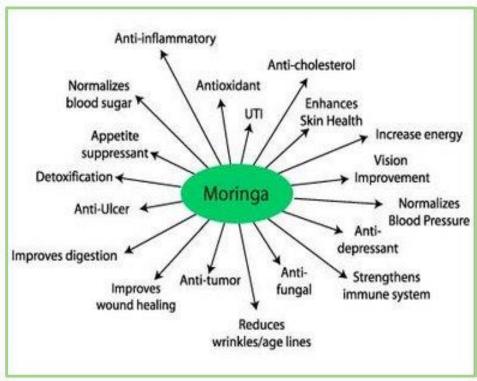


"Drumstick Tree" - "Horseradish Tree"

"Malunggay" - "Miracle Tree" - "Murunga"

"Nébéday" - "Never Die Tree" - "Tree of Life"









TMF	Florida ;	Moringa Fresh Leaf	Moringa Dried Leaf	Moringa Seeds	Apple	Orange	Blueberry	
	All Serving Sizes: Per 100g	×				O		
Moringa Oleifera	Vit A Vit B (Choline) Vit B1 (Thiamine) Bit B2 (Riboflavin) Vit B3 (Niacin) Vit B5 (Pantothenic Acid) Vit B6 Vit B9 (Folate) Vit C Vit E Vit K	6780 423 0.2 0.1 0.1 1.2 40 220 448	36000 - 2.6 21 8.2 - - - 17 113 2	100 423 0.1 0.1 0.3 - - - 120	38 - 0 0 0.1 0.1 0 4 0.1 0.6	225 - 0.1 0 0.4 0.3 0.1 17 45 0.2	54 - 0 0.4 0.1 0.1 6 9.7 0.6 20.3	IU mg mg mg mg mg mcg mg
Moringa Oleifera	Potassium Phosphorus Magnesium Calcium Iron Selenium Sulpur Manganese Copper Zinc Fibre	259 70 24 440 7 1 137 1.9 1.1 0.2	1324 204 368 2006 28.2 > 1 870 8.4 0.6 3.3	259 110 24 30 5.3 - 137 - 3.1	90 11 4 5 0.1 - 0 0 0 0.1	169 12 10 43 0.1 0.5 - 10 0	77 12 6 6 0.3 0.1 - 0.3 0.1 0.2	mg mg mg mg mcg mg mg

** N.B. All values highlighted in RED represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

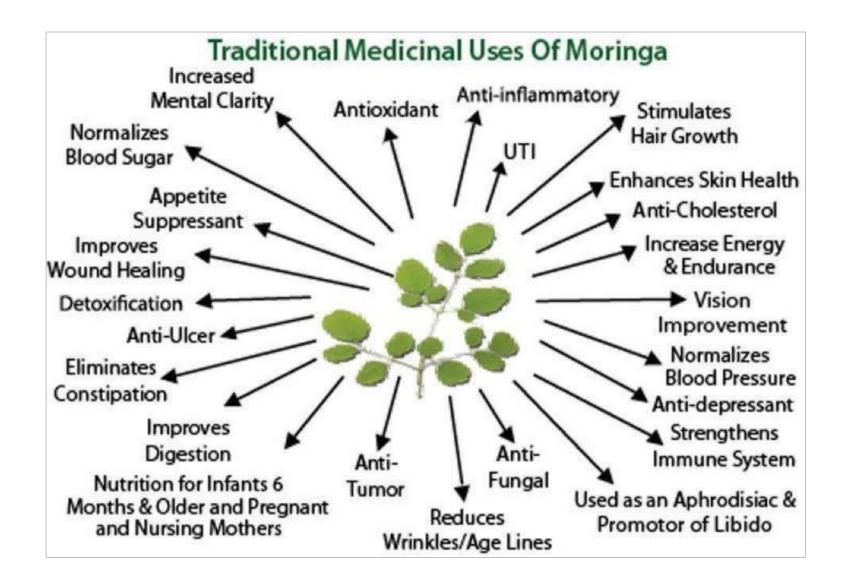
Can "an apple a day" really keep the doctor away? what do you think?

