

Moringa

THE MIRACLE TREE'S GREEN BULL!

Mark Mandela,
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PART 7

XM3: A Safe, Natural Alternative to Today's Sports & Energy Drinks



What we are seeing today with these energy drinks, like Red Bull, Rock Star, Full Throttle, and Monster, is a drug epidemic among our kids. These drinks are causing problems with our youth today because they are being used like drugs. Last year, Americans spent \$4.5 billion on these high-octane elixirs. The amount of caffeine, sugar, and other harmful substances in these drinks is unreal. And caffeine is actually classified as a drug. It's not regulated like alcohol or tobacco, but it still has addictive qualities, can cause withdrawal symptoms, and has toxic levels.

When I was growing up, we had soft drinks that had caffeine and sugar, like Pepsi and Coke, then it got a bit stronger with Mountain Dew, etc.



Today, they are even stronger, and sold over-the-counter or in vending machines. And we have kids waking up on these drinks. In fact, I was talking to a young man the other day who told me his 13-year-old sister was taking a Red Bull every morning to get herself going.

Why is it that young people today have such a low level of energy starting off in the morning? Well, it's what is NOT in their diets! It's these highly refined sugar diets with all kinds of additives, but no nutrition. They are trying to get their bodies started on chronically low nutrition. Many of these children have overstimulated their adrenal glands and have hypoglycemia. They have these sugary meals and drinks, and the next thing you know, their glucose level comes crashing down. And we see that many of these drinks have high-fructose corn syrup in them, a dangerous, health-damaging substance. They also have all kinds of additives, preservatives and chemicals that we have no idea, long-term, what the detrimental effects will be.

In some of these drinks, to avoid the cost of sugar, they are using aspartame, actually a drug

created to relieve ulcers. This substance is 128 times sweeter than sugar, and is classified as an *excitotoxin*, a neuro-toxin that literally excites the neurons in the brain and spinal cord to death. Studies have shown aspartame to cause headaches and seizures, and to retard brain development in children. It's no wonder we are having such a problem with our children in school. And at the gym and at games, these kids are overstimulating their bodies with caffeine, guarana, etc. These are diuretics that promote fluid loss and dehydration. This can lead to heart palpitations and cramping, then to insomnia and other problems. Abuse of these drug-like compounds can lead to taking higher doses because they are no longer getting the same results.

Most of all, what we are seeing is fatigue and exhaustion of the adrenals. These two plum-shaped organs, the *vitality glands* that sit above the kidneys, are being kicked into action with no shame. Our adrenals are designed to last us

The XM3 energy drink has enhanced the performance of my son Dougie who plays college baseball. He has much better mental focus, so he's hitting the ball better. He's stronger. It has given him that extra "legal" energy boost he needs to produce on the field.

—Doug Stroup, McDonough, GA

throughout our lives, but they're not getting the nutritional support they need to perform. Instead, they're being overworked and undernourished. They are overproducing cortisol, the stress hormone

(see sidebar next page),



and turning into a prune shape at a younger and younger age.

The solution is to nourish our bodies and our glands, before we stimulate them! With these nutritional Moringa products and the XM3 drink, with ginseng, green tea and desert tea, we are seeing that the body wants more water. We're seeing that the cells are more hydrated.

Let's talk about the sports drinks. We see young athletes trying to perform at an event, sneaking behind their parents and coaches,



and downing these sweetened stimulants that are dangerous especially in the heat of the summer. A variety of studies are showing an increase of blood pressure and heart rate, cramping from dehydration, passing out, etc. And with the preservative, *sodium benzoate*,* we don't even understand all of the problems that can occur.

While coaching basketball at a high school in Fairfax Station, VA, I caught two of our star players taking 5-hour energy drinks before games. I told them to stop. I said,

"This isn't good for you. There's no nutrition in it. It's just a high dose of caffeine and not good before exercise. It accelerates dehydration, already a problem playing basketball." They asked me, "What else should we do, coach?" I told them about XM3 Drink. They started using it. They couldn't believe how much better it was.

They continued to use it for the last few games of the season and into their state-championship game. They were losing in the fourth period. The other players started to get tired. Those two players continued to play above the rim and pulled the game out in the last quarter to become state champs! How important is it to give our top athletes,

Instead of coffee in the morning, I now typically take 2–3 ounces of the XM3 energy drink, and add a packet of Zija's Smart Mix, the nutritional Moringa powder, with 25 oz. of water. It's delicious! I sip on it all morning, and I'm into mid-afternoon before I even feel hungry. This provides me with clear-headed, smooth energy, with no cravings, and helps me reduce my caloric intake. Along with a little healthy grazing, an apple, a few nuts, cheese, this sustains me fine on a sedentary day, where I now tend to eat just one full meal in the evening.

—Denis Ouellette, Emigrant, MT

Interview with XM3 Formulator Russ Bianchi (2/7/09)



If you study poll after poll in America and western societies today, there are two indices that people keep asking for. One is **energy**, and the second is **appetite control** or dietary control to maintain a slimmer profile. This is why we developed Zija's XM3 Drink, which stands for Extreme Moringa 3. What we're talking about are its three component parts: appetite control, true kinesiological energy, and pure nutrition from the Moringa.

