

Secret  Moringa

Moringa of the Tree of Life

Super Green Food for Increasing Everything from Energy, Weight Loss, Skin, Muscle Building, Bone and Joint Health, Detox & Immunity Boosting to Age Reversal



17 times
the Calcium
of Milk

+



15 times
the Potassium
of Bananas

+



10 times
the Vitamin A
of Carrots

+



9 times
the Protein
of Yogurt

+



4 times
the Chlorophyll
of Wheatgrass

+



25 times
the Iron
of Spinach

+



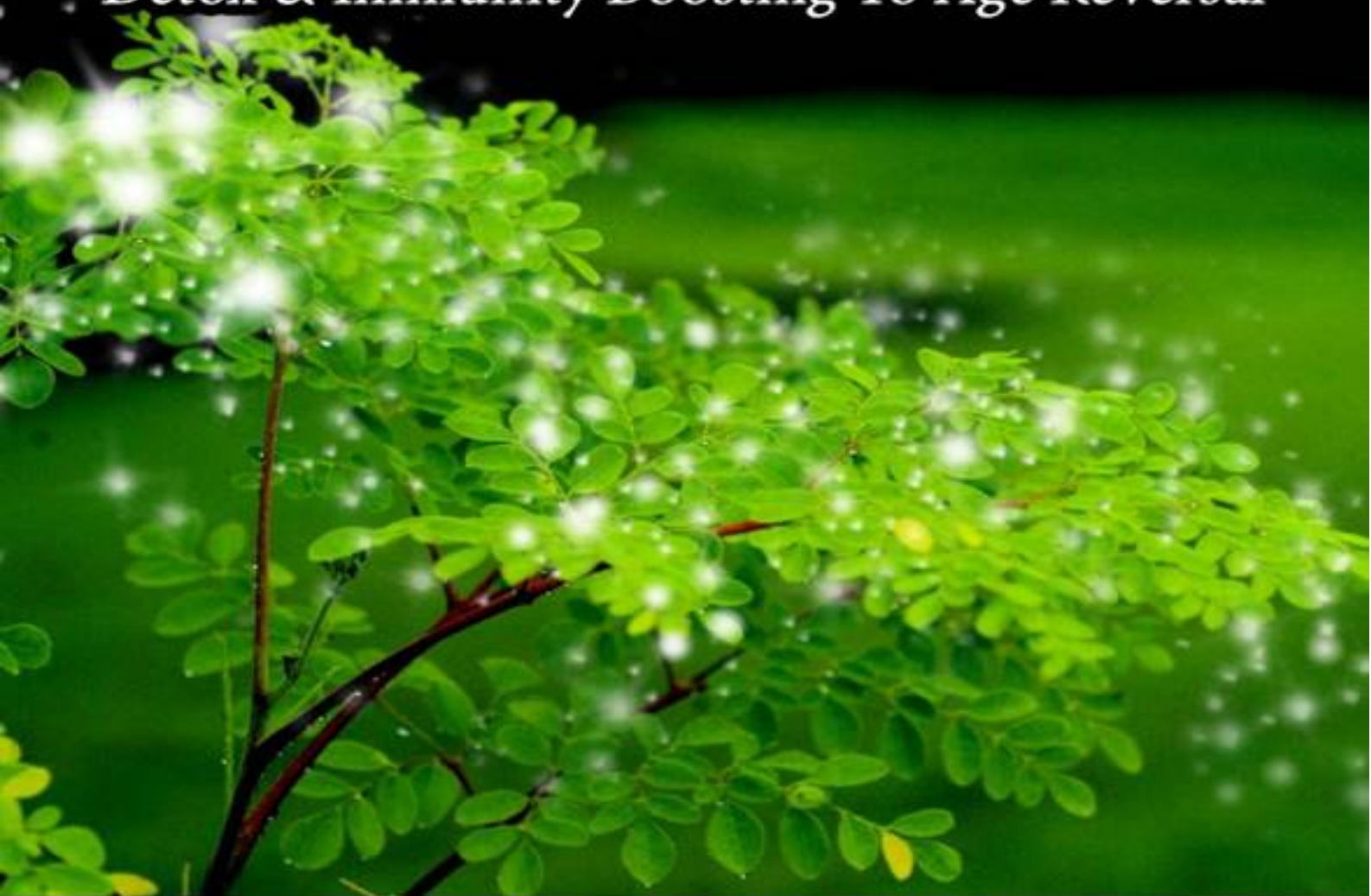
92 Nutrients, 46 Antioxidants,
Omega 3,6,9,
Zeatin, Vitamin A-Z



BY THEBESTOFCREATION

Moringa *of the* **TREE OF LIFE**

*Super Green Food For Increasing Everything
From Energy, Weight Loss, Muscle Building,
Detox & Immunity Boosting To Age Reversal*



THEBESTOFCREATION

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“Let thy food be thy medicine and thy medicine be thy food. If it is the greatest truth that you seek, the plants can direct you”

Nutrient Deficient Society



“99% of the American people are deficient in minerals, and a marked deficiency in any one of the more important minerals actually results in disease”

First and foremost we must ponder and reflect on the fact that we are ultimately made of the Earth and the underlying notion behind what it means to be composed of her elements. The same chemical elements found in soil make up our bodies. Therefore; the food we choose to consume must come from a source that is derived from the Earth; composed of minerals from nutrient rich soil.

Majority of the foods people buy today in grocery stores are grown in mineral deficient soils. Food crops grown on depleted soils produce foods with lack of nutrition which causes malnourished bodies fall prey to all sorts of diseases. When we lack minerals, we lack vitamins, because minerals are catalysts to vitamins in the body.

Vegetables and fruits need more than just sunlight and water. In order to grow, they require a variety of different nutrients. In natural environments such as prairies and forests, plants obtain most of their necessary nutrients from minerals found within the soil. When these plants die, they fall to the ground, decompose, and release nutrients back into the soil, making them available for new plants to absorb. In this way, nutrients are recycled with each generation.

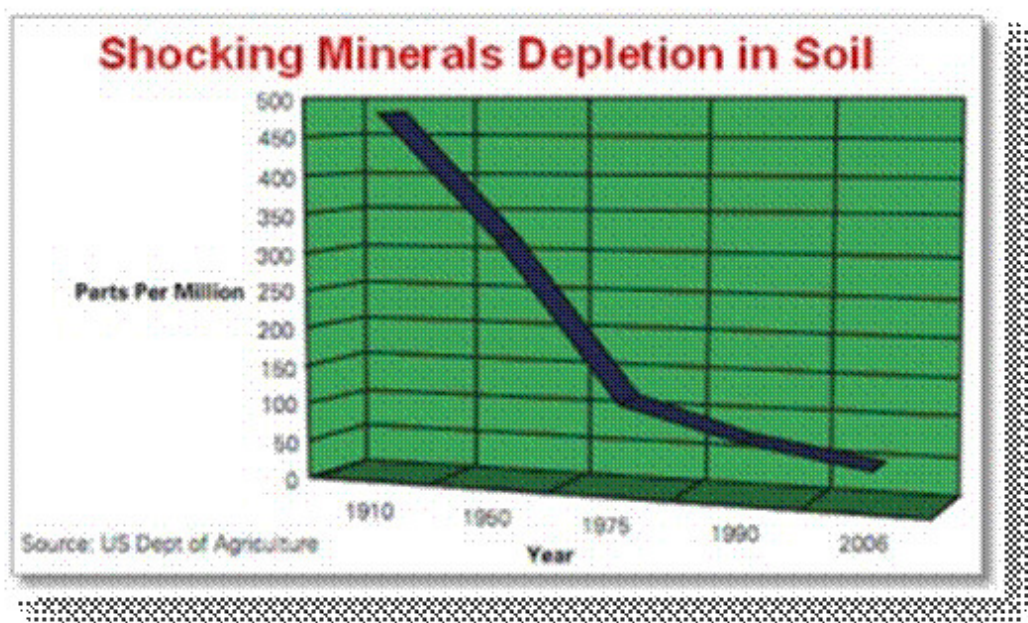
On farms, the nutrient cycle is somewhat different. Since crops are continually harvested or eaten by grazing livestock, there is no steady supply of decaying plant material to replenish nutrient levels within the soil. Instead, nutrients must be restored by adding fertilizers to the soil.

