



# **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**

*Muhammad Umar*

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## **Moringa is back from the future**

Moringa stories spread from across ancient Africa to Asia and today to the West. Moringa is known for being as one of nature's most nutritious plant. Dried moringa leaves were found in ancient Egyptian tombs to help preserve the mummified bodies for thousands of year. Moringa hit the media circuits when the professional boxer Mayweather accused Pacquiao of using steroids. Pacquiao's camp credited his strength and power from consuming moringa/malunggay leaves; which is a standard local staple that he eats regularly to help fuel his body and aid in the recovery process. The secret to his power revealed was none other than moringa, the natural steroid. Moringa is like science fiction, it is the type of food you would see people eat in Star Trek. Speaking of science fiction, moringa was central theme in the classic movies Dune and the Matrix. In the movie Dune, the spice is the most important substance in the empire known as melange, which is used all over the universe and is a sign of wealth. Duke Atreides notes that of every valuable commodity known to mankind, "all fades before melange." It has many special properties, such as extending life and expanding consciousness. In the movie Matrix, the crew of Nebuchadnezzar were shown eating a type of food reminiscent of porridge, described as the "breakfast of champions," served on board as a single celled protein combined with synthetic amino, vitamins, and minerals. Everything the body needs. Sounds familiar doesn't it?

## **Do you think that's food you're eating now?**

Food should nourish your body and contribute to your overall health. People today are eating food that was never grown in a proper nutrient dense rich soil. Instead, diet today is industrial foods processed and redesigned to the point where they are stripped of anything that allows for them to be classified as food. Food is a noun: meaning nourishing substance that is eaten, drunk, or otherwise taken into the body to sustain life, provide energy, and promote wellness. Nourish is a verb to mean sustain with food or supply with what is necessary for life; health, and growth. If it doesn't provide nourishment, it is not food. The human body can differentiate between natural nutritional supplements and synthetic ones. Synthetic supplements are ineffective due to the body's inability to synergize its elements. Moringa's well documented detoxifying effects helps strengthen the immune system. Moringa can make dirty water drinkable. University laboratories around the world have conducted many studies confirming Moringa's ability to purify water by attaching itself to harmful elements and microbes, and allowing them to be removed as waste.

Moringa is increasingly gaining notoriety in the United States through recent laboratory studies and promotion by celebrities like Dr. Oz. Moringa contains 18 amino acids, including all 9 essential amino acids, 46 antioxidants, 36 anti-inflammatory compounds and more than 90 nutrients which make its dried leaves one of the best nutritional supplements. Moringa oleifera leaves are an ideal supplement for athletes to take to ensure they are at peak performance.

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