No one in retail beverages—and they're out there by the dozens now—is truly delivering on that. What they're really delivering are highly caffeinated products, or highly neuro-sensor stimulant products, that do harm and that do not truly assist in terms of sustained blood glucose for real physical energy, as well as creating ketosis, the burning of fat, and appetite control—plus the absorption of high nutrient value that one gets from **Moringa oleifera**.** These so-called "energy drinks" may deliver a "buzz" and some fleeting mental alertness, but at a price of the person's health.

So with XM3, along with the Moringa nutritional base, we've added **naturally occurring caffeine** found in leaves, beans and fruit—not adulterated, synthetic caffeine—and at a low level, maybe one-third of what is found in a normal cup of coffee. Along with these, we've added **desert tea**, used by Native Americans and pioneers for hundreds of years, FDA approved. (Desert tea is generally recognized as safe and has no harmful alkaloids—nothing to do with the banned Ephedra Nevadensis category.)

We've also added **green tea** for its *satiety* benefits (the feeling of fullness), **fruit pectin** for its anti-carcinogenic and cholesterol-control properties, and **TMG** (Trimethylglycine), an organic compound from

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plant roots that assists with appetite control. We've added **ginseng**, with its long herbal history for weight issues, metabolic energy and calming effects. And finally, *Allium Sativum* (**garlic**), which is known from a cardiovascular and regulatory standpoint to be safe and beneficial.

As a food scientist, I try to build nutritional products that are safe, natural, that are honestly efficacious, and that cannot do harm, which is fundamentally different from a lot of the "energy drinks" one sees today in the marketplace. ■

The Cortisol-Serotonin Teeter-Totter

When we were young, we tended to abuse our resilient bodies. We constantly "robbed Peter to pay Paul." We stayed up late, ate anything we liked, and did all kinds of things because we had energy to burn. But as we continued to overtax our reserves, this lifestyle eventually threw our bodies out of balance. We pushed ourselves to the max and over-stimulated our adrenals with refined carbohydrates (sugars, junk food) and intense stimulators (coffee, the Red Bulls, nicotine and drugs). Eventually, the early signs of unbalanced cortisol levels started to appear.

Cortisol is an adrenal hormone that gives us energy and wakes us up, usually triggered by the stress response. Accumulated stress causes our exhausted adrenal glands to produce too much cortisol, both day and night. Over time, high cortisol levels and depleted serotonin levels cause sleep disruption and brain dysfunction, which then lead to mental and emotional problems.

By providing our brains and bodies with tryptophan-rich foods, like Moringa, especially when we are experiencing elevated stress, we can protect our sleep patterns and our well-being. But, because of this cortisol vs. serotonin imbalance in our bodies today, we are seeing more sick people at an earlier age than ever before.

—Mark Mandela, from *Moringa, The Miracle Tree (Part 3): The Tryptophan Solution for Restful Sleep and Mental and Emotional Well-Being*

training their bodies at the highest levels, the best, all-natural, nutritional energy drink available?

I highly recommend that everybody looks into the XM3—we call it our "Green Bull," a safe, pure, clean alternative to energy drinks. I will guarantee you one thing, you will have the first energy drink out there that nourishes the body and stimulates the adrenal glands in a way that doesn't exhaust them or put them into a deprived, compromised state. Not only that, you'll see that this product doesn't have the additives and preservatives that are causing problems in our food sources today. XM3—the most amazing energy drink I've seen in my 25 years as a clinical nutritionist! ■

*Benzene in Soft Drinks

In combination with ascorbic acid (vitamin C, E300), **SODIUM BENZOATE** and potassium benzoate may form benzene, a known carcinogen. Heat, light and shelf life can affect the rate at which benzene is formed. Professor Piper of the University of Sheffield claims that sodium benzoate by itself can damage and inactivate vital parts of DNA in a cell's mitochondria. Mitochondria consume oxygen to generate ATP, the body's energy currency. [Wikipedia]

***Moringa oleifera*

1) Ask for a list of Moringa's **92** verifiable **nutrients**, and the 12-page list of its **539 medicinal biochemical activities**, as published in [Dr. Duke's Phytochemical and Ethnobotanical Database](#).

2) Ask for a copy of the 15-page abstract from the **Johns Hopkins School of Medicine**, entitled, [Moringa oleifera: A Review of the Medical Evidence for Its Nutritional, Therapeutic, and Prophylactic Properties](#).



My husband James, age 44, is very athletic and he's been preparing for a marathon. I suggested he try the XM3 Drink. He was skeptical at first because of all the energy products on the market with false promises. He tried some before a run. It was so cold outside, when he came home, he had icicles on his hat! He had just run ten miles. He said, "That was great. I could run ten more right now. That XM3 really helped!" Now he takes it every time before he runs. Later he added, "I think you should sell that at the marathon. People are looking for products that work."

—Daniela Sullivan-Marzahl, Locust Grove, GA



Zija™ Smart Drink
Ready to drink, refreshing nourishment in a 5.5 oz. can with food-grade plastic lining.



Zija™ Smart Mix
15 grams of Moringa powder. Delicious. Just add to water, shake and drink.



Zija™ XM³ Drink

- For Energy, Appetite Control & Weight Maintenance
- Powerful Moringa nutrition with organic green tea, desert tea, ginseng & more

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.