

**Moringa - The Miracle
Food by Bibhas Nag -
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GreenFoods**

"The hardest thing to see is what is in front of your
eyes."

- Goethe

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These leaves could
save millions of lives.

The Moringa Tree

Moringa oleifera





Varieties

Thirteen Moringa species are known:

M. oleifera

M. arborea

M. borziana

M. concanensis

M. drouhardii

M. hildebrandtii

M. longituba

M. ovalifolia

M. peregrina

M. pygmaea

M. rivaie

M. ruspoliana

M. stenopetala



Moringa Knowledge in the Ancient World

Ancient World Knowledge

Scientific Knowledge



Nutritional Value



Tiny leaves.

Enormous Benefits.

=

7 times the Vitamin C of Oranges



4 times the Vitamin A of Carrots



4 times the Calcium of Milk



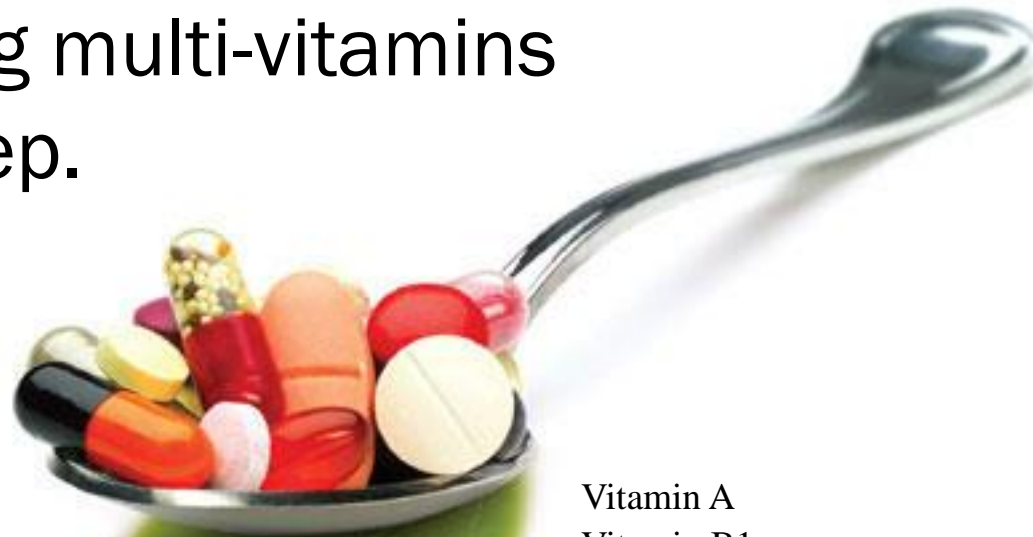
3 times the Potassium of Bananas



2 times the Protein of Yogurt



It's like growing multi-vitamins
at your doorstep.



Vitamin A
Vitamin B1

Vitamin B2

Vitamin B3

Vitamin C

Calcium

Chromium

Copper

Iron

Magnesium

Manganese

Phosphorus

Potassium

Protein

Zinc

Rare for a
plant source,
Moringa leaves
contain all
the essential
amino acids...

