

Moringa

THE MIRACLE TREE

Mark Mandela, Clinical Nutritionist

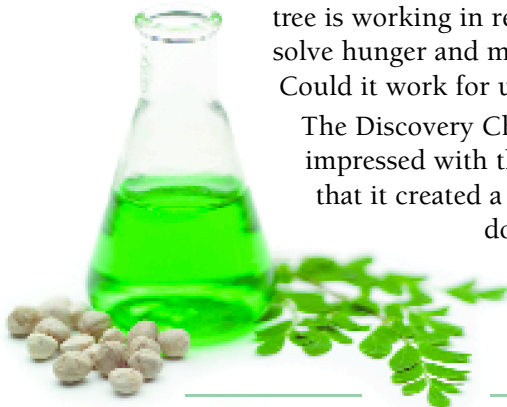
There is an amazing tree that grows in Africa, India, and other almost uninhabitable areas of the Earth, called the *Moringa oleifera*. To feed the people living in these barren regions, it's as if God picked this one tree and packed it with just about every necessary nutrient and a "pharmacy full" of natural medicines in bio-available form. With its 90 nutrients, 46 antioxidants, 36 anti-inflammatories, and more, Moringa has proven to be the most nutrient-dense and enzymatically active botanical known to man. Scientific analysis shows that Moringa contains 539 beneficial bio-chemical activities. A few of these are listed below.

Moringa was recognized by the National Institutes of Health as the Botanical of the Year for 2007, and praised again this year. It is valued worldwide for its ability to treat over 300 diseases. It has the ability to retain high concentrations of electrolyte minerals, allowing it to stay internally hydrated in the driest of conditions. Africans have honored it with names that translate to: "Never Die," and "The Only Thing that Grows in the Dry Season," and "Mother's Milk." This plant has saved more lives in Third World countries than any other.

It's an unfortunate fact that our own "civilized" food supply no longer feeds us well nutritionally. Our food is comforting, and tastes good, but as far as our cells are concerned, too much of what we eat is over-processed, denatured and acidic, and ends up depleting our bodies—robbing us rather than feeding us. We all need to supplement our diets in the most efficient and economical means possible. The Moringa

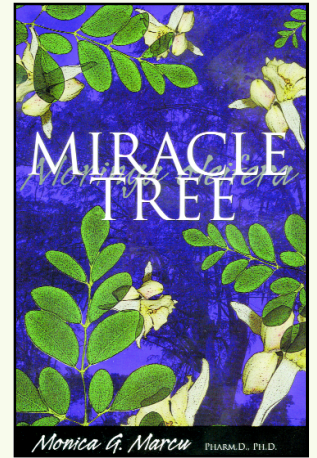
tree is working in remote areas to solve hunger and malnutrition. Could it work for us here too?

The Discovery Channel was so impressed with the Moringa that it created a multi-million-dollar documentary on the tree (a first in the TV industry).¹



My wish is that everyone will understand the extraordinary value of this plant for humanity. Moringa contains hundreds of substances—vitamins, minerals, enzymes, amino acids, essential fats, and specific phytochemicals (plant-derived), each with clear applications in healing and nutrition. I have tried to remain objective and impartial, although it is hard not to be excited and fascinated by Moringa... You will come to understand why they call her a miracle tree.

— Monica Marcu, Pharm. D., Ph.D., Author of "Miracle Tree"



In fact, watching this feature is what inspired Kenneth Brailsford, pioneer herbalist and founder of Nature's Sunshine®, to start Zija International™. He wanted to bring Moringa to the world. Zija has formulated the Moringa leaf, seed, and fruit into a liquid supplement that costs about \$3 a day. My kids love the *Smart Drink* in its convenient, 5 oz. can. For its extra medicinal value, many prefer the *Smart Mix*, a powder that comes in a single-use packet. You add 8–12 oz. of water, shake and drink it cold. The XM3 is their new energy drink.

Dr. Russ Bianchi, one of the world's top food scientists, is the one who developed the Zija nutritional products. After more than 140 trials on his way to perfecting this supplement, he now calls it his greatest achievement. "This organic, whole-food beverage is the most bio-available and nutritionally dense formula I have ever seen—bar none! For long-term health, there is nothing on the market globally that gets anywhere near Zija's quality and overall benefit."