Traditionally, agricultural soils were fertilized using livestock manure, which is rich in nutrients and organic matter. Farmers also practiced crop rotation, regularly alternating the types of crop grown in various fields and periodically allowing fields to remain unplanted. This process enables organic matter to accumulate and decompose, thus restoring nutrients to the soil.

Industrial agriculture has dramatically altered the nutrient management practices used on farms. Today, industrial farms no longer raise animals and crops together; instead, livestock are raised on enormous concentrated animal feeding operations (CAFOs), and crops are mass-produced on separate farms. Although CAFOs generate tremendous amounts of manure, it's too costly to transport it to other cropland for use as fertilizer.

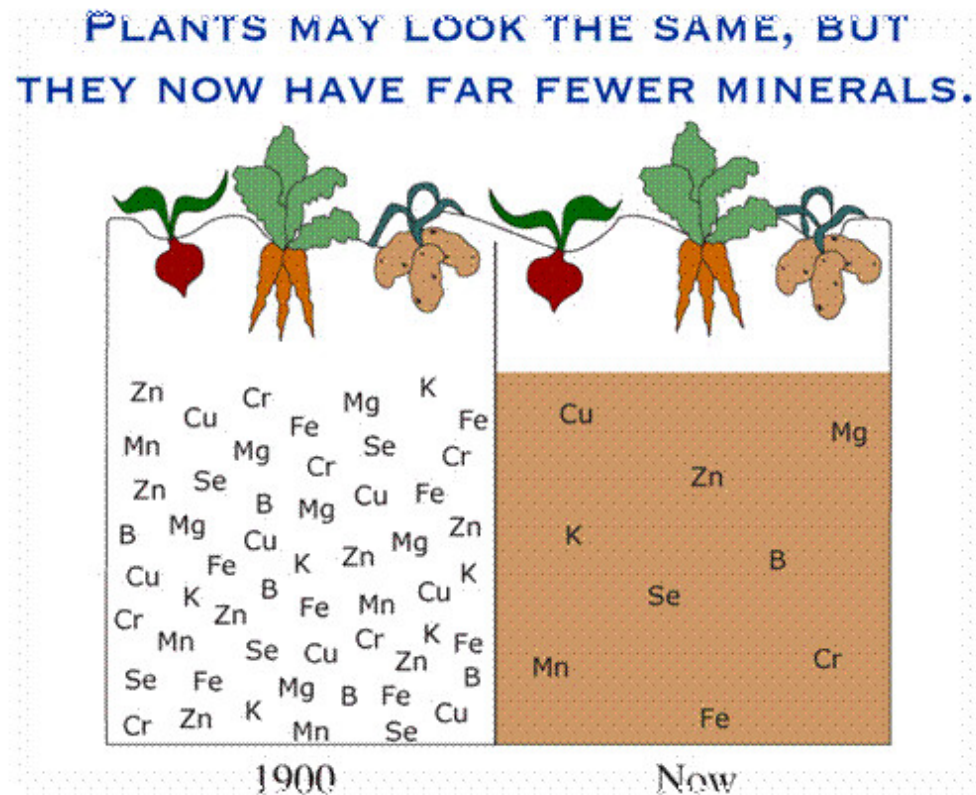
Instead, today's large-scale industrial farms depend on synthetic, manmade chemical fertilizers to support high-intensity crop systems. Unfortunately, synthetic fertilizers are often over applied to cropland. In fact, it's estimated that only about half of all fertilizers are actually

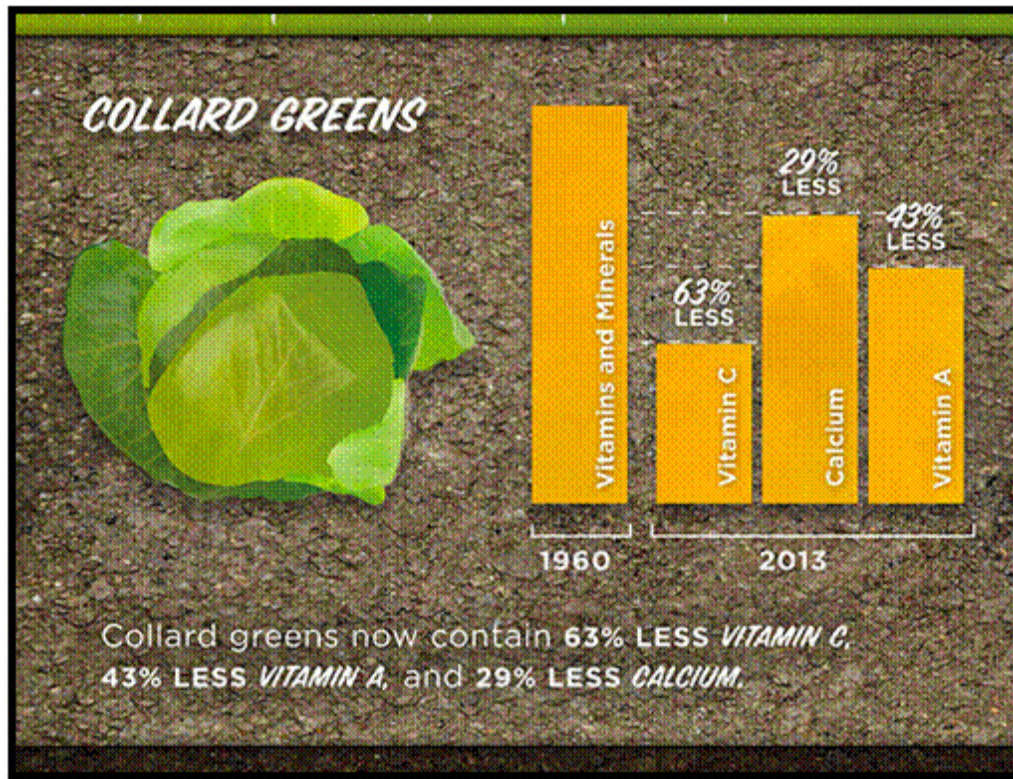
absorbed by plants; the remaining chemicals pollute the atmosphere, soils and waterways. The enormous amount of manure generated also causes significant pollution problems. In order to avoid the expense of treating or transporting this animal manure, CAFOs typically store the waste in huge open-air pits, or "lagoons," and eventually spray the untreated liquid manure onto surrounding land. The over-application of synthetic fertilizers and manure both contribute to the growing problem of nutrient pollution.



Soil Depletion –It would be overkill to say that the carrot you eat today has very little nutrition in it but it is true that fruits and vegetables grown decades ago were much richer in vitamins and minerals than the varieties most of us buy today. The main culprit in this disturbing nutritional trend is soil depletion: Modern intensive agricultural methods have stripped increasing amounts of nutrients from the soil in which the food we eat grows. This is the number one reason that most Americans are mineral deficient. Soil depletion has been well documented since the US Senate made their study back in 1936. Even organically grown vegetables are

lacking in minerals. Organic farming only addresses the pesticide/chemical issues most typically.





Minerals are often referred to as trace elements because humans need only small amounts of them. There are specific recommended dietary allowances for minerals. But because less is known about every specific mineral, there are only safe and adequate daily ranges for them. The low end of the range prevents deficiencies that can impair your body's function; the high end of the range is below toxic doses.