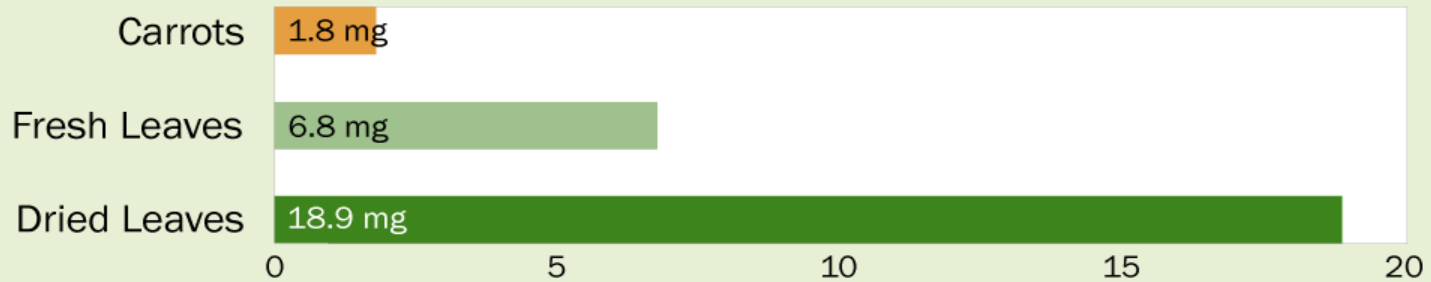


...to build
strong, healthy bodies.

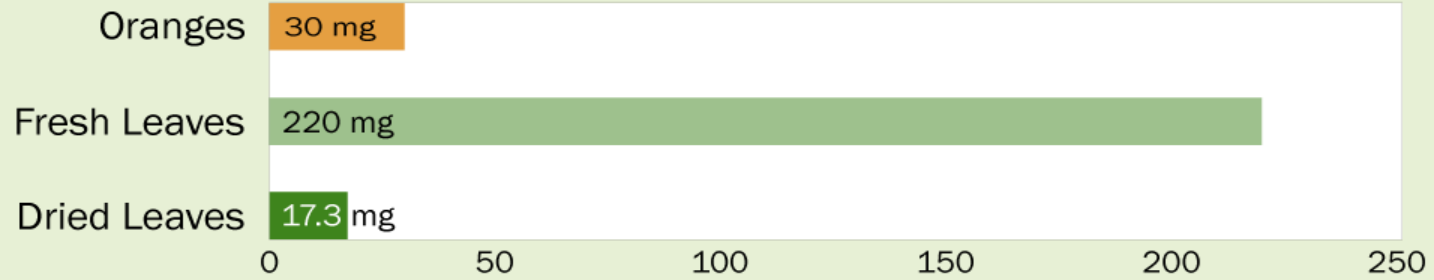


Moringa even contains *argenine* and *histidine*—two amino acids especially important for infants.

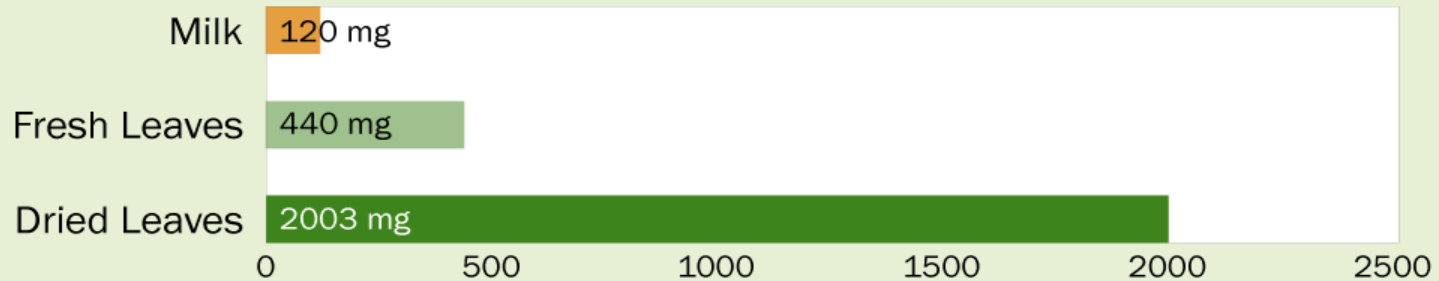
Vitamin A



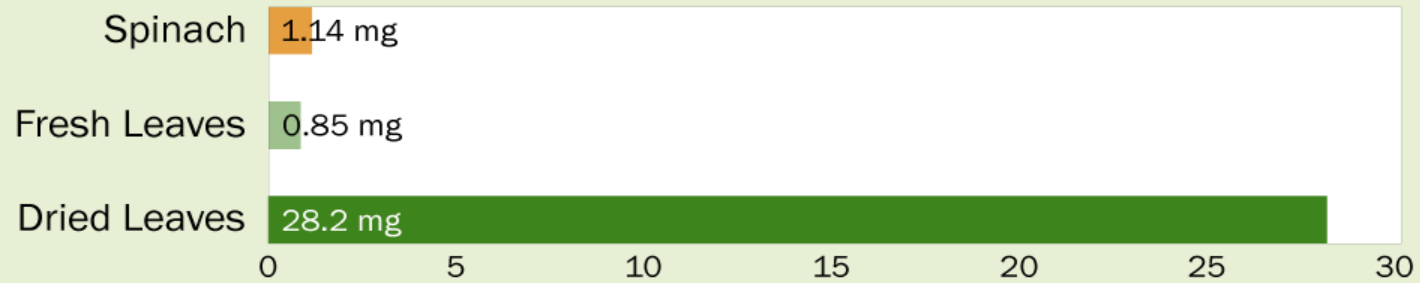
Vitamin C



Calcium



Iron

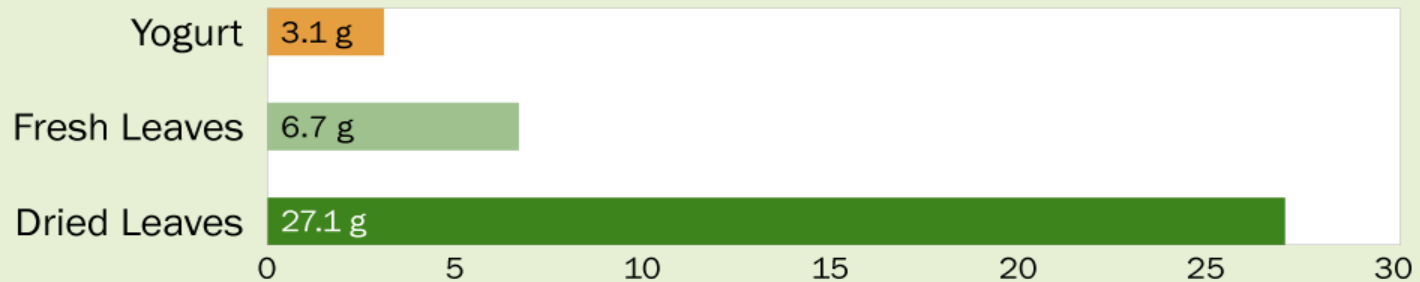


Note: Iron from plants, including spinach and Moringa, is generally difficult for the body to absorb.

Potassium



Protein



Common Names for Moringa

(See more at: treesforlife.org/moringa/names)

• *Moringa*

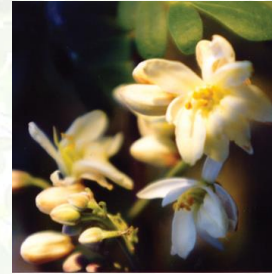
Leaves:
Nutrition
Medicine



Trees:
Alley Cropping
Erosion Control



Flowers:
Medicine



Pods:
Nutrition
Medicine



Consider the Possibilities



Roots:
Medicine



Seeds:
Water Purification
Medicine
Oil



Gum:
Medicine



Bark:
Medicine



Moringa's Potential

- Human Health
- Livestock Fodder
- Plant Growth Enhancer
- Biogas

Human Health

Test in Senegal

Conducted by:

- **Mr. Lowell Fuglie,**
Church World Service in
Dakar
- **AGADA**
(Alternative Action for
African Development)





Test in Senegal

Results:

- **Children** maintained or increased weight and improved health.
- **Pregnant women** recovered from anemia and had babies with higher birth weights.

Research in Nicaragua

Nikolaus Foidl

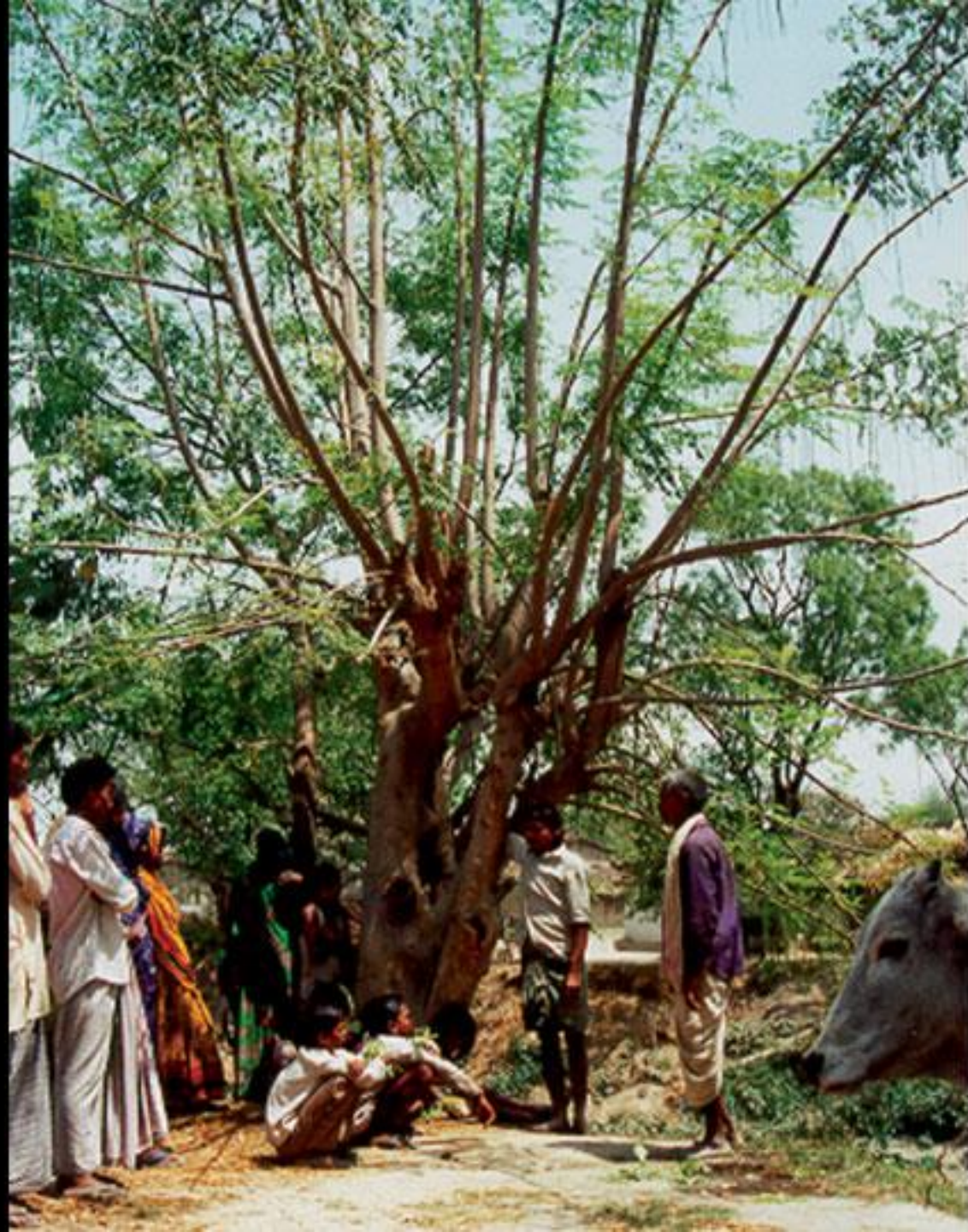
Leonardo Mayorga



Dr. Nadir Reyes Sánchez



Intensive Cultivation













Livestock Fodder

Increases daily
weight gain
up to **32%**

Increases milk
production
43% to **65%**



Plant Growth Enhancer

Plant Growth Spray

- Extract juice from green matter
- Dilute with 36 parts water
- Spray 25ml on each plant









