg TWICE everyday will energize and rejuvenate the body.

With its high levels of vitamins, minerals, and amino acids, Moringa replenishes the body and helps it to heal and rebuild gradually.

It contains **all 20 essential amino acids**, which is unusual for a plant source. Unlike synthetic vitamins and supplements, Moringa naturally combines its nutrients with over **46 antioxidants** and **36 anti-inflammatory compounds** which are well absorbed by the body.

Its **therapeutic effect** aids in the decrease of high blood pressure and in some cases is used to help control blood sugar. It has been known to boost energy levels, improve digestion, vision, mental clarity, alleviate diabetes, fight cancerous cells, cleanse and detoxify the body of infectious toxins, strengthen immune system and overall well-being, plus a decrease in symptoms associated with fatigue, arthritis, and aging. It is an exceptional nutritious vegetable tree with a variety of potential uses. The leaves are highly nutritious, being a significant source of beta-carotene which is good for the eyes and effective against cancer, Vitamin C, protein, iron, and potassium. The tree is a good source of calcium and phosphorus.

Before you buy Moringa online this is what you need to know.

Ever since Moringa was mentioned on TV by Dr. Oz, Moringa Oleifera Supplements have been flying off the shelves...capitalism greed has set in and unscrupulous marketers have rushed products to market that are NOT likely to work.

Stay away from bargain prices or FREE trials Many have taken to growing Moringa on large scale using chemicals so they can get it out to the consumers in no time. Your health is no joke, verify the source before you buy and stay away from low priced deals online. Your health is more important than saving a buck or two.

Stay away from extracts and blends - Moringa is popular for its powerful energy packed nutrient profile. Any kind of extract or added ingredients defeats the purpose of gaining all the benefits of pure Moringa.

Things To Look For When Buying Moringa Oleifera...Ensure your Moringa come from FRESH leaves -Farmers in tropical Africa do not have the capital capacity to grow Moringa on large scale so you are guaranteed to have one of the purest and quality Moringa products if it's from Africa. Processing them quickly takes labor...and that costs money. If you see a low cost Moringa supplement, you can be sure it is not fresh.

WHOLE leaves, powder and no extracts - The point of Moringa is the nutrient profile of the whole leaf. Any kind of extract is defeating the purpose of gaining the maximal amount of nutrients.
Moringa should look green in color with a natural smell of a plant or earth...if you see any other color of Moringa with a funny smell; it's something you should stay away from.

HOW TO USE MORINGA OLEIFERA

Moringa is easy to use, pleasant tasting, and very versatile. It can be used as a daily dietary supplement, as an ingredient in soups, sauces, breads, or desserts, or as a deeply nourishing tea. Initially, it is recommended that you start by taking 1 teaspoon of Moringa three times every day for about a week to get the body accustomed to it and to minimize strong detoxification effects. After this, gradually increase daily intake to the recommended amount.

If taking as a supplement, add the appropriate amount to water, juice, smoothies, or milk/ milk alternatives, shake, blend, and enjoy. In pure water, Moringa will settle on standing, so remember to shake well before drinking.

There is no doubt in the last forty years, Moringa plant has become one of the best known natural source for its incredible vitamins and minerals. There are numerous studies that reveal Moringa's nutritional and health benefits. Google the references url's to get more information...information is power.

REFERENCES for more information:

I did not seek permission to use some of these materials from the listed websites below:

- *<http://moringaoleifera.multiply.com/>
- *<http://www.moringatree.co.za/analysis.html>
- *http://www.moringanews.org/biblio_en.html
- *http://en.wikipedia.org/wiki/moringa_oleifera
- *<http://leafpower.wordpress.com/moringa-benefits/>
- *<http://www.tfljournal.org/article.php/20051201124931586> (**Johns Hopkins School of Medicine, Department of Pharmacology and Molecular Sciences Research**)
- *<http://www.treesforlife.org/our-work/our-initiatives/moringa>
- *http://www.hort.purdue.edu/newcrop/duke_energy/Moringa_oleifera.html

NATIONAL INSTITUTE OF HEALTH (NIH), USA.

Moringa extracts modulate prostate-specific antigen (PSA) and testosterone expression

*http://nihrecord.od.nih.gov/newsletters/2008/09_05_2008/story4.htm

*<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2679503>

LA TIMES NEWS A Common Tree With Rare Power

*<http://articles.latimes.com/2000/mar/27/news/mn-13183>

SKIN CARE COMPANIES are using it in their products:

Estee Lauder night serum contains Moringa oil
Decleor-Moringa oil is an anti-pollutant

Tiny leaves. Enormous benefits

7 LEAVES = 7 CUPS of the Vitamin C & Oranges

4 LEAVES = 4 CUPS of the Vitamin A of Carrots

4 LEAVES = 4 CUPS of Calcium of Milk

3 LEAVES = 3 CUPS of the Potassium of Bananas

2 LEAVES = 2 CUPS of the B12 of Yogurt

Order your MORINGA powder now and be on the way to energizing and rebuilding your body. **(910.728.2186)**

MORINGA OLEIFERA
The Miracle Tree

Mother nature provides us all we need in this plant, vitamins, proteins, minerals, amino acids, antioxidants and anti-inflammatory compounds



Madonna planting Moringa tree in Malawi (Africa)

The Bethesda, MD.-based International Eye Foundation is using Moringa in Malawi because it's loaded with Vitamin A, the lack of which causes 70% of childhood blindness.

MORINGA: YOUR BODY FLOURISHES

These statements have not been evaluated by the FDA. Our products are not intended to diagnose, treat, cure or prevent any disease. We make no medical claims and invite you to see your doctor when using this product.