Supplementation with minerals is not a simple solution. It is not enough to supplement with one mineral to fix a specific deficiency, though for short periods of time with extreme symptoms it can certainly be helpful. But, knowing how to approach this can be tricky. I personally suggest supplementing with Moringa or otherwise with someone qualified to help you balance your minerals safely if you are looking to supplement.

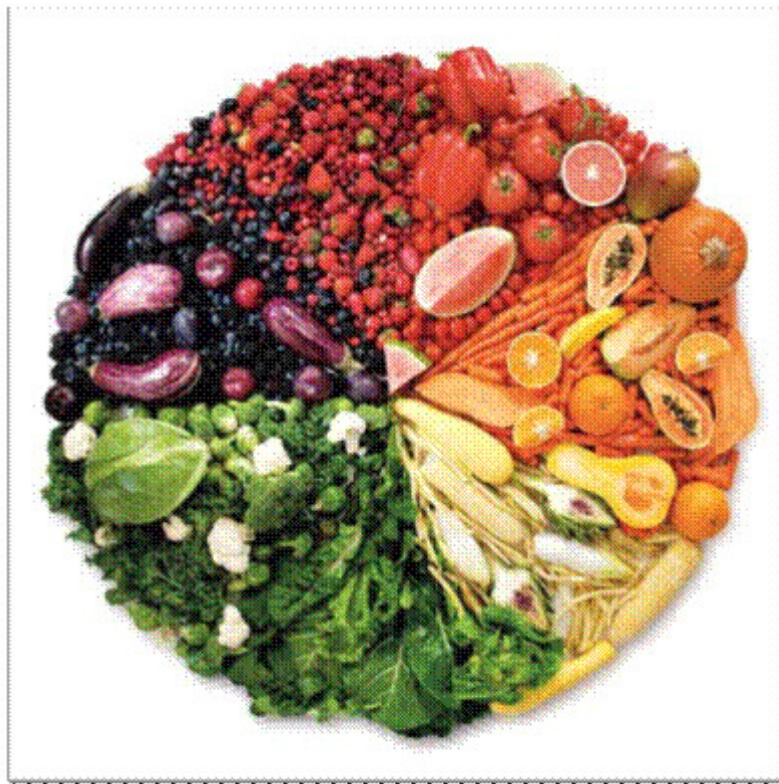
FOOD CRAVINGS		
YOUR CRAVING	WHAT YOU NEED	WHAT TO EAT INSTEAD
CHOCOLATE →	MAGNESIUM →	Nuts, seeds, veggies & fruits
SUGARY FOODS →	CHROMIUM →	Broccoli, grapes, cheese, chickpeas
	CARBON →	Fresh fruits
	PHOSPHORUS →	Chicken, beef, fatty fish, eggs, dairy, nuts, veggies, grains
	SULPHUR →	Cranberries, horseradish, cabbage, cauliflower
	TRYPTOPHAN →	Cheese, raisins, sweet potatoes, spinach
BREAD, PASTA & OTHER CARBS →	NITROGEN →	High protein foods: meat, fat fish, nuts, beans, chia seeds
OILY FOODS →	CALCIUM →	Organic milk, cheese, green leafy vegetables
SALTY FOODS →	CHLORIDE →	Fatty fish, goat milk
	SILICON →	Cashews, nuts, seeds

It's not enough to test the blood to find out the body's mineral status. I can recall a few years back when I visited my doctor for blood test for iron deficiency, which is common among black males. My doctor suggested iron pills and retested my blood and sure enough, it would show my iron levels were back up. But in reality iron deficiency only counts for 1/3 of the problem I was facing. What caused the iron deficiency in the first place? Those were never addressed. Not only that, but if I was lacking in iron, what about the other vitamins that work synergistically with iron?

It is rare that a single mineral deficiency will develop. This is why supplementing with just iron is not a good approach. The best way to

ensure you are getting a wide array of minerals is by consuming whole foods, which are a properly prepared nutrient dense diet. Understanding traditional foods and what our ancestors and indigenous tribes and cultures ate throughout history can really help us in our modern day peril of industrialized processed foods and depleted soil society.

Why You Need Phytonutrients



When we talk about wellness, usually we are referring to our state of well-being as it pertains to our quality of life. There are generally six agreed upon perspective on wellness; social, emotional, spiritual, intellectual, occupational and physical. Some studies on wellness also suggest looking at environmental and financial as additional dimensions. Wellness, much like health is a lifelong marathon. Wellness also requires

a level of awareness of our surroundings and a commitment to making daily choices that are in our best interest.

Once upon a time it was thought that fats; proteins, carbohydrates, vitamins, and minerals were all the nutrients necessary for growth and health maintenance. Now we know there's another missing essential group of nutrients needed for optimal health known as phytonutrients, or phytochemicals. These are the nutrients often concentrated in the outer skins of many fruits and vegetables. These phytochemicals are responsible for their color, scent, and flavor. Examples of foods rich in these nutrients include: tomatoes, red onions, green tea, grapes, red cabbages, sweet potatoes, etc.

Plant-based foods promote good health. We have known for a while that plant-based foods are extremely beneficial to consume, and phytonutrients may be the reason why. Phytonutrients help the cells communicate better with each other, prevent mutations at a cellular level, anti-inflammatory, antioxidants and many other functions we are only beginning to understand. What we do know is they help fight cancer, heart disease and most chronic diseases in general. They have properties that are anti-aging, boost the immune system and generally promote health. Phytonutrients are compounds found in plants. They serve various functions in plants, helping to protect the plant's vitality.



Best known phytonutrients: Fruits and vegetables are concentrated sources of phytonutrients. Since many phytonutrients also serve as the pigment that gives foods their deep hues, you can identify many phytonutrient-rich foods by looking for colorful foods; for example, look for foods that are dark in colors like blueberries, red cabbage, red onions, kale, collard and so forth.

Plants are not designed to be mobile; as a result they have developed their own form of protection against. Phytonutrients are chemical compounds in plants that protect it from invaders, pests, and environmental toxins. It is not just the vitamins and minerals that make vegetables highly nutritious. In general, it is the phytonutrients which help prevent disease and infection, and improve general wellness.

The best known phytonutrients are the **carotenoids, flavonoids, polyphenols, indoles, lignans and isoflavones** . Each class of phytonutrients has different effects, the more varied the colors the better. This is because like other nutrients; different phytonutrients offer

different benefits and work synergistically with each other. For example, flavonoids and carotenoids have more health promoting properties when they're eaten together in the same food rather than when they are taken separately. It is always best to get your phytonutrients from fresh organic fruits and vegetables, but if you do not live in a highly all natural tropical environment, I highly recommend you get Moringa powder from <http://secretmoringa.com> which will supply you with your daily spectrum of phytonutrients.

Mom Always Told Us to Eat Them

When was the last time you counted the number of servings of fruits and vegetables you consumed in a day? Do you know how many an average adult should be consuming?

According to the Vegetable Alliance report, the average American consumes 0.68 servings of fruit and 1.13 servings of vegetables daily. (Only 6% of individuals achieve their recommended target for vegetables; similarly, only 8% achieve their recommended target for fruit in an average day, these reports include French fries and ketchup fries when accounting for vegetable consumption :) Per this report, the average American should be consuming more than 10x the servings a day consuming more vegetables and fruits can only be good for us, and we all should be eating more. Why don't people? What are the stumbling blocks? Time? Cost? Taste? Are they even available where you live?

Why Fruits and Vegetables are Vital I would first like to explore the reasons why fruits and vegetables are so vital for optimal human nutrition and performance. The intent is to undermine the previously mentioned

excuses. Fruit and vegetables not only contain your household nutrients like vitamin C, vitamin E, calcium, but they are abundant in **phytonutrients** .