Leafy Greens Chart		#1	#2	#3	#4	Low	Low	
TMF Florida		Moringa Dried Leaf	Moringa Fresh Leaf	Arugula	Spinach	Cabbage	Iceberg Lettuce	
	All Serving Sizes: Per 100g							
Leafy Greens Vitamins	Vit A Vit B1 (Thiamine) Bit B2 (Riboflavin) Vit B3 (Niacin) Vit B5 (Pantothenic Acid) Vit B6 Vit B9 (Folate) Vit C Vit E Vit K	36000 2.6 21 8.2 - - - 17 113 2	6780 0.2 0.1 0.1 0.1 1.2 40 220 448	2373 0 0.1 0.3 0.4 0.1 97 15 0.4 109	2813 0 0.1 0.2 0.1 0.1 58.2 8.4 0.6 145	98 0.1 0 0.2 0.2 0.1 43 36.6 0.2	502 0 0 0.1 0.1 0 29 2.8 0.2 24.1	IU mg mg mg mcg mcg mg
Leafy Greens Minerals	Potassium Phosphorus Magnesium Calcium Iron Selenium Manganese Copper Zinc	1324 204 368 2006 28.2 870 8.4 0.6 3.3	259 70 24 440 7 1 1.9 1.1	369 52 47 160 1.5 0.3 0.3 0.1	167 14.7 23.7 29.7 0.8 0.3 0.3 0	170 26 12 40 0.5 0.3 0.2 0	141 20 7 18 0.4 0.1 0.1 0	mg mg mg mg mcg mg mg
	Fibre	2.3	0.9	1.6	0.7	2.5	1.2	g

** N.B. All values highlighted in RED represent a "TMF Super Food Rating" ... a high content for a specific nutrient / trace nutrient **

Can "an apple a day" really keep the doctor away? what do you think?





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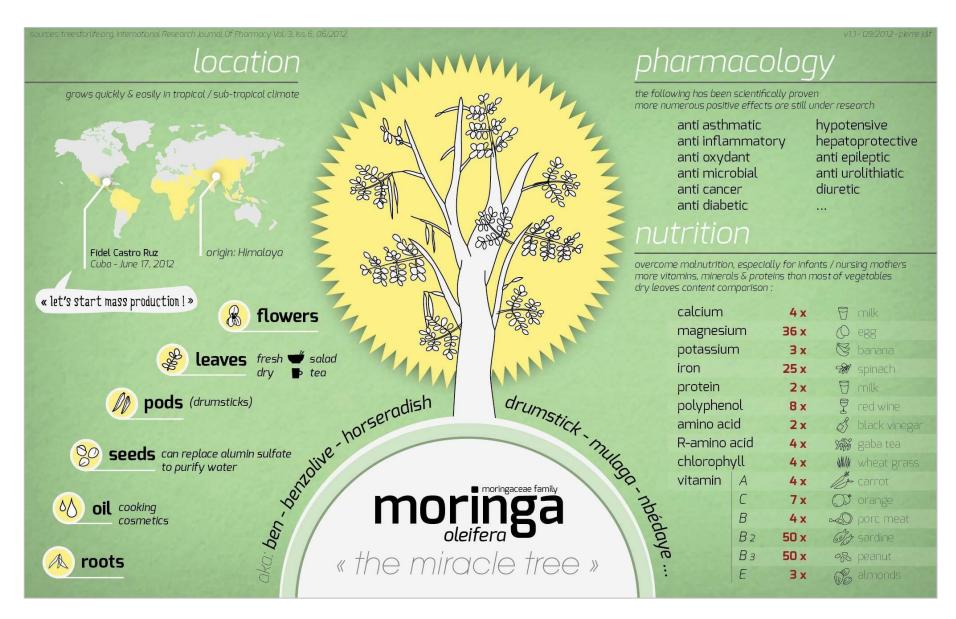


Image Source: (http://visual.ly/moringa)







Dried Leaves
Gram for gram Dried
Leaves Contain:





