

Gluten free **food solutions**

2018 JANUARY / FEBRUARY ISSUE

SCIENCE

Moringa,
your body's
new BFF

PAGE 10

food
Best
Blast
Detox
Drink

PAGE 20

NUTRITION

Weight Loss
Without Deprivation

NUTRITION

7 Secrets
to Healthy Skin

PAGE 62

science



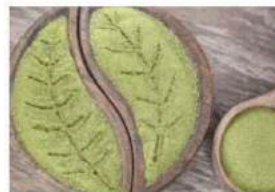
FOOD / MIGHTY MORINGA FOR YOUR HEALTH

science

MIGHTY MORINGA

BY SUJA NATARAJAN

FOR YOUR HEALTH



Moringa Oleifera, 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 antioxidants, 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



FOOD / MIGHTY MORINGA FOR YOUR HEALTH

science



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.



Don't take Moringa powder on an empty stomach as it may cause nausea.

Add fresh Moringa leaves in vegetable curries, soups, stews, tea or as dried powder in smoothies.



Try out Moringa in small doses and gradually increase the dosage.

Always talk to your doctor before adding Moringa to your diet or regimen.

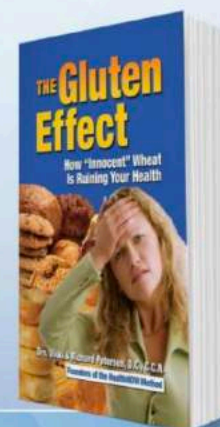


Talk to a Great Gluten Doctor

Dr. Vikki Petersen, DC, CCN
ROOT CAUSE MEDICINE



- Winner of the "Gluten Free Doctor of the Year award"
- Author of the best seller "The Gluten Effect"
- Certified Functional Medicine Practitioner
- Winner of "Gluten Free Writer of the Year" award
- Certified Clinical Nutritionist
- Doctor of Chiropractic



OUR **DESTINATION CLINIC** TREATS PATIENTS FROM ACROSS THE COUNTRY AND INTERNATIONALLY DUE TO OUR HIGHLY EFFECTIVE TREATMENT PROTOCOLS

Call me for a
FREE PHONE CONSULTATION
408.733.0400

1309 S. MARY AVE, SUITE 100 - SUNNYVALE CA 94087

science



REDUCES INFLAMMATION: Bronchial asthma is a chronic inflammatory condition, which causes wheezing and coughing. Twenty asthma patients who consumed Moringa seeds for three weeks saw a significant reduction of asthmatic attacks in one clinical study. According to the study, Moringa is beneficial against bronchial obstructions and assists in better lung functions. Studies also suggest that the anti-inflammatory compounds of Moringa speed up the recovery process of liver damaged by anti-tubercular drugs.

ENERGY BOOSTER: If you are looking for a subtle energy boost, Moringa is a better alternative to caffeine. The combination of vitamin B, magnesium and potassium aids absorption of food and converts sugar into energy. Unlike caffeine, Moringa relaxes the muscles and relieves stress to boost mental clarity. "Moringa has become a very promising supplement, and many people and practitioners

are using it for overall health support. Moringa contains iron and protein that gives us energy and its antioxidant, anti-inflammatory properties, protect us against disease," notes Miami-based Dr. Elizabeth Trattner, Doctor of Chinese Medicine and Certified AZCIM Integrative Medical Practitioner.

IMPROVES IMMUNITY: Keep your immune system in top shape with Moringa. "Moringa is a highly regarded medicinal plant because of its immune-boosting properties. It has an abundance of iron, antioxidants and vitamin C, which play an important role in boosting the immune system," says Naik.

"It's also high in minerals and beta-carotene that protects and builds the immune system. Daily intake has shown that consumption of Moringa leaves meets the recommended dietary allowances of these vitamins and mineral," says Trattner.

REFERENCES:
National Center for Biotechnology Information
National Institutes of Health
MiracleTrees.com
Science Direct

© Suja Natarajan 2017
First North American Serial Rights

SUJA NATARAJAN IS AN OHIO-BASED FREELANCE WRITER WHO WRITES ON HEALTH, WELLNESS AND PARENTING TOPICS FOR MAGAZINES AND NEWSPAPERS. READ HER PUBLISHED CLIPS ON WWW.SUJANATARAJAN.COM.

TURN YOUR HOME INTO
A STEAK HOUSE TONIGHT!

Bone Suckin' Ribeye Steak

NEW!

"We're Talkin' Serious"
Bone Suckin' Steak Sauce
CHOPHOUSE STYLE
NET WT. 11.75 oz. (334g)

THIS RECIPE AND MORE AT
BONESUCKIN.COM

BoneSuckin.com | (919) - 833-7647 | Sales@BoneSuckin.com
Gluten Free • Fat Free • *NON GMO • All Natural • No Preservatives • No MSG
*(The Bone Suckin' line is NON GMO except our Steak Sauce & Mustards & we're working on those.)



Spring 2015