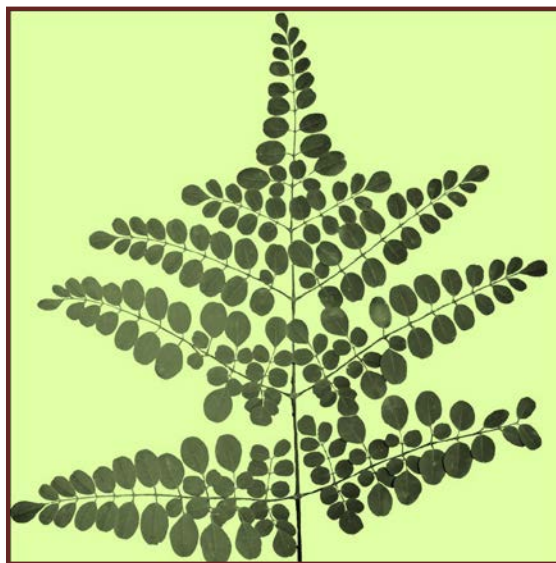

MORINGA OLEIFERA – MORINGA



Many scientists and alternative healers recommend *Moringa oleifera*, and for good reason. It has been called the “miracle tree” and is considered one of the most versatile, health-promoting plants ever discovered on earth. There have been innumerable studies and scientific investigations on its various uses.

INFORMATION ON THE TREE

The moringa tree is originally from the Himalaya region in northwest India. It grows best in warm humid areas below 1300m altitude, on well-drained soil. The full-grown tree achieves a maximum height of 6-10m. It grows very fast (it can grow up to 3m in the first year) and is therefore usable early as a source of food. Today it is found in Asia, Africa, South and Central America, and in the Caribbean and the Pacific islands. The plant is easy to grow and can be cultivated under extreme climatic conditions (heat and infertile soil).

MULTIFUNCTIONAL USAGES

Because of its fast growth (it produces 100 to 130 tons of biomass per hectare), Moringa could be used for producing biogas. The leaves, seed pods, and roots are usable as food, and are very nutritious. The plant contains a high number of vital nutrients. The seeds can be used for treating drinking water. 1-3 seeds left in 1 liter of water will reduce microbes by up to 99%. The plant can be used particularly in developing countries as a source of income and a source of healthy food.

APPLICATION POSSIBILITIES

In Auyurveda medicine all products of the tree are used. The tree's parts are used usually as a source of natural antibodies, as a birth aide, as an elixir for liver damage and many other uses.

The individual plant parts find different applications.

In the countries of origin the Moringa leaves are cooked like leafy vegetables or roasted in the pan to make curries. The powder of the leaves is suitable for tea preparations and can be used as a healthy nutritional supplement. The taste of Moringa leaf tea reminds one of nettle tea and is rich in minerals, secondary plant materials and antioxidants. Loss of bodily minerals through sweating, blood loss, lack of nutrition or psychological stress can be prevented easily with Moringatea. Generally this isotonic beverage is preventive for muscle cramps, nerve twitching, hypertension, allergic reactions and demineralization of the bones, teeth and hair. In addition, it helps maintain a balanced nervous system as well as endocrine and gland systems. Moringa leafs are antimicrobial, anti-inflammatory, pain-lowering, rich in vital substances and protect against free radicals. Gargling Moringatea helps in case of inflammations in the throat area and it prevents bacterial tartar and gingivitis. Moringa leaves are good for pregnant women, since it facilitates the birth by working against the uterus inertia. Secondly it increases the quantity of the mother's milk.

THE MORINGA ROOTS AND THE BARK contain glucosinolates, which show antibiotic characteristics and can be used as medicine for heart problems. The roots and bark are innervating, anti-inflammatory, appetite stimulating and digestion promoting. The ground roots can be used for the treatment of rheumatism and joint pain.

The 2-3cm long, white Moringa blossoms can be likewise prepared as tea, which can show a stimulating and strengthening effect. Also its flower nectar exhibits an anti-inflammatory effect and an excellent Moringa honey can be made using it. The Moringa plant can produce 80-90 fruits one year after planting, and 500-600 fruits after two years. The thin, fruits are 25-70cm long; young fruits can be used for cooking before they become woody. Their taste reminds one vaguely of asparagus.

The **Moringa fruits contain a high number of proteins** with 2,5g/100g (an amount similar to what beans contain). They also contain 120mg Vitamin C /100g (more than oranges, which contain 50mg/100g) and 2,0g other minerals /100g (comparable to millet). Further, the Moringa fruit exceeds all nuts, grains, vegetables and fruits in terms of copper content (3,1mg/the 100g). Copper is beside iron and zinc the third-most important essential trace element, since it is involved in the formation of the red blood corpuscles and is a

component of many enzymes. According to scientific studies, copper plays an important role in preventing rheumatism and Alzheimer's disease.

