PLANTS & HERBS

Protect Your Body Tissues with This Miracle Tree Powder: Better than any Multivitamin with 10X the Calcium, Vitamin A, and Vitamin C than any Fruit or Veggie?

By bestfolkmedicine · 25/10/2023 · 3 min read



We live in a world full of processed foods and drinks. That's the harsh truth.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Our diets lack nutrients. So, malnutrition is a growing epidemic. More than 800 million individuals don't have access to nutritive food sources to stay healthy and develop well.

Unfortunately, the poor diet and lifestyle have upped the numbers when it comes to chronic health issues, including diabetes, cardiovascular problems, and obesity.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });
This is why getting back to the power of nature is so important. One tree that may have the ability to change everything could be the key to better health and more nutritive value to our diets.

Known as the miracle tree or moringa, this tree's parts have nourished indigenous cultures for centuries.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
Could it help us today?-Let's find out!

Moringa, The Miracle Tree: What Is It Exactly?!

Originating from India, the miracle tree is well-known for its drought-resistant properties and its abundance of nutrients that exceed the nutrients in a lot of foods and veggies commonly found in our diets.

Believe it or not, this tree's dried leaves have 10 times the amount of vitamin A of carrots, seven times the vitamin C of oranges, 17 times the calcium of milk, and 15 times the potassium of bananas.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
It supplies you with important vitamins, minerals, antioxidants, and blood sugar-lowering compounds. By consuming the powdered leaves of moringa, you will provide support for your organs and tissues.

The abundance of nutrients strengthens the heart's health by optimizing the health of the arteries and reducing blood pressure and cholesterol.

As it contains antioxidants, it will improve the health of the lungs by decreasing inflammation and averting damage. It's also good for the health of the kidneys because it reduces the risk of kidney stone formation.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

Of course, no single food is able to avert disease; however, when you consume it regularly, moringa may enrich your body with the necessary nutrients for better health.

The Nutritional Profile of the Miracle Tree Moringa

Moringa oleifera is a nutritious tree that grows in harsh conditions. It develops quickly from cuttings or seeds even if the soil is poor and the climate is dry.

Each part of this tree is edible; however, the leaves are the ones that stand out the most due to their high nutritional profile.

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });
Moringa leaves provide various vitamins, minerals, proteins, antioxidants, carotenoids, flavonoids, and phenolic compounds. The seeds of moringa have an impressive nutrient density and antimicrobial, antioxidant, and anti-inflammatory characteristics.

Nowadays, the nutrient-rich moringa leaves are dried and blended into powder and used to make supplements, drinks, and teas.

The Impressive Amino Acid & Antioxidant Profile of Moringa Leaves

Moringa leaves contain all nine essential amino acids and seven non-essential ones.

ezstandalone.cmd.push(function () { ezstandalone.showAds(135); });
Its complete essential amino acid profile makes moringa leaves as nourishing as meat. This makes it a great plant-based source of protein.

The antioxidants inside the leaves help fight against oxidative stress and lower the risk of chronic illness. Their strong antioxidant properties are due to the natural phytochemicals they contain like phenolic compounds and flavonoids.

According to studies, moringa leaf extracts have powerful antioxidant properties and they've been shown both in vivo and in vitro.

ezstandalone.cmd.push(function () { ezstandalone.showAds(136); });
The antioxidant properties of moringa make it a suitable candidate for the prevention and treatment of cancer.

Sources:

WEB MD

RENATURE

Read online: https://bestfolkmedicine.com/2023/10/protect-your-body-tissues-with-this-miracle-tree-powder-better-than-any-multivitamin-with-10x-the-calcium-vitamin-a-and-vitamin-c-than-any-fruit-or-veggie/

Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.