4 times the Vitamin A of Carrots



7 times the Vitamin C of Oranges



4 times the Calcium of Milk



3 times the Potassium of Bananas



3 times the Iron of Spinach



2 times the Protein of Yogurt



3 times the Vitamin E of Almonds



10 times the Vitamin A of Carrots



1/2 the Vitamin C of Oranges



17 times the Calcium of Milk



15 times the Potassium of Bananas



25 times the Iron of Spinach



9 times the Protein of Yogurt



12 times the Vitamin E of Almonds

MORINGA'S 9 ESSENTIAL AMINO ACIDS

Essential Amino Acid	Health Benefits
Histidine	Increase the body's resistance to environmental toxins and allergens; is also a mild vasodilator helps increase blood circulation; has been used to treat rheumatoid arthritis and poor hearing
Isoleucine	Maintains normal blood sugar and energy levels and increase endurance important for diabetics
Leucine	Build muscles, enhance energy levels and stamina; also promote bone and skin and muscle tissue healing recommended for those recovering from injuries, stress or surgery; also help to lower blood sugar level and aids in increasing growth hormone production
Lysine	Helps calcium absorption and bone development; also aids in the production of antibodies (protective proteins of the immune system); hormones and enzymes, in skin maintenance and formation and tissue repair
Methionine + Cystine	Sulfur-containing amino acids are involved in detoxification help neutralize and eliminate harmful toxins and protect the body against radiation damage caused by UV rays and X-rays; helps to protect the liver and brain from damage due to toxins such as alcohol, drugs and environmental pollutants; proteins of fingernails, skin and hair promote elasticity of skin that fights skin aging; Cystine has anti-inflammatory properties; recommended supplement in the treatment of some forms of cancer
Phenlylalanine + Tyrosine	Synthesize two key brain transmitters that promote alertness: dopamine and norepinephrine; can elevate mood, decrease pain, help in memory and even help suppress appetite; should be supplemented in the treatment of depression, arthritis, obesity and Parkinson's disease
Threonine	Important for the formation of collagen and elastin two main proteins of the skin; also helps to protect liver and has lipotropic function (against fatty liver); enhances the immune system in the production of antibodies and promotes thymus (a gland vital for the function of the immune system)
Tryptophan	Required in the production of niacin (vitamin B3 and serotonin (the neurotransmitter involved in relaxation and sleep); controls depression and insomnia, stabilizes moods, also helps migraine sufferers
Valine	Needed for muscle metabolism and structure, used as an energy source by muscle tissue, thus preserving the use of glucose and supplying stamina; studies have shown that it is useful in restoring mass in people with liver disease or after physical stress, injuries and surgery

<u>Moringa Oleifera – "Miracle Tree" - "Tree of Life"</u>

"And he showed me a pure river of water of life. . .

In the midst of the street of it, and on either side of the river,

was there a Tree o Life which bare twelve manner of fruits, and yielded her fruit every month;

and the leaves of the tree were for the healing of the nations...

And there shall be no more curse."

www.mamamoringa.com/moringa_oleifera.html



The pods and leaves of Moringa trees are used for food in numerous cultures throughout the world.

First cultivated in Northern India, it was incorporated into a number of religious and cultural observances, some of which continue to this day. Oil derived from the seeds of the Moringa was used as food and in unguents by the ancient Greeks, Romans and Egyptians and were part of the Ayurvedic health diet in India. The tree's hardy nature and multitude of uses has led to its cultivation in many areas including the West Indies, where it is a valuable source of food and oil products.

The leaves, flowers and seed pods of the tree are highly nutritional and provide a number of necessary nutrients, including **protein**, **beta carotene**, **calcium and Vitamin C**. Because the Moringa tree can be grown in a wide range of climates and requires little water in order to produce leaves, pods and flowers, it is well suited to provide nutrition in areas of the world where food is scarce, including Asia and Africa.

Every part of the tree can be consumed or used by either humans or animals, making it even more useful for combating malnutrition in these areas of the world. This is especially important for young children, pregnant women and lactating mothers who require additional nutritional support during these critical formative stages. The calcium and other nutrients available in the plant products offer solid food value at a minimal cost for these high-risk individuals.

A number of organizations also recommend the plant as a food source for AIDS patients, who may require additional vitamin and mineral supplements to remain relatively healthy due to their weakened immune systems. http://www.themoringa.com/moringa-information

Long overlooked by the medical establishment, the medical benefits of Moringa have only recently been explored in the scientific setting.

A number of recent studies have shown evidence that the plant is useful in boosting the levels of certain antioxidant enzymes within the body and reducing the overall level of toxic substances retained in body tissue; this may reduce the risk of **cancer** in individuals who include this versatile plant in their daily diet.