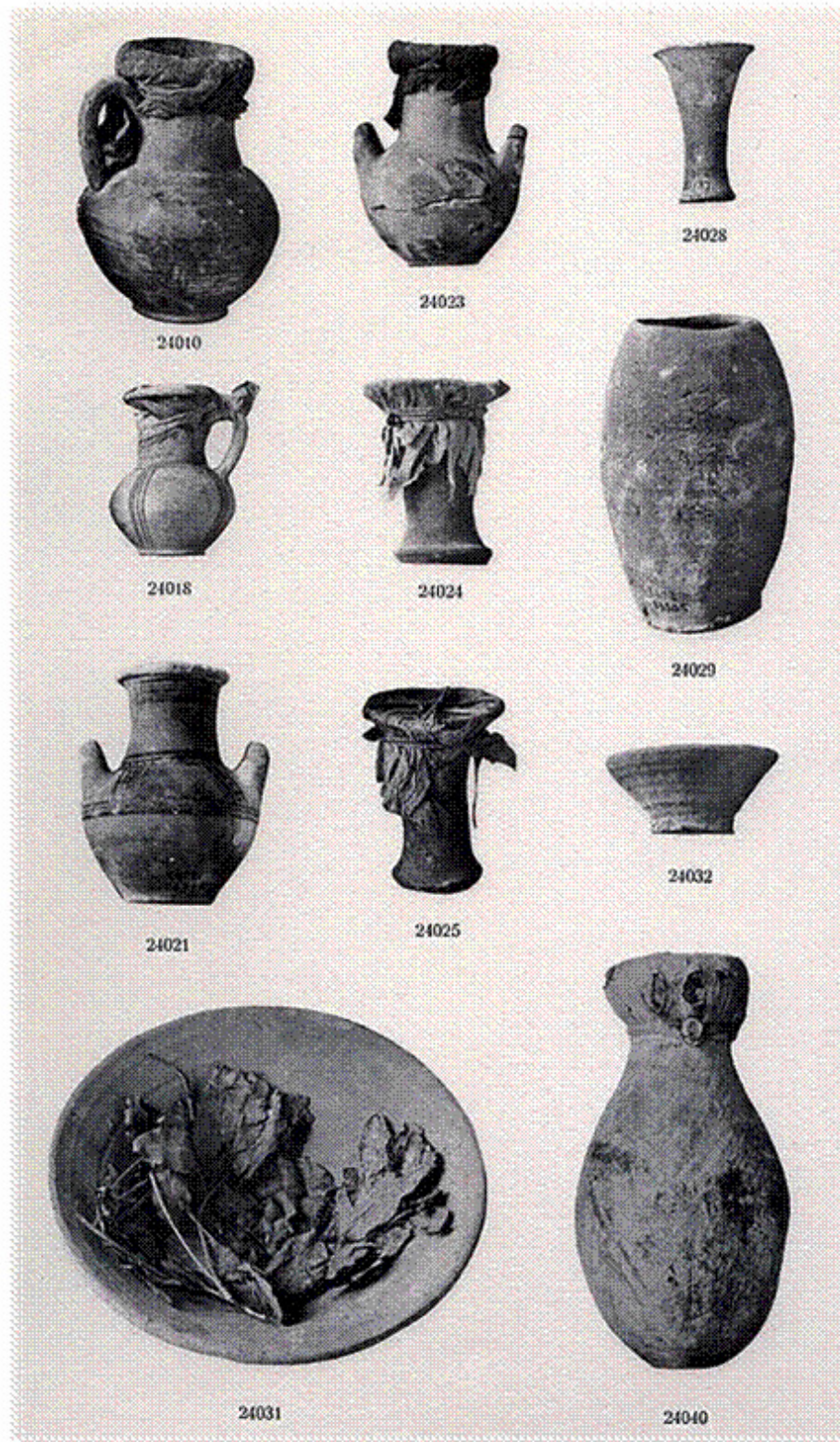
These **phytonutrients** allow for optimal cellular function, regeneration and communication. When our cells are communicating effectively, the proper sequence of enzymatic reactions take place. This all leads to biochemical reactions for creating healthier tissues, organs, detoxification of foreign substances, a strong immune system, and muscles that will perform optimally at all times.

The key is to watch out for what you consider to be as your source of minerals and nutrients. Vitamins and mineral pill from GNC or Walmart? Fruits and vegetables from a grocery store? Even the above mention options may contain some nutrition, they do not act the same way in the body when consuming from an organic whole food source. Consuming isolated supplement pills are pointless; these supplements are essentially missing key co-factors or enzymes. To allude to the guitar analogy, it is like taking out the string section and expecting the same sound. In order to receive the proper minerals, ideally the food has to be bioavailable, meaning they can be utilized by the body.

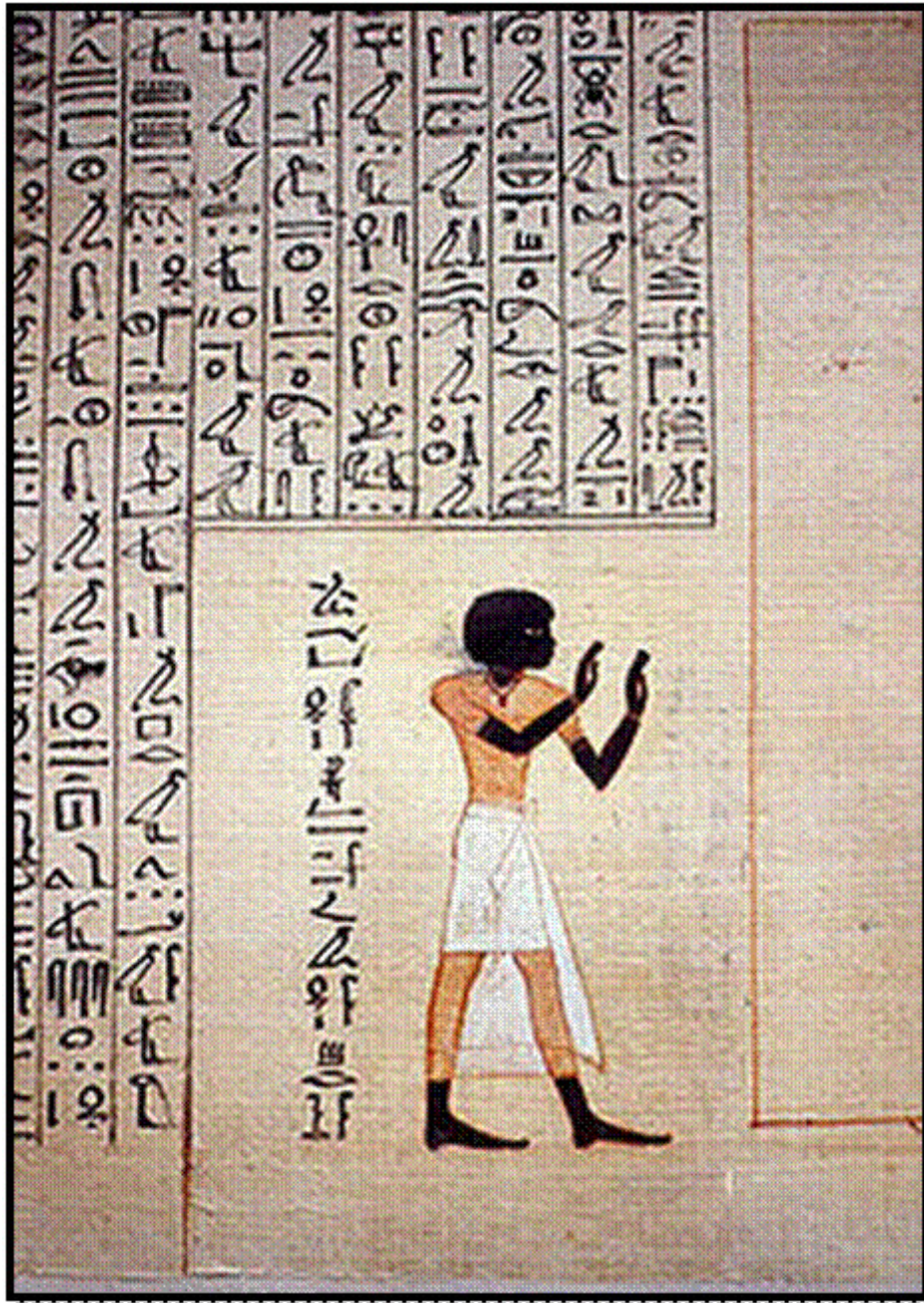
Where Do I Get Phytonutrients?



