



This Herb Kills Cancer, Boost Heart Health and Stops Diabetes in its Tracks!

You can't believe it! You went to the doctor for your annual check-up and the normally healthy you was just diagnosed with pre-diabetes. You're a little stunned to say the least, and find it a little unbelievable but you keep an open mind.

Diabetes is a serious disease that in addition to other ailments could also harm your kidneys. But you were assured that it's pre-diabetes and at the stage where something can be done to counter it. You breathe in a sigh of relief and thank God for that.

The doctor had a long talk with you and gave you a pamphlet with several tips of what to do in order to prevent this from progressing into type 2 diabetes and you're taking it all in. It's a wakeup call for you and you're glad that it's not as bad as it could've been.

Before now you took pride in being healthy at this point in your life. You know as we age we become more susceptible to disease and injury – but you never really gave it a second thought because you were doing and feeling fine. Now you have to reassess everything.

We slow down as we age...

And so does our immune system. There's nothing you can do about that, it's called the progression of life. Things must and will change. And even though you can't do anything about your age you can do something about bettering your health.



So what can you do?

You know that eating healthy and becoming more active can prevent or delay type 2 diabetes. But you want to do more. There's an herb that fights diabetes, according to a study published in the Journal of Diabetes in 2012.

It's natural so that means no taking pills and no side effects – you definitely like that. You can go back to feeling your best and living your best life using this herb dubbed a superfood. It's nutritious and can help with many health

conditions.

This superfood was recognized by the Food and Agricultural Organization of the United States in September 2014 as the Traditional Crop of the Month. It's a nutrient-dense superfood that's rich in antioxidants. So what is this superfood? It's Moringa Oleifera and it also plays a role in the development of cancer.

A 2017 study published in the Asian Pacific Journal of Cancer Prevention found the extract from moringa leaves acts as an anti-cancer agent that reduces cancer cell growth and promotes cell death in several cancers.

What is Moringa?

Commonly known as drumstick tree, horseradish tree, or ben oil tree, moringa oleifera is a drought-resistant plant cultivated in many tropical and subtropical regions of the world.

There are 13 species distributed across India, Kenya, northeastern and southwestern Africa, Arabia, and Madagascar.

It's known for its nutritional and medicinal properties. Researchers show it could be used as a treatment for diabetes, cancer, asthma, cardiovascular disease and other diseases. Asian and African natives eat the leaves, seeds, and roots.

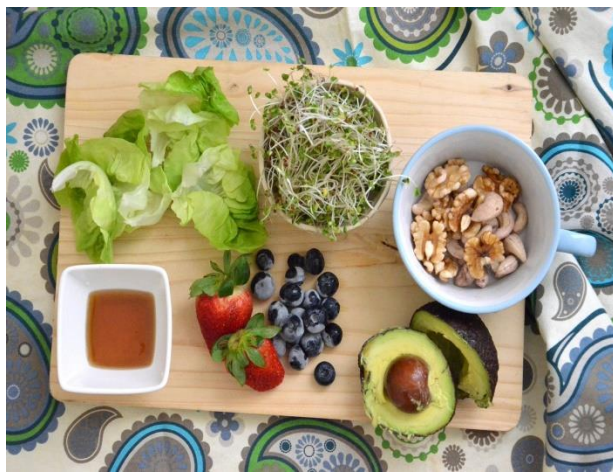


Nutritional Benefits...

- It's nutrient-packed. A rich source of vitamins, minerals, and amino-acids

- Fights Free Radicals
- Fights Inflammation
- Help reduce some Diabetes Symptoms
- Protects the Cardiovascular System
- Supports Brain Health
- Protects the Liver
- Contains Antimicrobial and Antibacterial Properties

Moringa is a relative newcomer to the mainstream health community



It has seven times the amount of vitamin C in oranges, four-times as much calcium and double the amount of protein in milk. It has four-times the vitamin A in carrots, three-times the amount of iron in spinach and three-times the potassium in bananas.

Moringa tree leaves registered a higher ORAC (Oxygen Radical Absorbance Capacity) score (157,000) than most antioxidant superfoods that are traditionally talked about, including Acai berries, green tea, blueberries, dark chocolate, garlic, goji berries, pomegranates and red wine!

In places where no one can afford fancy pharmaceuticals, moringa trees keep people healthy.

Moringa can be incorporated into your daily diet

The leaves can be eaten fresh, cooked or crushed, and they can be stored as dried powder for several months without loss of nutritional value. It tastes great in fruit smoothies.

You can try combining passionfruit, moringa and honey for a tasty, nutritious snack or use the dried powder in a curry recipe and serve it over rice. It's commonly used as a replacement for spinach in almost any recipe.



Bottom line...

Eating a healthy, balanced diet with moderate exercise is the best way to stay healthy as you age. While most whole foods contain natural compounds and nutrients that aide in good health, moringa is one of a few scientifically proven superfoods that combat several illnesses including cancer. Moringa is a good place to start in achieving and maintaining good health...maybe you should give it a try.

Please note that this is for informational purposes only, it is not medical advice. We are not addressing anyone's personal situation. It is not intended to replace a qualified healthcare professional. Please check with your physician before acting on any data found here.