The plants contain a compound called pterygospermin that contains a powerful natural antibiotic and antimicrobial substance known as **benzyl isothiocyanate**. This **antibiotic** has been proven effective against **Helicobacter pylori**, one of the most pervasive microbial threats to residents of poverty stricken areas around the globe. Helicobacter pylori can cause **gastritis** and may be responsible for **duodenal and gastric ulcerations**, as well as **gastric cancer**.

Benzyl isothiocyanate acts as a near-specific antibiotic counter to this microbe and can help to protect against the microbe's negative effects on the body even at low dosages. Additionally, a study conducted by Bharali, Tabassum and Azad and published in the <u>Asian Pacific Journal of Cancer Prevention in 2003</u> showed a correlation between ingestion of benzyl isothiocyanate compounds and a reduction in skin cancer growths in mice.

While further research is needed, the evidence for the pharmaceutical benefits of Moringa plant compounds continues to mount with further research. http://www.themoringa.com/moringa-information



Moringa Oleifera is a Valuable Medicine

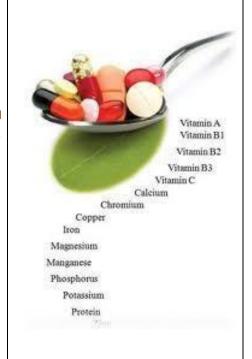
Moringa leaves, pods and roots have been used for centuries in Ayurveda treatments. Ayurveda tradition says that the plant offers remedies for 300 different conditions.

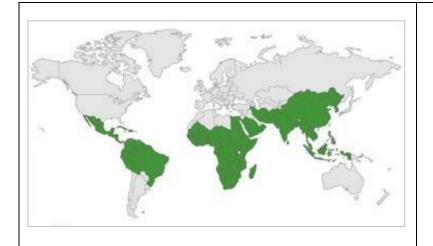
As a result, its leaves and pods have been used in traditional Indian medical practices for anemia, high and low blood pressure, blood disorders, skin blemishes, fever and many other ailments. It has even been used to treat bronchitis and other respiratory disorders, as well as tuberculosis and cholera.

Many Ayurvedic practitioners recommend a tonic of the leaves for **liver disorders** and childbirth discomfort, since a natural **anti-biotic** action is present in the chemical components present in the leaves and seeds. Additionally, oil pressed from seeds is used as a topical application for a variety of **skin and muscle ailments**. Moringa decoctions have also been used to treat **intestinal worms** and a variety of **sexual ailments**.

In traditional and Ayurvedic medicine, the plant has also been used to treat eye and ear infections, diarrhea, joint pain, hysteria and glandular disorders and is considered to be a preventative measure for a number of different types of cancer, especially skin cancers and cancers of the digestive or glandular systems. It is also used to treat certain cancers after they manifest themselves.

(Source: http://www.themoringa.com/moringa-information)





Moringa Oleifera is grown
throughout most
tropical and sub-tropical regions
of the world.

<u>Moringa Oleifera – "Miracle Tree" - "Tree of Life"</u>

"Yes, with this savior, the Miracle tree, Moringa Oleifera, the curse of 500 years of slavery and colonialism on the African people will be lifted.

Weakened immunity, poor health, the basic cause, the etiology of HIV /AIDS, is the final curse, the one which was designed to be the straw to break the spine of the black people forever.

The Savior appeared at the darkest hour of this pandemic, when almost all hope was lost, and when the problem overwhelmed the people.

www.mamamoringa.com/moringa oleifera.

How different parts of the Moringa Tree can be used:

Leaves

The leaves of the moringa tree are capable of treating 300 diseases. Moringa leaves are an excellent source of vitamin A, B vitamins, calcium, iron and protein. When consumed, moringa leaves can boost the immune system and increase metabolism. The leaves can also provide nourishment to the eyes and brain because of the high amount of vitamin A. Moringa leaves also help regulate cholesterol and blood sugar levels. In addition, they can improve function of the liver and kidneys and relieve inflammation. The leaves can be eaten as greens in salads, in vegetables curries and for seasoning. They are pounded up to make moringa leaf powder.

Flowers

The flowers must be cooked and either mixed with other foods or fried in batter and has been shown to be rich in potassium and calcium. Juice from the flowers improves the production and value of breast milk. The juice also promotes urination, which is beneficial for many urinary-tract disorders. In some cultures, moringa leaves are used in a tea for colds.

