Moringa

Description

To Jesus:

Saving this to a â??Healthâ?• email folder may ease access.

default watermark

Use this as an aide to your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

Moringa

Moringa is a plant that has a lot of nutrients including a complete protein & appears to reduce blood sugar, triglycerides & vLDL &

raise HDL, great for type2 diabetes & heart disease as well as:.

pain

anxiety & stress

high blood pressure

arthritis

viral & bacterial infections

lung infection symptoms & asthma

ulcers & colitis

default watermark

protect the kidneys & the liver

reduce melanoma, colon, pancrease, & cervical cancer in studies

Used topically it appears to help wounds heal

It may help to disinfect water.

It may chelate arsenic out of the body.

When given 3-5 days after childbirth it appears to increase milk production.

It canâ??t be used in pregnancy as it is a strong abortifacient.

examine.com/supplements/moringa/https://draxe.com/nutrition/moringa benefits/research/#KQeymQ9-pharmacology-1

draxe.com/nutrition/moringa-benefits/

Gupta R, Kannan GM, Sharma M, S Flora SJ. Therapeutic effects of Moringa oleifera on arsenic-induced toxicity in rats. Environ Toxicol Pharmacol. 2005 Nov;20(3):456-64. doi: 10.1016/j.etap.2005.05.005. Epub 2005 Jul 15. PMID: 21783626.
Chattopadhyay S, Maiti S, Maji G, Deb B, Pan B, Ghosh D. Protective role of Moringa oleifera (Sajina) seed on arsenic-induced hepatocellular degeneration in female albino rats. Biol Trace Elem Res. 2011 Aug;142(2):200-12. doi: 10.1007/s12011-010-8761-7. Epub 2010 Jul 27. PMID: 20661662.

Up to 5g 2x day per 200lbs

default watermark

Moringa leaves are a very high source of:

protein (2x yogurt)

carrots (4x vitamin A)

potassium (3x bananas)

calcium (4x milk)

vitamin C (4x oranges)

antioxidants

Moringa appears to help against:

bacterial, fungal, viral and parasitic infections

inflammation

cancer

diabetes

anemia

arthritis and other joint pain, such as rheumatism

allergies and asthma

constipation, stomach pains and and diarrhea

epilepsy

stomach and intestinal ulcers or spasms

chronic headaches

default watermark

heart problems, including high blood pressure

liver function

kidney stones

fluid retention

thyroid disorders

low energy and fatigue

low sex drive

depression

low milk lactation

skin diseases & infection

Moringa may:

lower BP

slow heart rate

cause uterine contractions

reduce fertility

draxe.com/nutrition/moringa-benefits/

default watermark

Category

1. Uncategorized

Date Created
March 4, 2023
Author
biggs