



## The Health Benefits And Uses Of Moringa oleifera.



# Moringa oleifera



Moringa grows in many subtropical areas around the world and is used as nutritional supplements, in cosmetics, perfumes, skin oils/products, water purification, animal feed and many other uses.



# The healthiest vegetable on earth

It is the most nutrient rich plant ever discovered and the healthiest vegetable on earth.

It has been used as a natural medicine for thousands of years. It is said that moringa is the “miracle tree” that could heal 300 diseases including Tumors and diabetes.



# The Super Food Of Foods

The leaves have been shown to contain 46+ types of antioxidants, over 90 nutrients, 36 anti-inflammatory compounds and more than 18 amino acids making it one of the most powerful super foods known.



# Main Medicinal Uses

## Traditional Medicinal Uses Of Moringa



## Moringa Oleifera main medicinal uses:

- Strengthens the immune system
- Cleans the body from toxins and heavy metals
- Extermination of parasites in the intestines
- Supporting treatment during radiation and chemotherapy
- Supporting treatment during lack of appetite in children and adults
- Helping with Osteoporosis treatment
- Supporting with Diabetes treatment
- Intestine infections
- Gum infections
- Prostate infection
- Various skin diseases
- Breathing disease
- Head aches and Migraines
- Arthritis
- Gout
- Hair Loss



# Healthy Blood = Healthy Living

Anti-oxidants are extremely important for maintaining an overall healthy body, destroying free radicals in the blood stream.

Moringa contains more than 46 types of anti-oxidants.

# Premature aging

The UV in sunshine can be damaging to the skin. The anti-oxidants in Moringa can protect the skin from skin cancer and premature aging.



# Eat Them Fresh, Cooked or Dried

For best effects do not overcook them. Add the powder to your dishes just before dishing up.

Use the powder in capsules as a natural food supplement. (GREENER IS BETTER)

Make a tea by boiling the leaves or mix leaf powder, with hot water, honey and juice.



# Gives Energy And Keeps You Alert

The amino acids within the leaves boosts metabolism causing you to have more energy, clarity of thought and alertness and prevents micro-nutrient deficiency.



**BOOST**  
*your*  
**Metabolism**

# Regulates and Protects

Moringa also help to regulate hormones in the body and reduce fat stores in the liver.

Studies have shown that Moringa regulates thyroid function.



# Regulates and Protects

Using Moringa regularly helps to reduce diabetes symptoms by regulating sugar levels

DIABETES

# Regulates and Protects

Those who have high cholesterol can use Moringa to prevent further plaque build-up in the arteries and maintain a healthy heart.



# Good For Your Brain

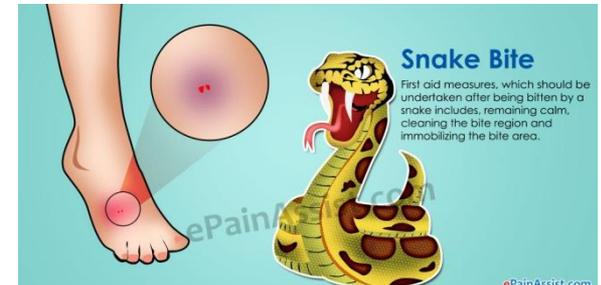
Moringa supports brain health and cognitive function and has been tested as a treatment for Alzheimer disease. The results are promising yet more research is required.



# Good For Your Skin



Moringa leaves and leaf powder can also be used on the skin for its antiseptic, antifungal and antibacterial properties. It can be used in treating wounds, warts, dandruff, athlete's foot and even snake bites.