Effects of Spray

- Accelerates growth of young plants
- Plants are firmer, more resistant to pests and disease
- Longer life-span
- Heavier roots, stems and leaves
- Produce more fruit
- Larger fruit
- Increase in yield 20-35%

Bell Pepper



Spray

Control

Sugar Cane Roots



Spray



Control

Sorghum



Spray

Control

Turnips



Freeze Dried
Spray

Control

Spray

Biogas



Need for Studies

- **Human Health**
- **Livestock Fodder**
- **Plant Growth Enhancer**
- **Biogas**

How to Help

- **Share this information with key decision-makers in your country.**
- **Promote field studies and clinical studies in your country.**
- **Share your findings with the rest of the world.**

Trees for Life Journal

Share your findings with the world at:

www.TFLJournal.org

The screenshot shows the homepage of the Trees for Life Journal. At the top, the title "TREES FOR LIFE JOURNAL" is displayed in green, with the subtitle "a forum on beneficial trees and plants" below it. A navigation menu includes links for "About", "Support", "News", "Contact Us", "Help", and "Editorial Board".

On the left side, there is a sidebar with various links: "Login", "Open Forum", "Current Articles", "Archive", "Studies in Progress", "Moringa Gateway", "Discussion Forums", "Cerebellum Alerts", "Author Info", "Submit Article", "Member Info", and "Call for Studies". Below these links is a small red apple logo with the text "Trees for Life".

The main content area is divided into several sections:

- About Trees for Life Journal:** A link to "Click here to find out more about Trees for Life Journal".
- New Article:** A link to "sign up for content alerts via e-mail." followed by a featured article: "Can Fresh Vegetable Sprouts be Produced for Human Consumption in Areas With Poor Water Quality? (A Pilot Study) (more)".
- Latest Discussion:** A link to "Open Forum".
- What's New:** A link to "Latest News" followed by "Upcoming International Conference (more)". Below this is a link to "Moringa Gateway" with the text "Moringa Oleifera and Cratylia argentea: potential fodder species for ruminants in Nicaragua (more)".

On the right side, there is a search bar with a "GO" button and a link to "Advanced Search". Below the search bar are four green buttons: "Invitation for Articles", "Content Alerts", "Call for Studies", and "Why Publish".

Below the buttons is an "Article Highlights" section with a yellow background, listing "Research Articles", "Social Marketing: A Baseline Survey Report of District Ilargah, Olesa (more)", "Plant Foods as Sources of Pro-Vitamin A: Application of a Stable Isotope Approach to Determine Vitamin A Activity (more)", and "Traditional Uses: Old Wives' Tales: Modern Meades (more)".

At the bottom, there is a "Top Three Articles" section with three featured articles, each with a small portrait of the author:

- Moringa oleifera: A Review of the Medical Evidence for its Nutritional, Therapeutic, and Prophylactic Properties. Part 1.** by Ted W. Fabry, Sc.D.
- Trees for Life Journal: A Bridge Between Science and Traditional Knowledge** by Balbir S. Hattar.
- Trees for Life Journal: A New Adventure in Service** by Jeffrey Fees.

The footer contains a navigation menu: "Home | About | Support | News | Contact Us | Privacy Policy | Help | License | Editorial Board". Below this is a line of text: "This site best viewed with Internet Explorer 6.0 or later, or Firefox 1.0 or later." At the very bottom, it says "Copyright © 2007 Trees for Life Journal. All trademarks and copyrights on this page are owned by their respective owners." and "Powered by Geeking".



Consider the Possibilities



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