Pods

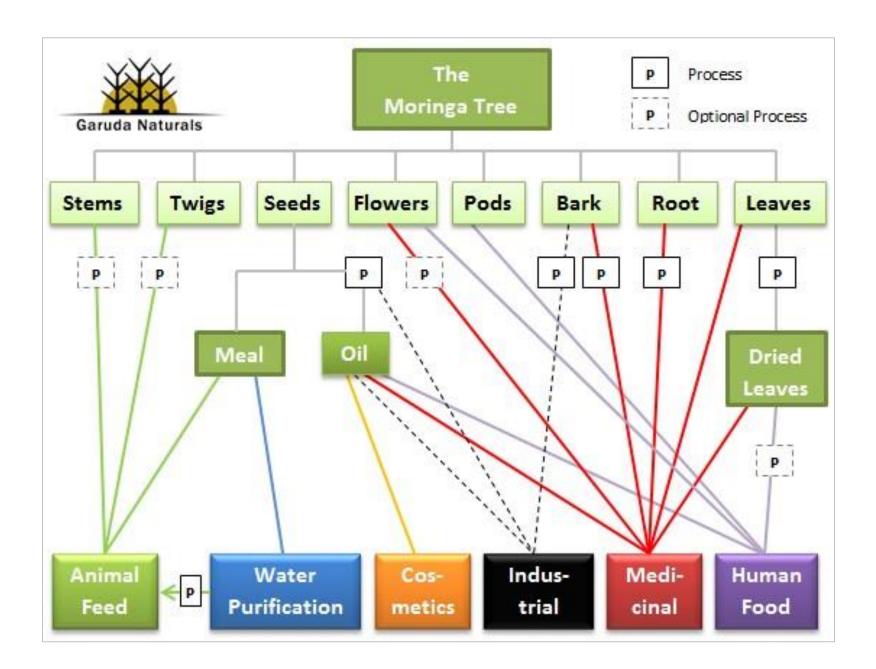
The immature pods are the most valued and widely used part of the moringa tree. The pods can be consumed raw or prepared similarly to green beans. When consumed raw, the pods act as a de-wormer. They are rich in protein and fiber, which alleviates diarrhea. Immature pods can be steamed and served as a vegetable. Matured pods usually shelled, producing moringa seeds. These moringa seeds are then consumed like peas or perhaps roasted like nuts for a nutritious snack.

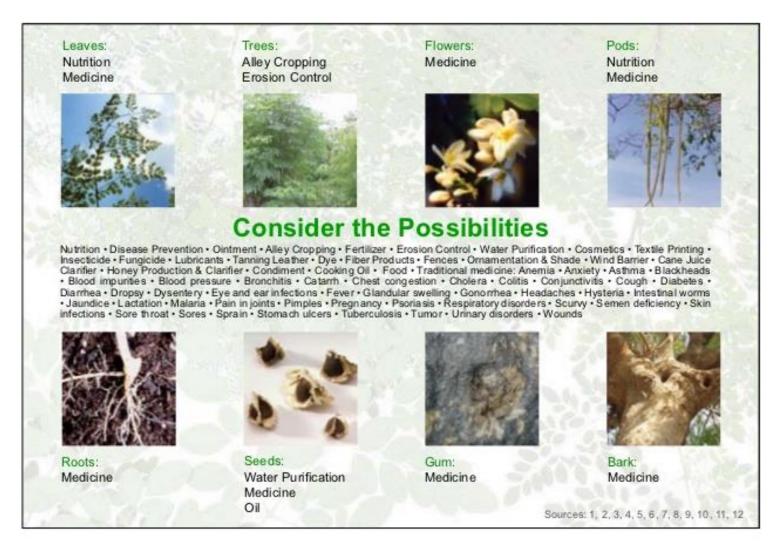
Seeds

These moringa seeds are full of nutrients and also can be easily digested. Moringa seeds contain a good amount of vitamin A, B, C, D, and E, as well as iron. It is also able to make your minor injuries like bruises, cut, or even burns heal faster because of the nutrients it has. Moringa seeds also used to produce valuable moringa oil. After moringa seeds harvested, it is pressed to produce moringa oil. Moringa oil is very rich in nutrients; it is often used in health & beauty products. Producing moringa oil, the extraction of moringa oil leaves equally valuable moringa seed cake. Moringa seeds can be crushed and added to contaminated water to destroy 90% germs and reduce turbidity thus making it reasonably potable.

