

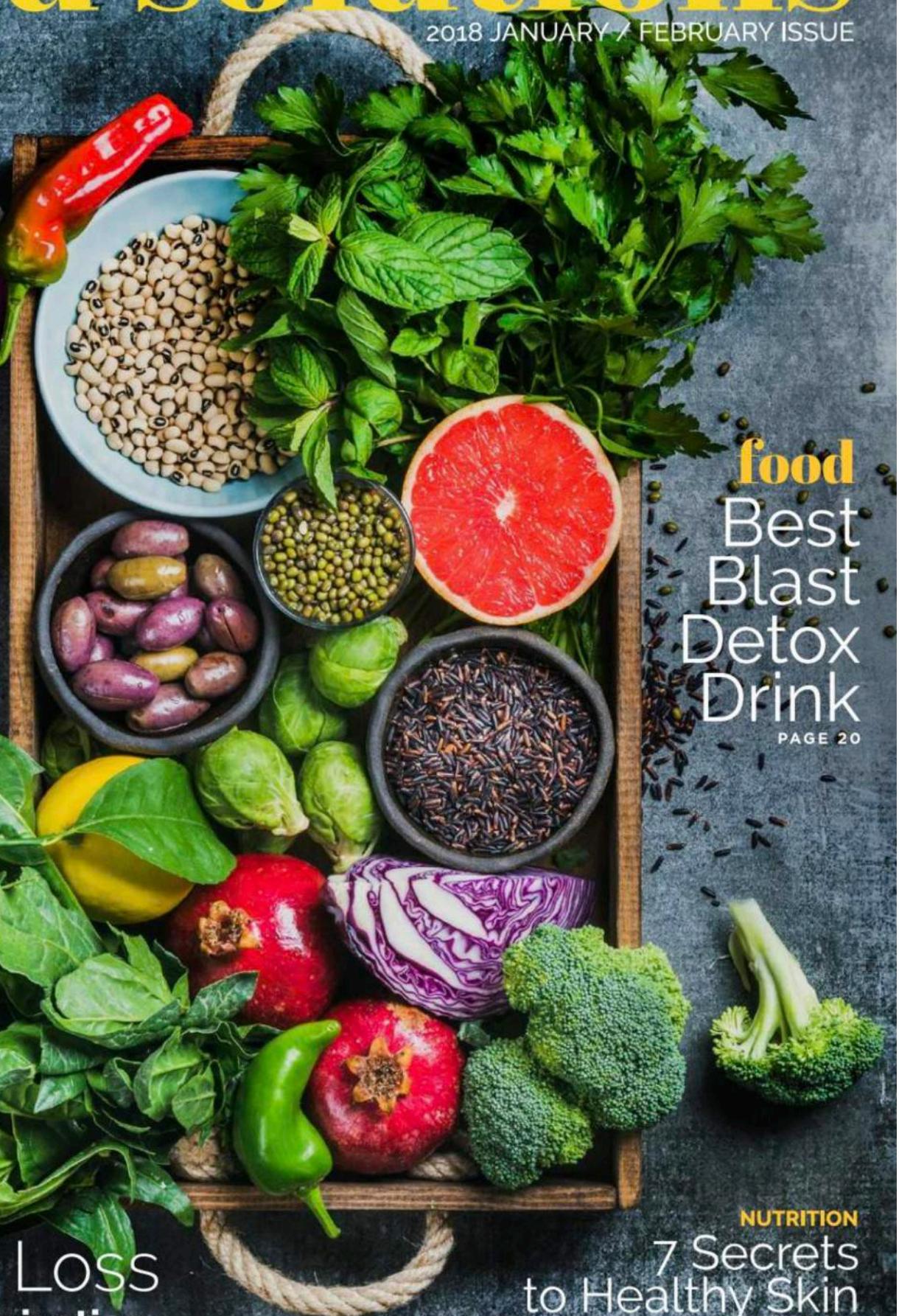
# Gluten free food solutions

2018 JANUARY / FEBRUARY ISSUE

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# MIGHTY MORINGA FOR YOUR HEALTH

BY SUJA NATARAJAN



Moringa Oliefera, also known as the "miracle tree", is a green leafy tree packed with over 90 medicinal compounds. The bright-green colored leaves are a nutritional powerhouse packed with an impressive list of nutrients.

While Moringa was used in traditional medicine like Ayurveda for more than 4000 years, current research and investigations confirm the healing abilities of the plant. Acknowledging the remarkable medicinal properties of Moringa, the *National Institute of Health* adjudged it as the "plant of the year" in 2008.

According to the *Asian Pacific Journal of Cancer Prevention*, Moringa leaves have a wide range of anti-oxidants, antibiotics and nutrients including vitamins and minerals. The incredible health-enhancing compounds of Moringa make it one of the latest supplements to enter the holistic health market. Whether you use Moringa in vegetable curries, tea, salad, juice or as a supplement, it is beneficial for a variety of health conditions.

## MORINGA HAS A WIDE SPECTRUM OF NUTRIENTS, INCLUDING:

- Vitamin A
- Vitamin B 1, 2, 3, 6 and 7
- Vitamin C
- Vitamin D
- Vitamin E
- Vitamin K
- amino acids
- protein
- fiber
- calcium
- iron
- magnesium
- potassium
- phosphorus
- zinc

## CHECK OUT THESE OTHER BENEFITS OF MAGICAL MORINGA!

**IMPROVES DIGESTIVE HEALTH:** Add fuel to digestion by including a handful of fresh Moringa leaves in vegetable dishes. Moringa finds a prominent place in Ayurveda in treating digestive disorders and ulcers. The high fiber in the leaves and pods gently stimulate the intestine for a smooth elimination process. Studies





show the presence of isothiocyanates beneficial to treat and prevent ulcerative colitis. The extracts of the leaf make an effective herbal remedy against gastrointestinal disorders. Results of a study on mice showed the restorative properties of Moringa leaf extract to prevent early liver injury.

**LOWERS SUGAR LEVELS:** The anti-inflammatory compounds make Moringa a natural way to manage diabetes. According to a study published in the *International Journal of Health and Nutrition* in 2011, Moringa leaves were found to have a positive impact on insulin and blood glucose levels of diabetic patients. "The high vitamin C content in Moringa helps the pancreas to produce insulin which affects the blood sugar levels," says UK-based Niraj Naik, holistic expert and pharmacist.

**CARDIOTONIC:** High blood pressure can increase the risk of several cardiovascular diseases. Moringa is rich in quercetin, an antioxidant flavonol, associated with reduced risk of coronary heart disease and stroke. Based on animal-based studies it is found that the bioactive compounds, isothiocyanates and niaziminin present in Moringa curbs the thickening of arteries, which lowers the risk of hypertension.

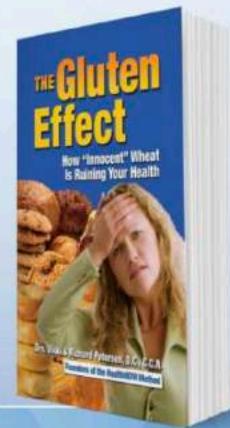


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