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The Health Benefits of Moringa: an Amazing Superfood

Add this Superfood Packed with Antioxidants to your Daily Routine

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Tap into ancient African and Indian wisdom by incorporating *Moringa oleifera* into your daily diet and skincare routine. Known as the Miracle Tree, **the health benefits of Moringa appear to be even greater than the amazing açai berry!** In fact, its roots, leaves, seeds, bark, fruit, flowers, and pods are all used in indigenous medicine and diets to act as a diuretic, antidiabetic, antioxidant, antihypertensive, antiulcer, anti-inflammatory, and more. Check out these many uses of Moringa.

Photo credit: Flickr / Tatiana Gerus

Forms of Moringa

Known also as the clarifier tree, drumstick tree, mother's best friend, and horseradish tree, the superfood-producing Moringa is converted into **Moringa oil, Moringa powder, Moringa tea**, and a variety of other formulations, making it easy for you to take advantage of the benefits of Moringa.











Photo credit: Flickr -Taras Kalapun / treesftf / treesftf

Uses and Benefits of Moringa

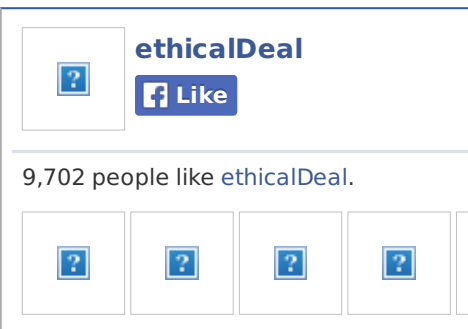
- **Moringa as a superfood high in antioxidants:** Moringa was recently tested for antioxidant content using the Oxidant Radicals Absorbent Capacity (ORAC) system. The findings confirmed Moringa powder as having the highest levels of antioxidants of any food yet to be tested, beating out açai berry by 50%. Eating Moringa in any form, or drinking Moringa tea, will help you take advantage of this superfood and its antioxidants.
- **High level of nutrients in Moringa:** Moringa oleifera contains 90+ nutritional benefits, including high levels of calcium, magnesium, potassium, iron, and Vitamins A and C. As such, it is an excellent dietary source of nutrition.
- **High plant protein in Moringa:** The seeds of the Moringa tree are high in protein, with Moringa powder containing 27% protein including 8

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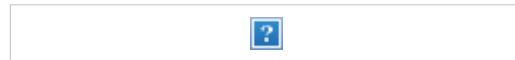
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essential amino acids, making it an excellent vegan source of protein.

- **Medicinal benefits of Moringa oil:** Because it has antiseptic and anti-inflammatory properties, Moringa oil can be used for wound care and snakebites.
- **Moringa oil for cooking:** As an unsaturated fatty acid oil similar to olive oil but lighter, Moringa can be used for cooking and sautéing, lending its nutritional benefits to your everyday meals.
- **Moringa oil in your personal care:** Moringa oil can be used as a carrier oil in a variety of personal care products such as lotions, hair conditioners, and diaper creams. Given its high-antioxidant content, it is used in formulating anti-aging products, and its clarity also makes it a useful ingredient for products that help to clear and prevent blemishes and spots.
- **Water filtration and fertilizer with Moringa:** The presscake left after oil is extracted from the Moringa pods can be used as a coagulant in water for removing solids from drinking water and salt from seawater, and as a fertilizer for crops. This is a commodity being used in developing countries as a locally-available, affordable alternative to more expensive imported options.



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About the Author:

Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health,

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Health Healthy

Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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