Now that we know the basic definition and function of phytonutrients, let us take a real close look at Moringa.



“Ancient Kemit (Egypt) in the Tomb of Maiherpri, they found jars of Moringa Oil”



“Ancient Kemit (Egypt) - the Tomb of Maiherpri, they found Moringa oils used on the mummy to preserve the body to lasts for thousands of years”

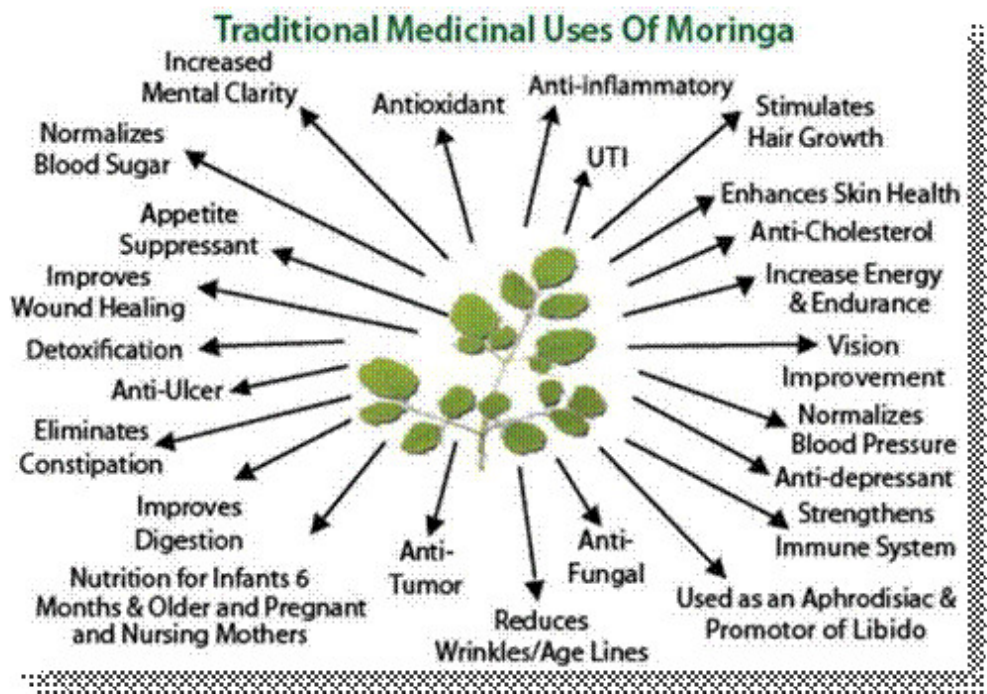
Moringa is a remarkable discovery which can make a tremendous difference in your health and quality of life. Mounting scientific evidence shows what has been known for thousands of years by people in the tropical parts of the world: Moringa is nature's medicine in a box. It is best known as an excellent source of nutrition and a natural energy booster. Loaded with nutrients, vitamins and amino acids, it replenishes your body and provides what you need to get through a hectic weekday or active weekend. As the candles multiply on top of your birthday cake, you may find yourself slowing down and saying, "I just don't feel good anymore." Moringa gives back some of the energy you thought was lost.

Superfood: What is Holistic Nutrition



The word “holistic” is an adjective which relates to the “whole” or the total sum of all parts. Holistic is the idea that natural food source and their properties should be viewed as wholes, not as collections of parts. **Nutrition** , relates to the process of nourishing or being nourished.

Dedicated to the super-food nutrition that Moringa provides, we will focus our attention on the basic building blocks it provides for the physical body. We will begin with the axiom, “your health is your wealth.” Nowadays; the food supply does not give our bodies the proper nutrition it needs to thrive anymore. Walking into a food store is like walking through a mine field of artificial ingredients, genetically modified foods, high fructose corn syrups, and preservatives of so-called “franken foods.”



Substituting the basic building blocks of nutrition with these industrial food nightmares are the causes of many ailments throughout our society, which includes diabetes, cancers, cardiovascular issues, food allergies and more. Moringa is a holistic plant that contains all of the basic building blocks of life that are 100% absorbable by the body. This plant will give the body the basic nutrition it needs to restore back to its original state of full potential, no matter what age or gender. Moringa really is the symbol of what holistic nutrition really means.

Moringa is one of those foods that people take for all kinds of different reasons. It has multidimensional properties like: antioxidant, antitumor antibacterial, antihypertensive, antispasmodic, hepatoprotector, diuretic, nutritional supplement, just to name a few. The nutritional components found in this product are overwhelming. It contains high amounts of vitamins, minerals, fibers, and protein.



“Ancient Maryan/Moor-yan warriors of India were fed moringa leaf extract at the warfront. The Moringa supplied them with the extra energy and relieve them of the stress and pain incurred during defeating Alexander the great”

Moringa Superfood

It is the tree of life, it has been known since ancient times for nourishing the body because it is packed with all the necessary vitamins and minerals. Also known as the miracle tree, Moringa is a super food as it contains everything the body needs to regenerate, rebuild and heal. Scientifically speaking, countless studies have proven Moringa is the miracle solution to cure and treat global malnutrition, obesity, and health problems.



There are many health benefits in consuming Moringa, which is why it has earned the title of a super food, and is also sometimes known as the miracle tree, or the tree of life . Taken it regularly and consistently, will nourish the body with all the required necessary vitamins and minerals. Hence, it is called the miracle tree of life.



Superman Food

Moringa is simply the most nutrient rich plant ever discovered. In fact, there is literally no other plant species on Earth with a more densely packed profile of nutrients. It has been called the “miracle tree” and the “tree of life” in many cultures around the world and it is known by over 200 different names and grows in more than 80 countries. It uses as a health and medicinal plant has been studied, written about and experienced for centuries. History reveals that ancient kings and queens from the Romans, Greeks, and Egyptians used this magical plant for healing, skin protection and water purification, its oil was also placed in the tombs of ancient Egyptians for use in the afterlife. Moringa is a nutritional powerhouse that is considered Ayurvedic medicine in India and nowadays is also being promoted by various humanitarian and

governmental organizations as a means to combat malnutrition in impoverished areas of the world.