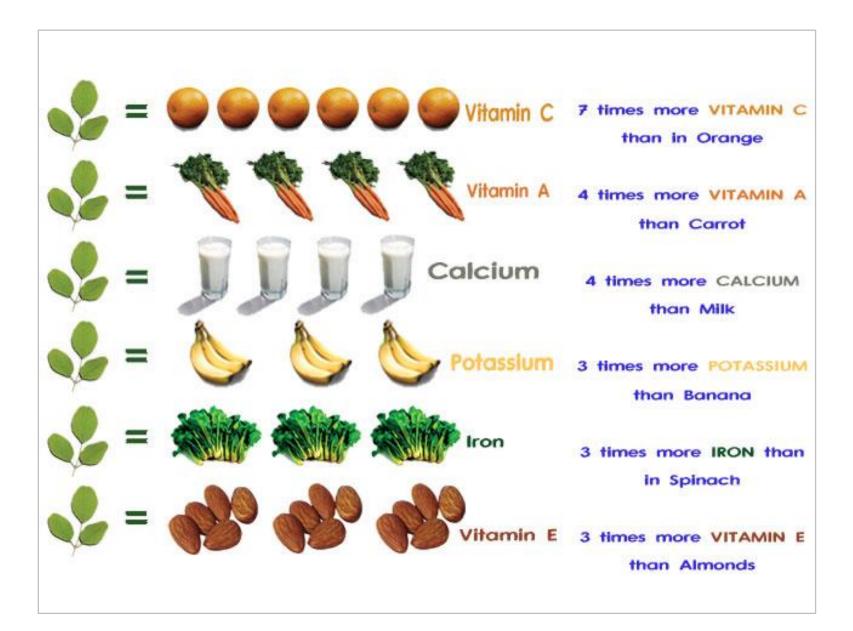
Roots and Bark

The roots and bark of the moringa tree contain all the nutrients of the seeds but in much higher quantities. Because of this, care must be taken if these parts are consumed for medicinal purposes. The roots and bark can be used to treat several cardiac and circulatory ailments, according to Miracle Trees. These parts are also useful in treating inflammation and digestive disorders and promoting appetite. Some cultures in Senegal and India pound the roots and bark and then add salt to create a topical treatment. This ointment is used to treat rheumatism, lower back pain and and kidney pain. (Source - http://planet-moringa.com/uses.html)





Not only are the leaves highly nutritious, but every single part of the Moringa tree has been used for beneficial purposes. Here again is the list of all the many specific uses people have found for Moringa. [When the words "Consider the Possibilities" appear:] It's time that we seriously consider the possibilities that Moringa holds for benefiting our world.



TMF





Moringa Source™

Moringa oleifera Data Sheet - Moringa Leaf Powder

Moringa oleifera is a species of tree native to the Himalayan Mountains of Northern India, now cultivated across Southeast Asia, Africa and South America. Packed with a full spectrum of nutrients, Moringa oleifera is one of the most nutrient dense plants ever studied. The nutritional benefits of Moringa leaf powder support a number of key bodily functions and organs including cardiovascular, neurological, prostate, vision, digestion, metabolic and immune systems. Moringa leaf powder contains a nutrient profile that includes anti-oxidants, anti-inflammatories, proteins, vitamins, amino acids, flavonoids, fibers, minerals, chlorophyll, beta cardene and phenols — a total of more than 90 beneficial natural compounds.

Typical Analysis of Moringa leaf powder*

Macronutrients (per 100 d	a)	Amino acids (g/16 g N)	
Moisture (%)	7.5	Arginine	1.33
Calories	205	Histidine	0.61
Protein (g)	27.1	Isoleucine	1.32
Fat (g)	2.3	Leucine	1.95
Carbohydrates (g)	38.2	Lysine	1.32
Fiber (g)	19.2	Methionine	0.35
		Phenylalanine	1.39
Minerals (per 100 g)		Threonine	1.19
Calcium	2003	Tryptophan	0.43
1 7 4 T () T (T (T (T (T (T (T (T (T	368	Valine	1.06
Magnesium	25.135.51		
Phosphorus	204	Vitamine (ma nor 100a)	
Potassium	1324	Vitamins (mg per 100g)	6745 12 A
Copper	19.1	Vitamin A - Beta Carotene	16.3
Iron	28.2	Vitamin B1 - Thiamin	2.6
Zinc	3.29	Vitamin B2 - Riboflavin	20.5
		Vitamin B3 - Nicotinic acid	8.2
Physical characteristics		Vitamin C - Ascorbic acid	17.3
Appearance Color Flavor	Powder Rich green Tart	Vitamin E - Tocopherol acetate	113.0

Allergens: This product is free of milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and gluten.