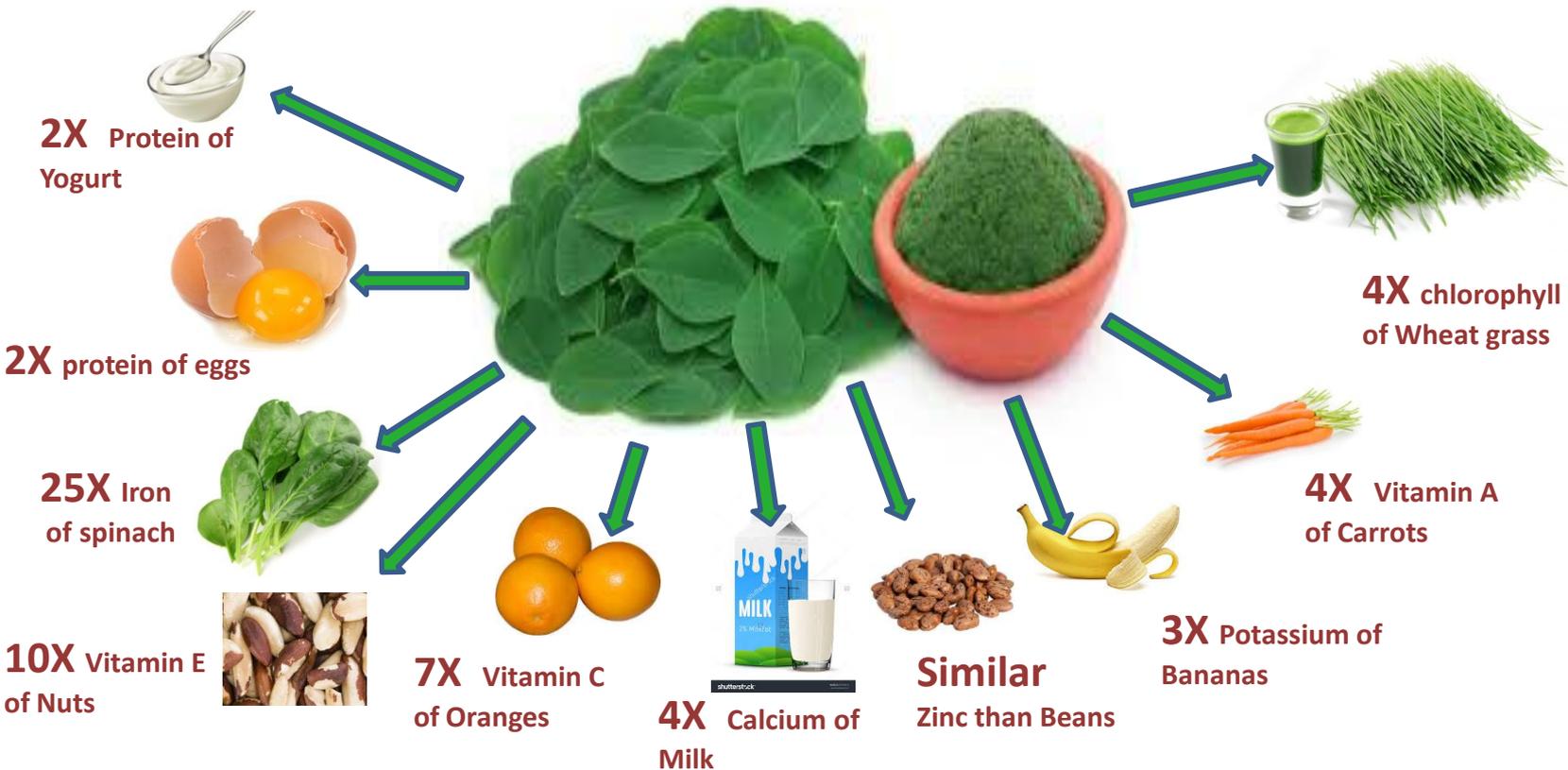
# Good For You



Moringa has proven to clear up urinary tract infections, improves digestion, eliminates constipation and used for treating rheumatism/arthritis, found to reduce asthma, treat bronchitis, protects the liver and kidneys.



# Nutritional Values



And many more such as:- Copper, Phosphorus, Manganese, Selenium, good amounts of vitamin K, vital B-complex vitamins such as folates, vitamin-B6 (pyridoxine), thiamin (vitamin B-1), riboflavin, pantothenic acid, niacin and plenty of omega 3 oils.

# Treat Sexual Disorders

Moringa works as an aphrodisiac and have been shown to treat sexual disorders.

The second Global Summit on HIV/AIDS, Traditional Medicine and Indigenous knowledge in 2008 encouraged the use of Moringa as an immunity stimulant in the treatment and support of **HIV/AIDS**



# Intestinal Pain and Discomfort

Moringa can eliminate stomach pain, gastritis, ulcers, spasms and gastric cancer.

It contains large amounts of Beta-Sitosterol, found to reduce colon and prostate cancer cells.



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# Anti-aging

Moringa contain high concentrations of Zeatin, a powerful plant hormone which has been linked to slowing down the aging process of the human body. It contains all 9 essential amino acids not provided by our bodies.



# Weapon Against Blindness and Anaemia

The rich Iron content and Vitamin A will combat anaemia, and a weapon against blindness.



# Cleans Your Intestines

Moringa is the perfect Detox.

It is loaded in fibre and cleans up the intestines and cleanses any surplus waste left over from a greasy diet.



# Safe And Good For You

Moringa is an extremely beneficial food supplement and medicine that justifies a place in every diet.

It is completely safe to use even by children.



[www.nuvita.co.za](http://www.nuvita.co.za)

