

10 Powerful Benefits Of Drinking Moringa Every Day



Moringa plant is beginning to gain more popularity as a new “superfood” for its highly nutritious profile and powerful anti-inflammatory, antioxidant, and tissue-protective properties among many other health benefits.

Moringa oleifera, also known as horseradish tree, ben tree, or drumstick tree, is a small tree from India, Pakistan, and Nepal that has been used for generations in Eastern countries to treat and prevent diseases such as diabetes, heart disease, anemia, arthritis, liver disease, and respiratory, skin, and digestive disorders.

Moringa has become popular as a natural leaf powder supplement, although the pods, roots, bark, flowers, seeds, and fruits are also edible.

It's used as a traditional remedy for many ailments, and here are 10 scientifically backed health benefits of consuming the moringa leaf:

1. It's nutrient-packed.

Moringa is a rich source of vitamins, minerals, and amino acids. It contains significant amounts of vitamin A, C, and E; calcium; potassium; and protein.

2. It fights free radicals.

Antioxidants fight free radicals, molecules that cause oxidative stress, cell damage, and inflammation.

Moringa contains antioxidants called flavonoids, polyphenols, and ascorbic acid in the leaves, flowers, and seeds.

A study found that leaf extracts had higher antioxidant activity, free-radical-scavenging capacity, and higher inhibition of lipid, protein, and DNA oxidation than flowers and seeds.

This means it prevents the damage and degradation that free radicals cause in the cells of different organs in the body, keeping them healthy and functioning at their best.

3. It fights inflammation.

Inflammation can lead to chronic diseases like diabetes, respiratory problems, cardiovascular disease, arthritis, and obesity. Moringa reduces inflammation by suppressing inflammatory enzymes and proteins in the body, and moringa leaf concentrate can significantly lower inflammation in the cells.

4. It helps reduce some diabetes symptoms.

Moringa leaf powder has been effective at reducing lipid and glucose levels and regulating oxidative stress in diabetic patients, which means it lowers blood sugar and cholesterol and improves protection against cell damage.

5. It protects the cardiovascular system.

Moringa leaf powder has heart-healthy benefits, particularly in blood lipid control, the prevention of plaque formation in the arteries, and reduced cholesterol levels.

6. It supports brain health.

Moringa supports brain health and cognitive function because of its antioxidant and neuro-enhancer activities. It's also been tested as a treatment for Alzheimer's disease with favorable preliminary results.

Its high content of vitamins E and C fight oxidation that leads to neuron degeneration, improving brain function. It's also able to normalize the neurotransmitters serotonin, dopamine, and noradrenaline in the brain, which play a key role in memory, mood, organ function, responses to stimulus such as stress and pleasure, and mental health, for example in depression and psychosis.

7. It protects the liver.

Moringa contains high concentrations of polyphenols in its leaves and flowers that protect the liver against oxidation, toxicity, and damage.

Moringa can reduce liver damage and fibrosis and reverse oxidation in the liver. Moringa oil can also restore liver enzymes to normal levels, reducing oxidative stress, and increasing protein content in the liver.

The liver is responsible for blood detoxification, bile production, fructose metabolism, fat metabolism, and nutrient processing, and it can only fulfill these functions with the aid of liver enzymes, so it's vital they stay at normal levels. For instance, lower levels of hepatic enzymes can impair its ability to filter the blood.

8. It contains antimicrobial and antibacterial properties.

Moringa has antibacterial and anti-fungal properties that fight infections. It's been effective against types of fungi that cause infections on skin and strains of bacteria responsible for blood and urinary tract infections and digestive problems.

9. It enhances wound healing.

Moringa has blood-clotting properties in its leaves, roots, and seeds that benefit wound healing and can reduce clotting time, which means it reduces the time it takes for scratches, cuts, or wounds to stop bleeding.

How to Use It

You can add moringa powder to your smoothie or drink it as a tea. The leaf powder was deemed safe in human studies, even in larger doses than normal. The powder has a mild flavor, so it makes for a light moringa tea with a slightly earthy taste.

But you might want to stay clear of seed extract consumption, as they have shown a level of toxicity in immune cells.

Moringa can have laxative effects in large quantities, so a safe dose to introduce it into your food or diet and avoid digestive problems is ½ to 1 teaspoon per day.