*Fuglie, L.J. "The Miracle Tree: Moringa oleifera, Natural Nutrition for the Tropics". Church World Service. Dakar, Senegal. 1999.

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Moringa Source, LLC 261 South Main Street, Suite 315, Newtown, CT 06470 www.moringasource.com, info@moringasource.com MORINGA OLEIFERA. THE MEDICINAL, NUTRITIONAL AND SOCIO-ECONOMIC IMPORTANCE

antibacterial and antiviral properties, and show strong activity against the tuberculosis bacteria.

SOME TRADITIONAL HERBAL REMEDIES WITH MORINGA

Many people said that Moringa had helped greatly to improve their general health. Some said that their short sight had improved.

1. CUTS AND WOUNDS

Pound fresh leaves into a paste. Cover the wound with this paste, bandage and leave for 3 days.

2. A WOMAN HAS GIVEN BIRTH AND IS BLEEDING.

Pound fresh leaves add a little water and give her to drink.

3. PREVENTION OF POLIO.

Give flowers to children to eat to prevent polio.

4. CHRONIC SORES

Take some roots, wash them and scrape the outside layer off. Heat in water. Use the water to wash the wound. Then dress as outlined in number 1 above

5. EPILEPSY.

Pound the bark or the roots of a mature tree. Add tender leaves and a little water. Smear this paste over the face and the whole body. Also put a little of the pounded root in a handkerchief and inhale.

6. TO BRING FEVER DOWN.

Dip a Moringa branch into water and stroke the whole body. Then give Moringa tea to drink.

7. SNAKE AND SCORPION BITES.

Pound the root, add leaves and apply to the bite. Stops the poison from spreading.

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1 M +

8. SHORT SIGHT.

Wash the flowers in salt water, chew and swallow. Take three times daily. Or cook the flowers in palm oil.

9. TO CLEANSE THE BLOOD.

Wash the root and remove the bark (not the "bast", i.e. the inner layer immediately under the bark that carries the sap from the roots to the leaves). Put into water that has just boiled and has been removed from the heat. The water changes colour. Mix with a few Moringa leaves. Thereafter, take every day take Moringa leaves in water.

BRAIN POWER FOR SCHOOL CHILDREN – especially under-performing children.

Wash Moringa root, remove the bark and soak in water for two days until the water changes color (brown / pink). Remove the roots, take one cup of the liquid and mix with half a cup of honey. Give to the child first thing in the morning – then he should have no breakfast until 9 o'clock. He can even take it again in the evening. Prepare this root water fresh every day.

Note: Heating Moringa causes it to lose its healing properties!

11. SEVERE STOMACH-ACHE

Pound two seeds and take with medicinal charcoal.

12. STOMACH PAINS

Chew and eat two seed kernels and drink a cup of water.

13. ARTHRITIC PAINS

Chew and eat two seed kernels in the morning and two again at night. Rub the oil on the affected parts morning and night.

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No.	Benchmarks	Characteristics of Ideal Mother Plant
1	Seed germination	>70%
2	Self Life of seed	Up to one year
3	Seed weight	About 1300-1500 seeds per kg
4	No. of seeds in a fruit	Three seeds
5	Oil content	34%-37%
6	No. of Branches per Tree	15-18 Branches per Tree
7	Female to male flowers	2:8
8	Physical /genetically Purity(Min)	90%
		80% Purity in next generations.
9	Leaf	Five lobed
10	Resistant to Pest and Diseases	YES
11	Drought Resistant	Grow in between 400 to 1200mm
12	Acclimatization	Adoptability to any soil and climatic conditions
13	Low gestation period	From Second year
14	Response to cultural practices	Good response
15	High Yielding	5-12 mt in non-irrigated/irrigated