As a clinical nutritionist for 25 years, I have studied other, more expensive, high-antioxidant fruit blends on the market, like goji berries, mangosteen and açai berries, which just don't compare. "Why settle for a fruit salad when you can have the main course?" Here's why Moringa should be your cellular main course. Gram for gram, Moringa delivers:

- 2 times the Protein of yogurt
- 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
- 3 times the Iron of spinach

zija™





We are all familiar with the suffering and death that malnutrition causes around the world. These are the countries where the Moringa grows—almost exactly where malnutrition is at its worst—right where it is needed the most.

Here are a few of the 539 medicinal, chemical actions that Moringa gives to the body:

Antiulcer (9), Vasodilator (9), Hypocholesterolemic (14), Antitumor (10), Cancer-preventive (19), Pesticide (13), Antiviral (9), Hypotensive (9), Diuretic (8), Fungicide (8), Antiseptic (7), Hepatoprotective (7), Antiasthmatic (6), Antiparkinsonian (7), Laxative (5), Antiatherosclerotic (6), Anxiolytic (6), Hypoglycemic (5), Antiherpetic (6), Antihistaminic (5), Antirheumatic (5), Antifatigue (5), Antimenopausal (4), Sedative (4), Antiprosthetic (4), Antidepressant (8), Cardioprotective (8), Antiosteoporotic (5)... and 345 more!

[See references to obtain the full list.^{2]}

MORINGA AROUND THE WORLD

Moringa is known and prized in 82 countries, by 210 different names. Indigenous and ancient peoples, including the Roman, Greek, Egyptian, and Indian (Ayurvedic), have used this plant for thousands of years, with known writings dating back to 150 A.D.

Moringa has the highest protein ratio of any plant identified so far. Food scientists once believed that only soy had protein comparable to meat, dairy or eggs. Now they have added Moringa to the top of that very short list. Many consider Moringa's protein superior to soy,

as it is more digestible and non-allergenic. For use in the body, animal proteins need to be digested into their smaller, amino-acid components. Moringa contains 18 of the 20 known required amino acids, including all 8 of the essential aminos found in meat. Moringa is one of the few plants that contains all 8. (Meat is a

luxury most people around the world cannot afford.) The Omega 3 and 6 essential fatty acids, also hard to come by and deficient in most people, are abundant in the Moringa.

Amadou Ba, director of a Senegalese African village health post, concurs, "We were all trained in the Western solutions for treating malnutrition with whole-milk powder, sugar, vegetable oil, and peanut butter. But these ingredients are expensive and inefficient. The recovery of malnourished infants can take months. We now have replaced these with Moringa, and we start seeing great improvements within 10 days."

The Moringa tree is propagated from either stem cuttings or seeds, and except for the bark, which can be toxic, every part of the tree is edible. The tree is pruned, not killed, for harvesting. It is fast becoming an important, organically grown, cash crop for developing countries.

The young, tender, mustard-favored leaves are eaten raw in salads, and cooked to make a tasty spice. The cooked leaves are also placed in soups and curries. The edible flowers taste similar to radish. The fresh or dried flowers or the young leaves can be used for tea.

Zija™ Moringa TESTIMONIALS

BLADDER CONTROL & MARATHON TRAINING

As an active and busy mother of five children, I noticed I was constantly interrupting my sleep with frequent trips to the bathroom at night. Since starting Zija, I now sleep soundly through the night, with no interruptions and I awake fully rested. Another advantage Zija gives me is, when I train for marathons, I am not fatigued during my runs, I need less recovery time, and my ankles don't ache. Zija is wonderful!

—Sheri

WEIGHT TRAINING

I am 17 years old. I really like Zija and have enjoyed both physical and mental benefits. I like to weight train, and I have noticed a good change in my physique. I only weigh about 115 pounds, but I can now Dead Lift 270 pounds, Bench 170, and Squat 240. That's more than my friends who are bigger than me. My coach says that he has seen some real improvements.

—Soloman

MY DAUGHTER'S BIPOLAR

My daughter was diagnosed as bipolar many years ago. Her road in life has been difficult and a great challenge for me. She said that this morning, she woke up feeling energetic and great. She said that for a very long time her normal morning has been to wake up depressed with a desire to go back to sleep.