The matured fruits contain 12-35 light brown **seed cores**, which are embedded in three paper-like white wings. The cores taste sharply bitter and have antimicrobial, anti-inflammatory, and fever-lowering characteristics. They are also good against arthritis, rheumatism and joint pain. In addition, the seeds have a special skin-protecting and hair-maintaining effect for humans, since the proteins of the Moringa seeds form a lotus effect. The positively-charged ions of the proteins repel the positively charged dirt particles (of dust, exhaust gases, soot ecc). Thus one can also use the valuable Moringa oil, also known as Behen oil, to reduce the contamination of the skin. With 45% oil content in the seeds, the Romans, Greeks and Egyptians manufactured their most important vegetable oil, which was used for medical purposes. Its composition resembles olive oil, with a high content of unsaturated fatty acids and strong anti-oxidant properties. Behen oil can also be used for food (e.g. to season salads). In Ayurvedic medicine, Moringa oil is highly appreciated, because of its strong healing effect on the skin, and it is especially used against skin inflammations and rashes.

In general, Moringa has remarkable nutrient properties. It contains 11 important vitamins (vitamin B Cholin, vitamin B1, B2, B3, B5, B7, B9, C, E), 13 minerals (calcium, magnesium, iron, phosphorus, potassium, manganese, copper, zinc, chrome, selenium, sulfur, boron, silicon), all 8 essential amino acids (Laurin, Isoleucin, Lysin, Methionin, Phenylalanin, Threonin, Tryptophan, Valin), 10 non-essential amino acids, several omega fatty acids, 27 anti-inflammatories, 25 antioxidants, a good amount of natural chlorophyll, the newly discovered chemical messenger Zeatin and far trace elements.

MORINGA AS NATURAL ANTI-AGING

Recently, scientists discovered in Moringa the transmitter Zeatin, which can delay the biological aging process. Zeatin can intervene as Cytoline in the nucleic acid metabolism and can shift this temporarily to an inactive state. Therefore it can act as a strong anti-aging substance.

MORINGA AS A SOLUTION AGAINST HIGH-BLOOD PRESSURE

A blood pressure lowering effect is to be attributed to the root of Moringa, due to the alkaloid Moringine which has a calming effect on the heart. The powder of the Moringa leaves also have a sedative effect on the central nervous system and thus can help to calm sleep.

MORINGA AS A WAY TO PREVENT DIABETES

Scientists have observed that powder made out of Moringa leaves can cause a reduction in blood sugar level within 3 hours. It is not as effective as the medication Glibenclamid, but it is an alternative. Moringa however can be used as a way to prevent diabetes, since an effective protection from the disease is balanced nutrition with a rich quantity of natural pro vitamins, which are found in the Moringa tree.

MORINGA AS AN ALTERNATIVE MEDICATION FOR ADHD (ATTENTION DEFICIT HYPERACTIVITY DISORDER)

Many times treatment with natural pro-vitamins has proven successful against ADHD. It can be seen as a proven alternative to the industry-offered Ritalin, which with its unpleasant side-effects can be considered almost as outdated, or Aderol. Researchers detected a connection between new consumption habits (too much sugar, fats and lack of natural salts and water) and ADHD symptoms. The symptoms such as hyperactivity, attentiveness disorder, nervousness, sleep disturbances, perseverance problems and states of anxiety can be prevented with pro vitamins in the form of amino acids from the Moringatree. The powder of the Moringa leaves can be used as an organic-active food supplement. Essential as well as non-essential amino acids are considered the most important basic modules for the protein synthesis of our body. By using the amino acids our body can take up specific and necessary nutrients, which people with ADHD often lack. In addition, due to the amino acids, the body can fulfill a reactivation of the nerve conductivity and likewise recover physical efficiency.

One can say that healthy eating plus regular consumption of Moringa -and its natural pro vitamins- can generally help children, students, mothers and everyone else to improve brain function and achieve a balanced state of mind, avoiding ADHD symptoms.

Thus, not without reason, the Moringa tree has been called the most versatile, health-promoting plant for humans and animals that ever grew on earth.

PRODUCTION

Since 2001 *Moringa oleifera*, as well as other herbs, has been successfully cultivated at the “Land of the Medicine Buddha”, OneWorld’s own herb farm. The noble **Moringa leaf** has been cultivated using bio-dynamic farming methods, and so, after inspection and certification from IMO Switzerland and Demeter International, they can now carry the **Organic and Demeter logos**.



Carefully handpicked, and gently dried in the shade, the leaves and fruit retains all of its healing properties. The herbs are then selected and added to noble tea mixtures by **OneWorldalc Nepal**. OneWorldalc is a German - Nepali cooperation for **bio-dynamic agriculture** that upholds **Fair Trade** standards in all its undertakings and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**). We are happy to be able to offer you Moringa leaves of the highest quality as a true **LOHAS product**.

OUR PRODUCTS CONTAINING MORINGA OLEIFERA

Moringa can be found in our following teas: **“Hormonie”** ; **“Moringa Power Pur”** ; **“Gut Drauf Sein”** ; **“Vegan mit Elan”** and **“die Braten Fee”**

The raw leaves can also be purchased unmixed on request.