Nutrient Chart



Some antioxidants present in Moringa			Vitamins		Minerals	
Alanine	Delta 7-Avenasterol	Prolamine	Vitamin A (Carotene)	Alpha-Carotene	Proline	
Alpha-Carotene	Glutathione	Proline	Vitamin B1 (Thiamin)	Arginine	Quercetin	
Arginine	Histidine	Quercetin	Vitamin B2 (Riboflavin)	Beta-Carotene	Rutin	
Beta-Carotene	Indole Acetic Acid	Rutin	Vitamin B3 (Niacin)	Beta-Sitosterol	Selenium	
Beta-Sitosterol	Indoleacetonitrile	Selenium	Vitamin B6 (Pyridoxine)	Caffeoylquinic Acid	Threonine	
Caffeoylquinic Acid	Kaempferal	Threonine	Vitamin B7 (Biotin)	Campesterol	Tryptophan	
Campesterol	Leucine	Tryptophan	Vitamin C	Glutathione	Indoleacetonitrile	
Carotenoids	Lutein	Xanthins	Vitamin D	Histidine	Kaempferal	
Chlorophyll	Methionine	Xanthophyll	Vitamin E	Indole Acetic Acid	Leucine	
Chromium	Myristic Acid	Zeatin	Vitamin K			
Delta 5-Avenasterol	Palmitic Acid	Zeaxanthin				

Essential Amino Acids				Non-essential Amino Acids				
Phenylalanine	Tryptophan	Isoleucine	Lysine	Alanine	Aspartic Acid	Glutamine	Histidine	Serine
Threonine	Valine	Leucine	Methionine	Arginine	Cystine	Glycine	Proline	Tyrosine

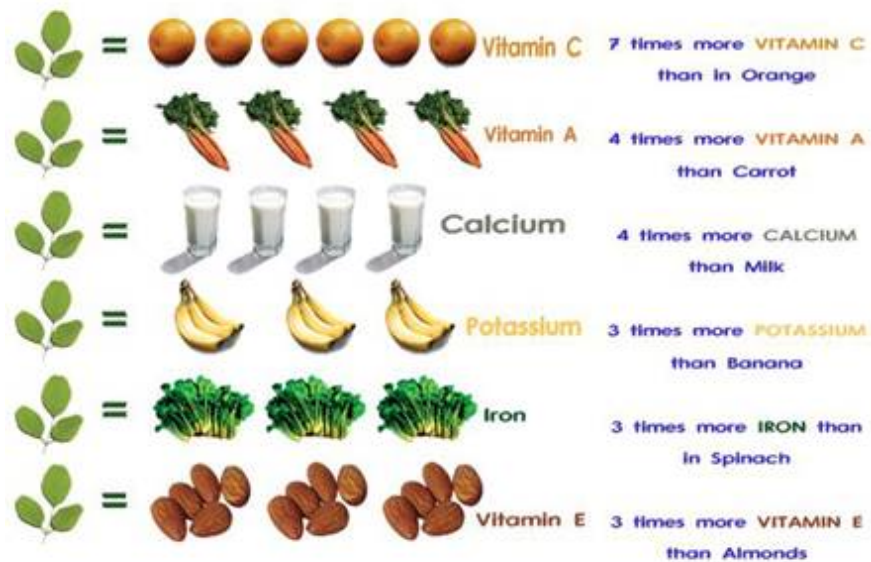
The list of minerals present in Moringa is abundant and few of the main minerals include calcium, copper, iron, potassium, magnesium, manganese and zinc. Calcium is one of the most important minerals for the growth, maintenance, and reproduction of the human body. Blood coagulation, transmission of nerve impulses, muscle contraction and

relaxation, normal heart beat, stimulation of hormone secretion, activation of enzyme reactions, as well as other functions, all require small amounts of calcium. Moringa is the richest source of calcium from a plant material and Moringa has 17 times more calcium than that of milk, helps to prevent the occurrence of osteoporosis during old age and strengthen the bones of the young and middle age people. Moringa, with 25 times more iron than that of spinach, helps in the formation of haemoglobin and myoglobin, which carry the oxygen in the blood and the muscle. Iron also makes up part of many proteins and enzymes in the body and deficiency of which leads to the weakening of the immune system, helps in improving the mental ability as the oxygen supply to the brain increases. Moringa with 15 times the potassium in banana assists in the regulation of the acid-base and water balance in the blood and the body tissues. As the richest source of calcium and potassium it helps in reducing the blood pressure. It assists in protein synthesis from amino acids and in carbohydrate metabolism. It is necessary for the building of muscle and for normal body growth.



Moringa is one of the few “super foods” that can actually stand up to the title given to it. Moringa is a super food to beat all super foods, even in its supplement form. The amount of anti-oxidants, anti-inflammatories, vitamins and minerals it contains is everything your body needs and more. No other supplement is even remotely comparable. Scientific research proves that one serving of Moringa contains more than 90 different vitamins and minerals.

Moringa is rich in vitamin to the extent that it is one of the richest plant sources of vitamin. Moringa has vitamin A (beta carotene), vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B6 (pyrodixine), vitamin B7 (biotin), vitamin C (ascorbic acid), vitamin D (cholecalciferol), vitamin E (tocopherol) and vitamin K. vitamin A is most needed by the body to maintain a perfect vision and to maintain the cardiovascular health.



Moringa has approximately 46 antioxidants and is one of the most powerful sources of natural anti-oxidants. Anti-oxidants supply the free atoms needed by the human body to mitigate the effect of free radicals. This antioxidant property helps in preventing the formation of malignancy. Moringa leaves are rich in flavonoids, a class of antioxidants. The major antioxidants present are quercetin, kaempferol, beta-sitosterol,

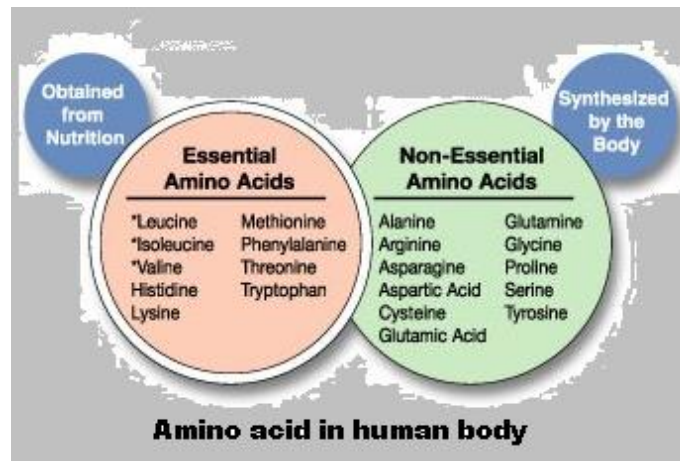
caffeoylquinic acid and zeatin. Antioxidant plays a major role in controlling the symptoms of aging process and improves the cardiovascular health. Additionally, vitamin C and vitamin E, present in

Moringa

The most important thing about the nutrients is our Moringa comes from a chemical free natural source. The human body can differentiate between the natural nutrients and the synthetic ones. If the vitamins or minerals are taken separately, the body will reject it, whereas the human body will reap the benefit only when the vitamins, minerals, amino acids and the other nutrients are taken holistically. Moringa with 90+ nutrients is the best source to nourish the body with the essential nutrients.

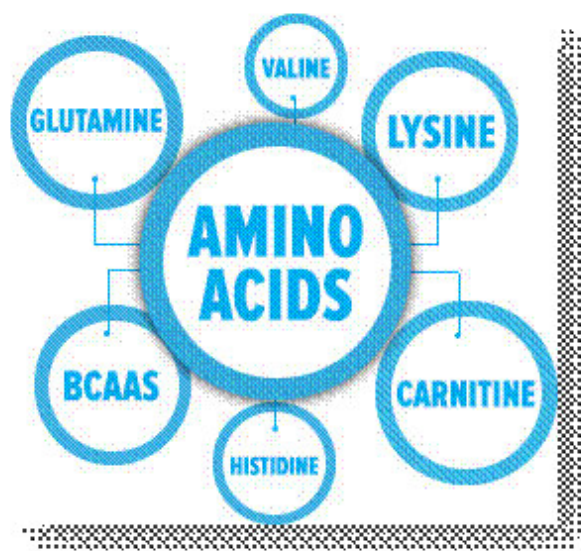
Memo to Popeye: It is all about the Amino Acids

Moringa has tripled the iron of spinach and more impressive attributes than olive oil. Most of us have never been taught on what it takes to achieve optimal nutrition. We've also never been taught about the negative consequences for our poor nutritional state. Only when our health begins to fail do we finally seek the answers we have needed for so long. Most doctors fall into the above category as well. We are taught how to recognize and fight disease, but not necessarily how to prevent it. Nutritional elements that we must obtain through our diet, whether by food or supplementation, are the essentials.



Amino acids are the building blocks in our bodies.

Our bodies need different amino acids required to make proteins that act as building blocks to maintain a healthy body. Nonessential amino acids are those that the body can synthesize for itself, provided there is enough nitrogen, carbon, hydrogen, and oxygen available. Essential amino acids are those supplied by the diet, since the bodies either can't make them at all or can't make them in sufficient quantity to meet our needs. Under normal conditions, eleven of the amino acids are nonessential and nine are essential. **Moringa is the only plant that has all nine essential amino acids.**



The wide varieties of nutrients found in the Moringa are compounded into a moringa supplementation. Moringa supplement is beneficial to nearly every process within the body, and can improve health quickly and safely.

Moringa supplement the essential amino acids nonessential amino acids are histidine, alanine, isoleucine, arginine, leucine, asparagine, lysine, aspartic acid, methionine, cysteine, phenylalanine, glutamic acid, threonine glutamine, tryptophan, glycine, valine, proline, serine and tyrosine.

Functions of amino acids : Proteins act as enzymes, hormones, and antibodies they maintain fluid balance and acid and base balance. They also transport substances such as oxygen, vitamins, and minerals to target cells throughout the body. Structural proteins, such as collagen and keratin, are responsible for the formation of bones, teeth, hair, and the outer layer of skin, and they help maintain the structure of blood vessels and other tissues.

Enzymes are proteins that facilitate chemical reactions without being changed in the process. The inactive form of an enzyme is called a proenzyme. Hormones (chemical messengers) are proteins that travel to one or more specific target tissues or organs, and many have important

regulatory functions. Insulin, for example, plays a key role in regulating the amount of glucose in the blood.

Types of Amino Acids



NONESSENTIAL
Nonessential amino acids are produced by our body.



ESSENTIAL
Essential amino acids have to be provided by our diet.



CONDITIONAL
Conditional amino acids may become essential in times of stress or illness.

alanine	■ ■	histidine	■ ■	arginine
asparagine	■ ■	isoleucine	■ ■	cysteine
aspartic acid	■ ■	leucine	■ ■	glutamine
glutamic acid	■ ■	lysine	■ ■	tyrosine
		methionine	■ ■	glycine
		phenylalanine	■ ■	ornithine
		threonine	■ ■	proline
		tryptophan	■ ■	serine
		valine	■	

Here's a list of the complete range of naturally occurring *amino acids found in moringa* and a brief explanation of why our bodies requires them:

Ø **Isoleucine:** Builds proteins and enzymes and it provide ingredients used to create other essential biochemical components in your body, some of which promote energy and stimulate the brain to keep you alert.

Ø **Leucine:** Works with isoleucine to build proteins and enzymes which enhance your body's energy and alertness.

Ø **Lysine:** Ensures your body absorbs the right amount of calcium. It also helps form collagen used in your bone cartilage and connective tissues. And lysine aids in the production of antibodies, hormones, and enzymes. Recent studies have shown lysine improves the balance of nutrients that reduce viral growth.

Ø **Methionine:** Primarily supplies sulfur to your body. it is known to prevent hair, skin, and nail problems while lowering cholesterol levels as it increases your liver's production of lecithin. Methionine reduces liver fat and protects the kidneys, which reduces bladder irritation.

Ø **Phenylalanine:** Produces the chemical needed to transmit signals between your nerve cells and your brain. It can help keep you alert, reduce your hunger pains, plus improve your memory and your mood.

Ø **Threonine:** An important part of collagen, elastin, and enamel proteins. Not only does it assist metabolism, threonine helps prevent fat build-up in the liver while boosting your body's digestive and intestinal tracts.

Ø **Tryptophan:** Supports your immune system, alleviates insomnia, and reduces anxiety, depression, and the symptoms of migraine headaches. It also is beneficial in decreasing the risk of artery and heart spasms as it works with lysine to reduce cholesterol levels.

Ø **Valine:** Important in promoting a sharp mind, coordinated muscles, and a calm mood.

Moringa is truly a balanced nutritional powerhouse, designed by nature and intended for nourishing and healing the body and mind. Say goodbye to fatigue, aching muscles, low energy, and obesity. Now you can derive the same benefits as world-class athletes, by consuming our high quality Moringa in the form of capsules or bulk powder.

Moringa is rich with diverse vitamins, minerals, and amino acids. Best of all, these nutrients are readily available for your body to use. The great majority of multivitamins available in the supermarket today are created in laboratories, where ingredients are synthesized and packed into a small pill. Unfortunately, most of these ingredients are not easily absorbed by the body because they are not sourced from whole foods. Moringa is a natural, whole-food source for vitamins, minerals, protein, antioxidants, and other important compounds that your body relies on to stay healthy.



WAYS TO CONSUME MORINGA

You can eat Moringa leaves in all sorts of ways: Moringa leaves can be eaten in salads, added in any healthy dish or smoothies. The list is endless. You can juice the Moringa leaves, bake Moringa in goodies, add to shakes and baby milk. Use your imagination! Moringa leaf powder can be used as a tea, added to beverages, sprinkled on food or taken in capsules

Attention: Excess heat destroys some of the vitamins, and all of the enzymes of Moringa leaves or Moringa powder. Never cook the fresh Moringa leaves or powder for too long! This is the rule of thumb on eating Moringa leaves or powder for any dish.

Academic Research on Moringa: Peer Reviewed

Moringa oleifera: A Review of the Medical Evidence for Its Nutritional, Therapeutic, and Prophylactic Properties.

By: Jed W. Fahey, Sc.D.

Johns Hopkins School of Medicine, Department of Pharmacology and Molecular Sciences, Lewis B. and Dorothy Cullman Cancer Chemoprotection Center, 725 N. Wolfe Street, 406 WBSB, Baltimore, Maryland, USA 21205-2185

“Moringa appears to be a nutritional and medicinal cornucopia. The author, a Western-trained nutritional biochemist who has studied some of Moringa’s phytochemicals for almost a decade, gives a brief commentary and extensive references, and presents a table introducing some of the tree’s most intriguing features. This is the first article in a series, and will be followed by more detailed analysis of some of the strongest claims made regarding this edible plant”

Moringa to the Rescue

Moringa is known to prevent and treat over 300 diseases like Parasites; Viruses, Arthritis, Asthma, OCD, Malnutrition, Diabetes, Cancer, Hepatitis, Impotency, Infertility, Acid Reflux, Ulcers/Tumor, Aches and Pain, Menstrual Problems, Parasites, Constipation, Inflammation, Viruses, Prostate Problems, Arthritis, Osteoporosis, Hepatitis, Acne, Skin Problems, Nursing Mothers, Pregnancy and a whole lot more. Its many healing properties and does what it says it does in a very short period of time.

Moringa Healing Properties

Inflammation Rheumatism, Joint Pain, and Arthritis

Digestive Disorders Ulcer / Gastritis

Detoxification

Cancer Therapy / Protection

Immunity

Nervous Disorders, Epilepsy, headaches

Nutritional Antioxidant, Energy, Vitamin/Mineral deficiency

Reproductive Health Prostate function, Lactation Enhancer, and Aphrodisiac

Skin Disorders

General Disorders/Conditions Low. Back/Kidney Pain/bladder

Cases of Moringa treatments:

Moringa and Inflammation

One of the most promising uses for Moringa extract is in the treatment of various types of acute and chronic inflammation. A 1996 research study published in pharmaceutical biology demonstrated the anti-inflammatory properties of Moringa extract in the treatment of both acute and chronic forms of inflammation, types of inflammation were significantly reduced by the treatments in the course of the study.

Moringa for Hypertension and Blood Pressure

The Moringa plant has been used to control high blood pressure in patients. A research study published in Phytotherapy Research in 2006

indicated that Moringa leaf extract had a significant effect in reducing blood pressure levels of guinea pigs and rabbits under laboratory conditions. The study investigated the role of four chemical compounds found in Moringa leaves extract in reducing hypertension and found that all had some utility in treating the condition.

Moringa for Boosting Energy, Alertness, Beautiful Skin, Antiaging and Slimming

The Moringa is packed with nutrients to increase metabolism. These vitamins, minerals and enzymes keep your body balanced to trigger natural energy production. Moringa is packed with more Zeatin than any other known plant. Zeatin makes new skin cells grow at a faster rate than old skin cells die. This results in a marked reduction of wrinkles on the face and other parts of the body, and a more youthful skin. Sulfur is the key ingredient in collagen and keratin are well suited for skin health. .

Moringa for Teeth and Bone Health

Calcium, Magnesium, Manganese, Potassium, Boron and Vitamin D are all important for strong teeth. Moringa is overloaded with these minerals.

Moringa is the best plant based Protein source: Better Protein than Meats, Eggs, Soy, etc

Moringa is considered to have the highest protein ratio of any plant so far identified, with the protein in Moringa being comparable in quality to that of soy. Food scientists once believed that only soy had protein comparable to meat, dairy, and eggs. Now they have added Moringa to that very short list. Some even consider Moringa protein better than soy protein as it is non-allergic.

Moringa for Diabetes

Moringa can help diabetics control their blood glucose levels and potentially move away from prescription medications by helping with the following: weight loss, Enhanced nutrition, Lower blood glucose levels, and Blood pressure control.

Moringa in treating HIV and AIDS

A number of studies have recently been completed to investigate the utility of Moringa powder in treating HIV-positive patients in areas where there is a critical shortage of medical supplies and antiretroviral drugs are expensive or unavailable. Moringa leaves contain powerful antioxidants that can help prevent or delay some of the worst complications arising from AIDS. Because Moringa also provides superior nutritional value for patients it can also prove useful in preventing immune system breakdown due to malnutrition, thus offering even more help for boosting immunity in combating the virus. Moringa shows promise in providing reduced mortality rates and improved health for HIV-positive and AIDS patients.

Links and Resources

WebMD: <http://www.webmd.com/vitamins-supplements/ingredientmono-1242-moringa.aspx?activeingredientid=1242&activeingredientname=moringa>

US National Library of Medicine:

<http://www.ncbi.nlm.nih.gov/pubmed/17089328>

John Hopkins University: Bloomberg School of Public Health:

http://www.jhsph.edu/research/centers-and-institutes/center-for-human-nutrition/faculty/?gf_id=1436

Food and Agriculture Organization of the United Nations:

<http://www.fao.org/traditional-crops/moringa/en/>

Wikipedia : <https://en.wikipedia.org/wiki/Moringa>

Order Your Moringa Here: <http://secretmoringa.com>

Visit our External Sites Here: <http://thebestofcreation.com>

Other Books by Us

**CURE TOOTH DECAY,
BAD BREATH,
PREVENT CAVITIES**

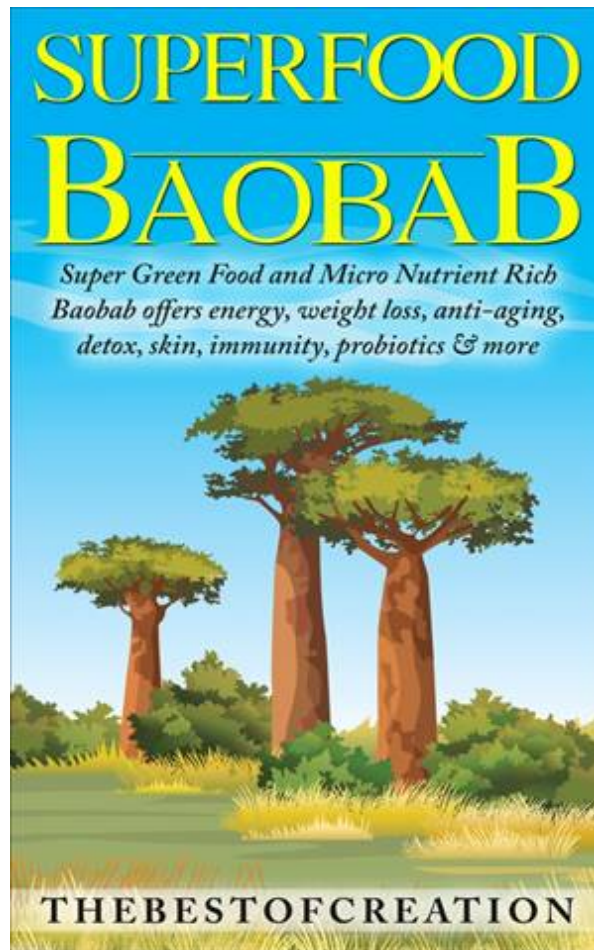
**AND WHITEN YOUR TEETH
NATURALLY WITH MISWAK
IN LESS THAN 21 DAYS**

**QUIT
SMOKING
NATURALLY**

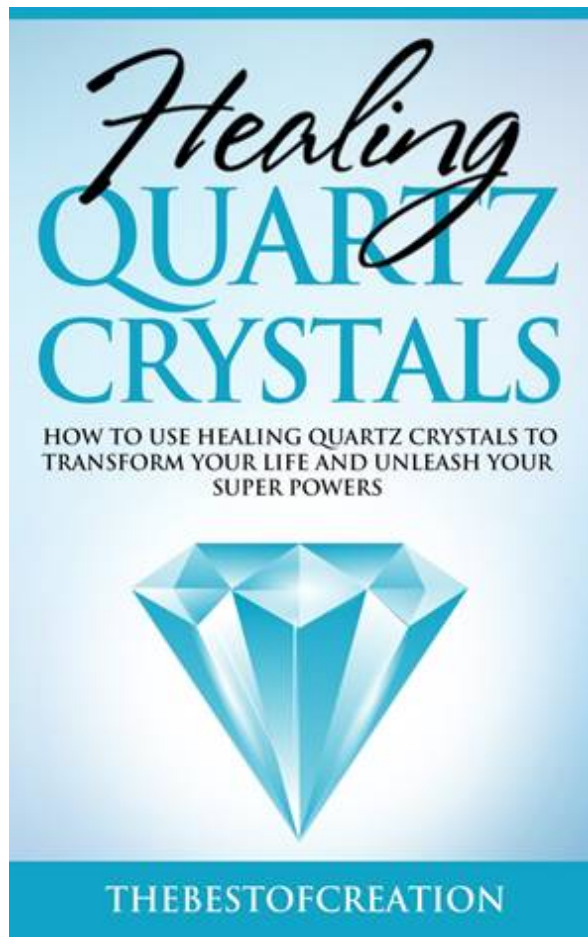
A photograph of a man with a mustache, looking directly at the camera, holding a yellow miswak stick in his mouth. The background is an outdoor setting with trees and a building.

THEBESTOFCREATION

<http://miswak.info>



<http://superfoodbaobab.com>



<http://healingquartzcrystals.com>

Thank You for reading I hope you enjoyed it and learned something.

Dedicated to my son Adam (watermelon munster)

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