What my daughter is experiencing is a major breakthrough in her life. I asked her, had her doctor prescribed a new drug? No, not at all. A month ago, I gave her a box of Zija Smart Mix to try. I kept her supplied with more Zija as she used it. A week ago, I recommended that she increase her intake. It was Zija that brought about the change for my daughter—a new start in life. I consider that miraculous.

—Larry T.

WEIGHT LOSS

After taking Zija for a couple of weeks people started telling me I looked better and asked if I had lost weight. I decided to see if I had lost weight and to my amazement, I lost 14 pounds. I have also been able to turn down the usual sweets that I would eat on a regular basis. Thank you, Zija International!

—Pablo

COPD & ENERGY

It is amazing that I am feeling so healthy after being told I had Chronic Obstructive Pulmonary Disease (COPD), needing to use a nebulizer several times a day, and Advair® twice a day. I now am almost completely off the nebulizer, and the Advair use is down to every other day. If I continue to improve like this, I think I may be off both of them soon.

Also, I am able to function physically around the house doing various jobs that need doing. Whereas before, I had a tough time getting up the energy to do anything. I still take short breaks, but that's to be expected at age 73! The Moringa is indeed a miracle tree. My personal experiences prove it!

—In good health, Larry B.

OUR DOG, CANDIE

The vet said she might not make it through the night. My husband said, "Why not try that Moringa stuff?" I gave her two oral syringes and she liked it. I gave her two more, and she got up and smelled her dog food. Then she practically grabbed her treats out of my hand. I gave her more and more. She gained her weight back, her eyes cleared, and she was wagging her tail. My vet could not believe it! But she was so cancer infested, and we caught it so late. Still, we got an extra month of quality time with her. Thanks from the bottom of my heart!

—Diane P.

SWEETS CRAVING & MUSCLE SORENESS

At a recent Christmas party, the row of desserts at the party didn't look interesting to me. That was very unusual. It took me several minutes before I made the connection to three days of taking Zija. Since then, my craving for sweets has remained very low to nonexistent. Frankly, I'm eating less and eating better just because my appetite has changed so significantly.

Next, after a heavy snowfall led to two hours of snow shoveling for myself and my neighbors, I realized I had no soreness. In fact, I still can't believe it, but I sure do enjoy it!... In a little over five weeks, I've had many great improvements in my well-being and physical condition, and that sure has improved my attitude, too. It's been amazing!

—David F., Ph.D.

BLOOD PRESSURE & SLEEP

Zija has helped me normalize my blood pressure. And I am sleeping much better since I started drinking Zija.

—Lou

The immature pods are cooked whole or the seeds are removed and cooked as peas. Mature seeds are roasted and eaten as nuts. Mature seeds and pods are also pressed for their rich oil. The roots can be ground and used as horseradish. Moringa has no known impurities, and no adverse reactions have ever been recorded.

The Moringa oil has more impressive attributes than olive oil. It is used in cooking and to moisturize the skin. Because it won't spoil or turn rancid, it is used as a preservative, and as a machine lubricant even for fine watches. What's left after the oil has been extracted from the seeds is called seed cake, used worldwide as feed to increase milk production in cows.

Lack of drinkable water is one of the world's most serious threats. Roughly 1.2 billion people in developing countries simply do not have access to clean, safe water, leaving them with little choice but to drink and wash with contaminated water. This accounts for 80% of the world's diseases! An estimated 25,000 people die from water-borne diseases every day. Yet, a dash of Moringa can make dirty water drinkable. When Moringa seeds are crushed and added to dirty, bacteria-laden water, they absorb the impurities (just as they will do in the body). Professor S. A. Muyibi, of the International Islamic University of Malaysia, believes that Moringa seeds could potentially provide a renewable, sustainable, and biodegradable material for treating global water supplies.

L. Fuglie, director of

the Church World Service in West Africa, found that powdered Moringa leaves were more readily embraced by rural villagers than other dietary aids or pharmaceuticals, and decided to put it to the test. After a two-year pilot project in the villages of Senegal, his organization recently convinced the government to promote Moringa as part of the national diet.

