

231 reasons to eat moringa from the most nutritious trees on earth:

<https://www.youtube.com/watch?v=0WBjMNSshMg>

90+ nutrients; 46+ antioxidants; 36 anti-inflammatory compounds; 18+ amino acids; it has eight essential amino acids – the ones your body cannot survive without but cannot manufacture on its own; moringa has seven times more vitamin C than oranges; moringa has four times more calcium than milk; two times more protein than eggs; it is a weapon against blindness; moringa has four times more vitamin A than carrots; moringa contains zinc in amounts similar to those of beans; prevents anemia as it contains 25 times more iron than spinach; moringa has three times more potassium than bananas; contains 10 times more vitamin E than nuts; moringa is antiaging; moringa is good for the heart; moringa is a natural treatment for high blood pressure; moringa has a plenty of omega-3 oils; and plenty of chlorophyll; it boosts metabolism; moringa prevents micronutrient deficiency; it balances sugar levels and fights diabetes; moringa lowers cholesterol levels; moringa can be taken orally to treat stomach pain – spasms – ulcers; moringa has antiseptic properties and can be used in treating wounds, warts, dandruff, athlete's foot, and snakebites; moringa improves digestion; eliminates constipation; rheumatism; and rheumatoid arthritis; studies find it could help bronchitis; moringa can reduce asthma; moringa is traditionally used in treating epilepsy and neurologic conditions; it protects the liver and kidneys; it has antibacterial properties; it helps clean turbid water because it acts as a flocculent that is able to precipitate suspended particles; it purifies water; moringa prevents the development of cancer cells; it is an immunity stimulant and is prescribed for AIDS; obviously moringa fights malnutrition; experts agreed moringa is the most nutrient rich food source found on earth; some documentation shows that a man's bald head filled in and grew more natural colored hair again after eating moringa for about six months.

Two studies in Nicaragua showed that supplementing cattle feed with the leaves and green stems of Moringa can increase milk production by 43-65%, and increase daily weight gain in cattle by up to 32%.

Oil from moringa seeds is used in foods, perfume, and hair care products, and as a machine lubricant.

Almost every part of plant is of value for food. Seed is said to be eaten like a peanut in Malaya. Thickened root used as substitute for horseradish. Foliage eaten as greens, in salads, in vegetable curries, as pickles and for seasoning. Leaves pounded up and used for scrubbing utensils and for cleaning walls. Seeds yield 38–40% of a non-drying oil, known as Ben Oil, used in arts and for lubricating watches and other delicate machinery. Oil is clear, sweet and odorless, never becoming rancid; consequently it is edible and useful in the manufacture of perfumes and hairdressings. Wood yields blue dye. Leaves and young branches are relished by livestock. Commonly planted in Africa as a living fence (Hausa) tree. Trees planted on graves are believed to keep away hyenas and its branches are used as charms against witchcraft. Bark can serve for tanning; it also yields a coarse fiber.

Another factor to consider is that Moringa Oleifera grows much more intensely than traditional livestock feeds, so that even if Moringa doesn't convert to weight gain as efficiently as traditional feeds, it is immensely cheaper to produce. Alfalfa produces on average, around 7 tons per acre, Oats produce as much as 2.5 tons per acre and Soybeans grown with perfect conditions can produce as much as 6.5 tons of nutritious protein filled beans per acre. With perfect conditions, and all the inputs at optimum levels, the record production of an acre of alfalfa is at 11 tons per acre.

Moringa has been reported to produce more than 280 tons of green matter per acre. Approximately %70 percent of that total is reported to be stems and wood, which can be used for paper production or biomass power production. Traditional feed crops require fertilizer, pesticides and weed killers, which are all expensive. Inputs required for Moringa production are significantly lower.

When Moringa leaves constituted 40-50% of feed, milk yields for dairy cows and daily weight gains for beef cattle increased by about 30%. Milk production was 10 liters/day when cows were fed Moringa, compared to 7 liters/day without Moringa. With Moringa feed, daily weight gain of beef cattle was 1,200 grams/day, compared to 900 grams/day without Moringa feed.

Moringa Trumps All Other Superfood Rivals in ORAC Tests

At the request of Moringa Source, Brunswick Laboratories performed an independent study, (in-vitro) using Moringa Source's Moringa to test its Oxygen Radical Absorbance Capacity (or ORAC value score). The ORAC

value score is an accepted measurement of antioxidants in foods and supplements. **Antioxidants** are compounds which actively **quench free-radicals** which helps to prevent cellular damage a common pathway for cancer, aging and a variety of diseases. With an amazing score of 157,000 umole TE/100g (*hydrophilic and lipophilic*) Moringa beat out all other antioxidant superfoods, including rivals such as matcha tea at 134,000, turmeric at 127,000 and acai at 102,700. Surprisingly green tea, which is renowned for its antioxidant health benefits could only muster a score of 1, 240.

Chemistry

Per 100 g, the pod is reported to contain 86.9 g H₂O, 2.5 g protein, 0.1 g fat, 8.5 g total carbohydrate, 4.8 g fiber, 2.0 g ash, 30 mg Ca, 110 mg P, 5.3 mg Fe, 184 IU vit. A, 0.2 mg niacin, and 120 mg ascorbic acid, 310 µg Cu, 1.8 µg I. Leaves contain 7.5 g H₂O, 6.7 g protein, 1.7 g fat, 14.3 g total carbohydrate, 0.9 g fiber, 2.3 g ash, 440 mg Ca, 70 mg P, 7 mg Fe, 110 µg Cu, 5.1 µg I, 11,300 IU vit. A, 120 µg vit. B, 0.8 mg nicotinic acid, 220 mg ascorbic acid, and 7.4 mg tocopherol per 100 g. Estrogenic substances, including the anti-tumor compound, β-sitosterol, and a pectinesterase are also reported. Leaf amino acids include 6.0 g arginine/16 g N, 2.1 histidine, 4.3 lysine, 1.9 tryptophane, 6.4 phenylalanine, 2.0 methionine, 4.9 threonine, 9.3 leucine, 6.3 isoleucine, and 7.1 valine. Pod amino acids include 3.6 g arginine/16 g N, 1.1 g histidine, 1.5 g lysine, 0.8 g tryptophane, 4.3 g phenylalanine, 1.4 g methionine, 3.9 g threonine, 6.5 g leucine, 4.4 g isoleucine, and 5.4 valine. Seed kernel (70–74% of seed) contains 4.08 H₂O, 38.4 g crude protein, 34.7% fatty oil, 16.4 g N free extract, 3.5 g fiber, and 3.2 g ash. The seed oil contains 9.3% palmitic, 7.4% stearic, 8.6% behenic, and 65.7% oleic acids among the fatty acids. Myristic and lignoceric acids have also been reported. The cake left after oil extraction contains 58.9% crude protein, 0.4% CaO, 1.1% P₂O₅ and 0.8% K₂O. Pterygospermin, a bactericidal and fungicidal compound, isolated from Moringa has an LD₅₀ subcutaneously injected in mice and rats of 350 to 400 mg/kg body weight. Root-bark yields two alkaloids: moringine and moringinine. Moringinine acts as cardiac stimulant, produces rise of blood-pressure, acts on sympathetic nerve-endings as well as smooth muscles all over the body, and depresses the sympathetic motor fibers of vessels in large doses only.

An informative documentation film about moringa: <https://www.youtube.com/watch?v=wUtlTV0H4U>

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