The lack of Vitamin A due to malnutrition causes 70% of all childhood blindness. That translates to 500,000 children going blind around the world every year. The Bethesda, Maryland-based International Eye Foundation is now using Moringa, with its high content of beta-carotene, converting to Vitamin A in the body, to combat childhood blindness.

Doctors are using Moringa to treat diabetes in West Africa and high blood pressure in India. It can staunch a skin infection, feed livestock, and enrich the soil, increasing the nutritional value and growth



of other crops. Dozens of humanitarian organizations, including the Church World Service, the Educational Concerns for Hunger Organizations, Trees for Life, and the National Science Foundation, now produce and/or promote the use of Moringa in poverty-stricken areas. The World Health Organization (WHO) estimates that 80% of the world's population relies on traditional medicine (i.e., plants rather than drugs) for their primary health-care needs.³

WHAT TO EXPECT from Drinking Zija's Moringa

1. Over 90 vitamins, minerals, amino acids, and phytochemicals
2. 46 antioxidants, and 36 anti-inflammatories, high chlorophyll, and hundreds of medicinal actions
3. Healthier blood circulation (rich in Omega fatty acids)
4. Better overall cellular hydration (perfect electrolyte balance of potassium, magnesium and calcium) and improved cell structure
5. Better digestion (high enzyme activity, high mucous cleansing, less burping, bloating and acid reflux) and elimination (promotes intestinal flora)
6. Enhances skin health (fatty acids and sulfur amino acids), and reduces the appearance of fine lines and wrinkles (increased hydration to skin cells)
7. Provides a sense of well-being (from complete nutrition)
8. Triggers the metabolism (for fat burning and energy production)
9. Supports the immune system (through detoxification)
10. Nourishes the eyes and brain



(Vitamin A, serotonin)

11. Supports normal blood glucose (GTF) for hypoglycemia and diabetes, with plant hormones and fatty acids that reactivate pancreatic insulin
12. Promotes natural serum cholesterol for heart and artery health)
13. Promotes normal liver and kidney function
14. Normalizes blood pressure (with nutrient hydrators and vasodilators)
15. Improves concentration, clarity of thought (nourishes the neurotransmitters used to relay, amplify, and modulate brain signals)
16. Promotes deeper REM sleep (perfect blend of serotonin precursors), with improvement of sleep apnea (breathing interruption during sleep)
17. Increased nutrient uptake (due to increased hydration, high enzyme activity, and balance of amino acids and nutrient ratios)
18. Produces far lower lactic acid levels than eating animal protein (urea cycle support with arginine, ornithine, citrulline)
19. Stronger phase II liver detoxification nutrients (sulfur amino acids and chlorophyll)
20. Active in reduction of harmful bacteria and micro-organisms (parasites, yeast, fungus, etc.)

CONCLUSION

Moringa may be the “new kid on the block,” where modern science is concerned, but its healing presence in the world is

ANTI-AGING & IMMUNITY

I've received so many compliments from even the first week I started drinking Zija. My clients and coworkers were telling me my skin was looking younger and my hair looks healthier. The sides of my hair that were graying have turned back to my original dark color. It's due to Zija and nothing else.

People tell me I always seem to be in an “up mood” and have great energy. Zija has protected me from catching colds and flu even when others around me were sick. I'm impressed with the anti-aging and immune strengthening benefits. I am proof that the product works.

—Ken

ENDORSEMENT by WANDA DYSON, M.D.

In addition to its high nutritional value, Moringa boasts an impressive list of **traditional medicinal uses** by various cultures around the world. Moringa has fought child death and disease due to malnutrition in Africa. Moringa, a **near perfect food**, has a niche in staving off the current food crisis threatening more than 100 million people worldwide.

The launch of the Zija product is currently in its infancy. An amazing **business opportunity** is available. Over the past few weeks, due to an overwhelming demand for the product, I have not been able to keep it on my shelves. Zija is destined to assume its rightful place as a **giant in the North American and global marketplaces**.

A tree brought from the mind of God to the hands of man. I have **personally received many benefits** from its use. This is a product I believe in and endorse wholeheartedly without reservation. Enjoy Zija!

NATIONAL INSTITUTES of HEALTH (NIH):

The March 2008 issue of the *NIH Record* praises Moringa oleifera and states that, “**perhaps like no other single species, this plant has the potential to help reverse multiple major environmental problems and provide for many unmet human needs.**”



nutritional rebalancing. Please join us at our weekly, nationwide Moringa “miracle tree,” Zija product conference call, on Wednesdays, at 9:30 pm Eastern, 6:30 pm Pacific. Call (512) 597-6200 and enter the pin, 9671111#. ■

ancient and ongoing. It will continue to help starving and sick people whose lives are more desperate than ours... But what about us here in the “developed” countries, nutritionally “starving” due to our devalued and highly processed food supply?

The World Watch Institute reports that the number of people who are “overfed but undernourished” is at 1.2 billion, now equalling those starving from lack of food. The Moringa tree could provide real solutions to the ever-rising “epidemics” of diabetes, obesity, and the other degenerative diseases caused by nutritional deficiencies. In the years ahead, we will be hearing a lot more about this “miracle tree” perfect food.⁴

The testimonials you see here were sent in to me. In my clinical practice, I use the Zija *Smart Mix* as the main source for my clients’

REFERENCES:

1. For a 16-minute excerpt from the one-hour *Discovery Channel* feature on Moringa, go to <http://www.oneteamworldwide.com/spotlight4.htm>.
 2. E-mail me (see box above) for *Dr. Duke’s Phytochemical and Ethnobotanical Database* with list of 539 medicinal, bio-chemical activities of Moringa oleifera.
 3. E-mail me (see box above) to receive a PDF presentation outlining the far-reaching global, nutritional, and medicinal impact of the Moringa.
 4. Other informative Moringa web sites:
www.treesforlife.org/our-work/our-initiatives/moringa
www.mobot.org/gradstudents/olson/moringahome.html
www.peacecorps.mtu.edu/resources/studentprojects/moringa.htm
www.youtube.com/watch?v=kTSrhxsnuw
www.baptiststandard.com/2000/6_5/pages/moringa.html
- David Moses’ excellent Zija training & product info site: www.oneteamworldwide.com

NOTE: Download the continuations of this article series at www.NaturalLifeNews.com.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CHRONIC FATIGUE, CONSTIPATION, ETC.

My wife, Jennifer, and I were married in October of 2001. From our early marriage, my wife knew that something was wrong with my health. There were some days that I was so tired, I would fall asleep in my car with it still running when I pulled into my driveway after work. Many days, all I seemed to have was the energy to work and then sleep.

Fast-forwarding now to May of 2008, I am at 5’ 9” and weighing only 125 pounds. (my low point had been 118 pounds.). I was now facing many unpleasant realities in my life. Some nights I would sleep as few as two hours or as many as twelve, and I would still wake up exhausted. I would then do office work for several hours and be totally exhausted and have to lie down.

Some of the health issues other than this chronic fatigue and insomnia I was facing included: constipation, painful joints, blurry vision, irritable bowel syndrome, and memory loss (where I was not even completing thoughts when speaking). I had absolutely no sense of well-being! I also had the urge to use the rest room as many as 40 times a day.

I couldn’t find the help I needed from my local doctor, so we decided to go to the Mayo Clinic in Rochester, MN. In June of 2008, we were at the Mayo clinic for many days. After having them run many tests, from blood work and seeing the urologist, and spending nearly \$4,000 out of my pocket, we were at the end of being able to afford any more tests, with no solutions in sight.

Many people were praying for my health, and in August of 2008, my brother introduced me to Zija. The very first night I took Zija, I started seeing immediate results. I slept like a baby for the first time in over 10 months! It’s now one month later, and my weight has gone from 125 to 141 pounds, without eating any more than I did previously. My energy is great and most days, I can go without taking a nap.

I can now go to bed at 12 midnight and wake up at 7:00 am feeling refreshed. I’m forgetting far fewer things than I had prior to drinking Zija. The overactive bladder is healing, and I only need to use the rest room several times a day instead of 40! The constipation and achy joints are gone.

Now for the first time in seven years, I feel relaxed, without tension, and I have a wonderful sense of well-being! I am forever indebted to you, Mark, and to my brother for changing my life with Zija!

—Jeremy

Ask about an **8-DAY TRIAL PACK (\$3/day)**
To learn more... and to order
Zija’s *Smart Drink*, *Smart Mix*, or *XM3* by the case,
Contact Your Zija™ Independent Distributor: