



Moringa oleifera,
Mlonge (Kiswahili):

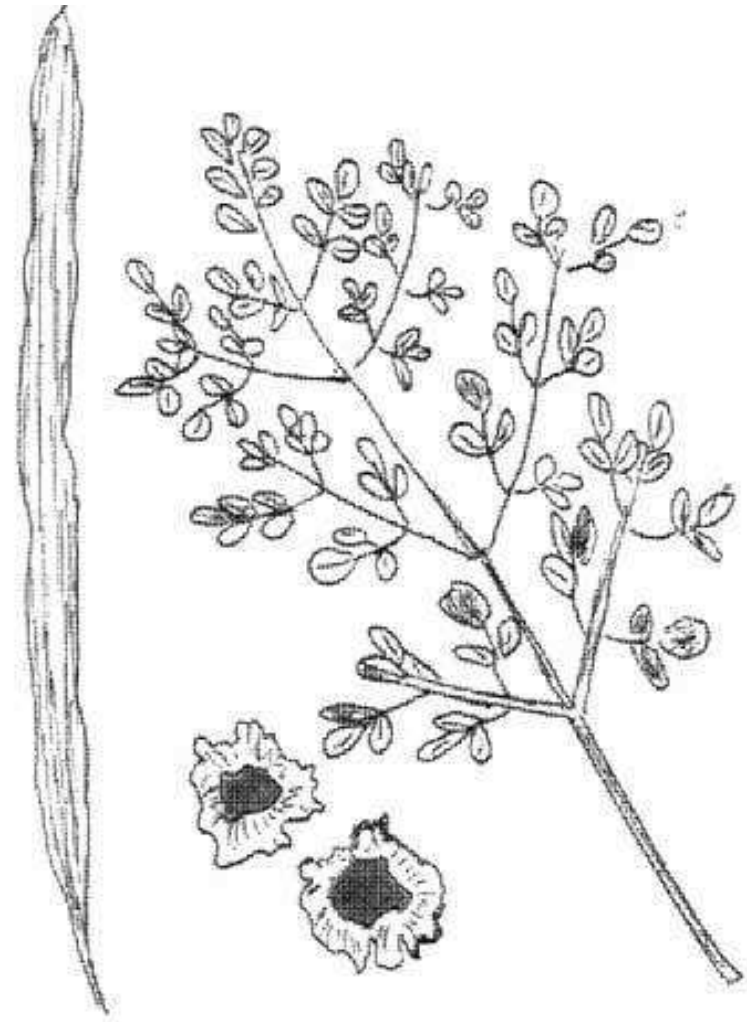
3. Other Uses

www.anamed.net

www.treesforlife.org

Almost every part is useful

- **Leaves**
- **Flowers**
- **Seeds**
- **Roots**
- **Pods**



One may also use the flowers

**As tea to treat
colds. In
omelettes they
taste like
mushrooms.**

**Caution: Flowers may
prevent conception,
and if used during
pregnancy they may
cause abortion!**



And also the pods

**when they
are young,
as a
vegetable.**

**When
older, cook
the white
seeds like
peas.**



Use moringa seeds to purify water

For 20
litres of
water
one
needs
10
seeds.

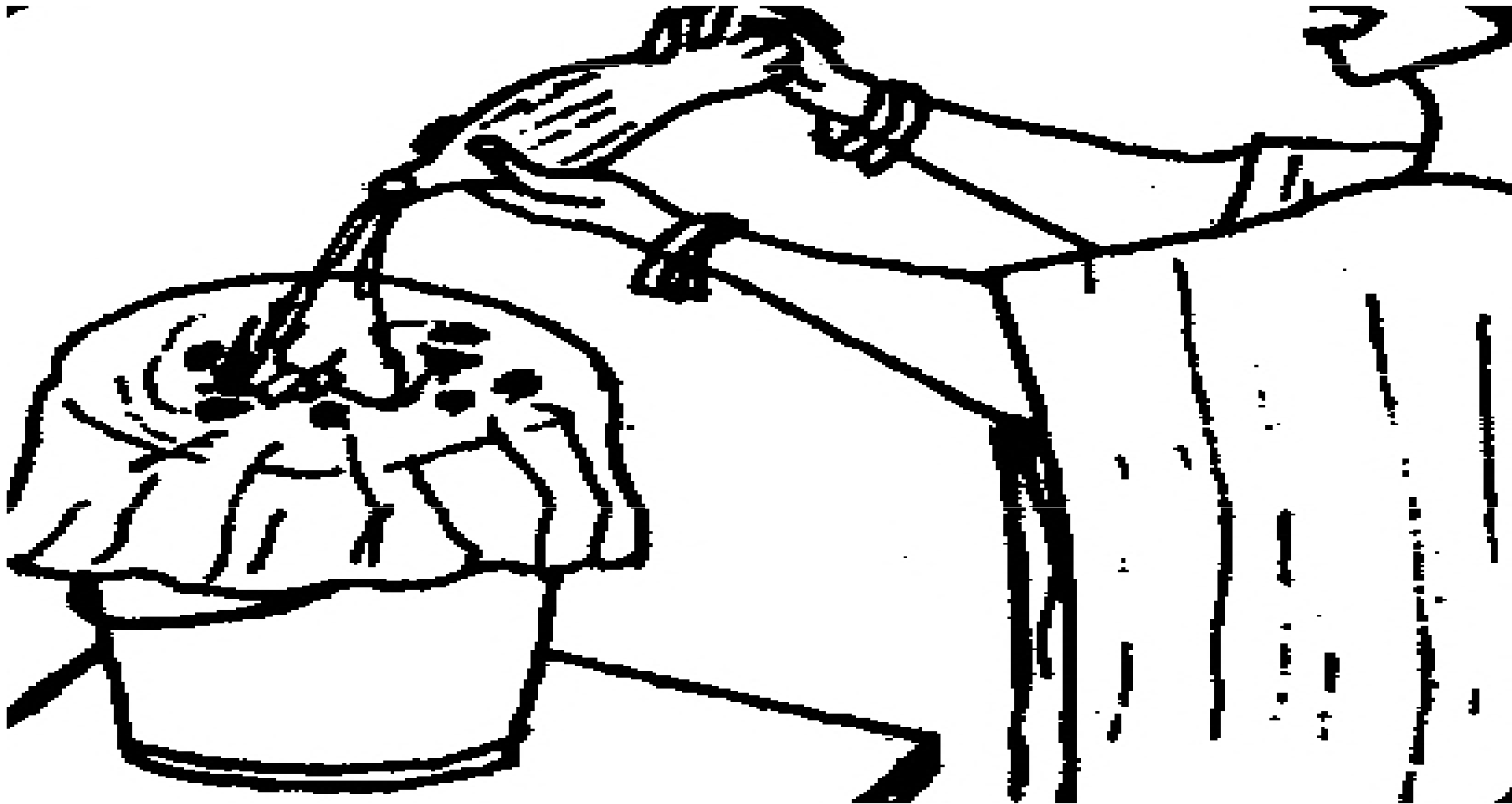


Procedure

- 1. Remove the shells.**
- 2. Pound the white seeds.**
- 3. Put the pounded seeds into a soda bottle with a little clean water and shake vigorously for 5 minutes.**



4. Pour through a sieve





**5. Stir slowly
in one direction
for 15 minutes**

**6. and wait
until the water
is clear!**

In Kendu Bay, on the shores of Lake Victoria

**it really was like a
miracle.**

**Heavy rains had
caused the lake water
to turn brown.**

**After using moringa
seeds, we could drink
tea made with lake
water – and taste the
tea!**



Plant Growth Enhancer

Mr. Foidl has also experimented with a plant growth spray made from the green matter of Moringa.

Plant Growth Spray

- Extract juice from green matter
- Dilute with 36 parts water
- Spray 25ml on each plant



The process of making the Moringa plant growth spray is relatively simple, and can be done with whatever equipment is available for extracting juice from the green matter and applying the spray to plants.

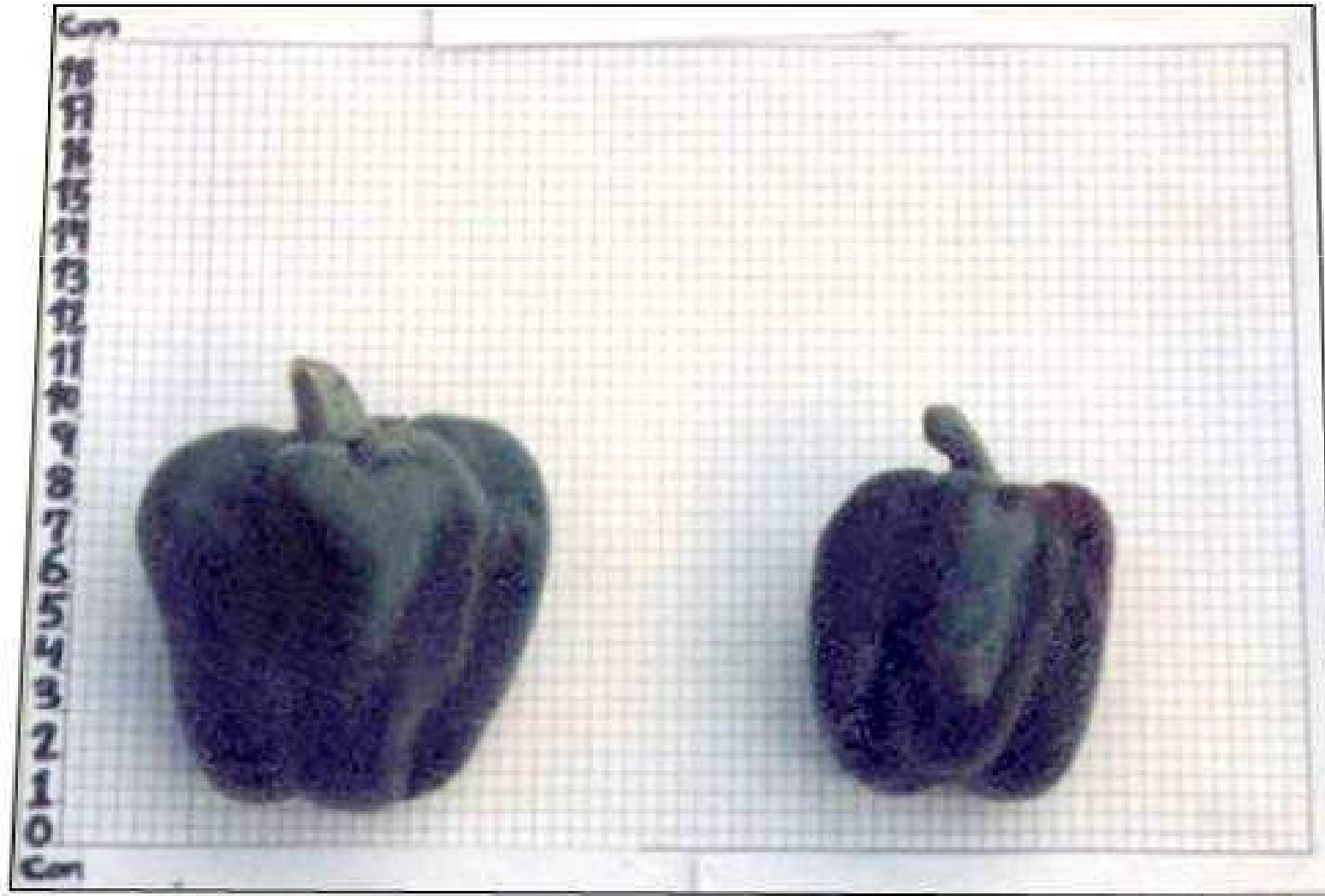


Here the spray is being applied to sugarcane. Foidl has also found the spray to be effective with soybeans, corn, turnips, black beans, red beans, white beans, cow peas, bell peppers, chia, sunflowers, mung beans, onions, coffee, tea, chili peppers, melons and sorghum.

Effects of Spray

- Accelerates growth of young plants
- Plants are firmer, more resistant to pests and disease
- Longer life-span
- Heavier roots, stems and leaves
- Produce more fruit
- Larger fruit
- Increase in yield 20-35%

Bell Pepper

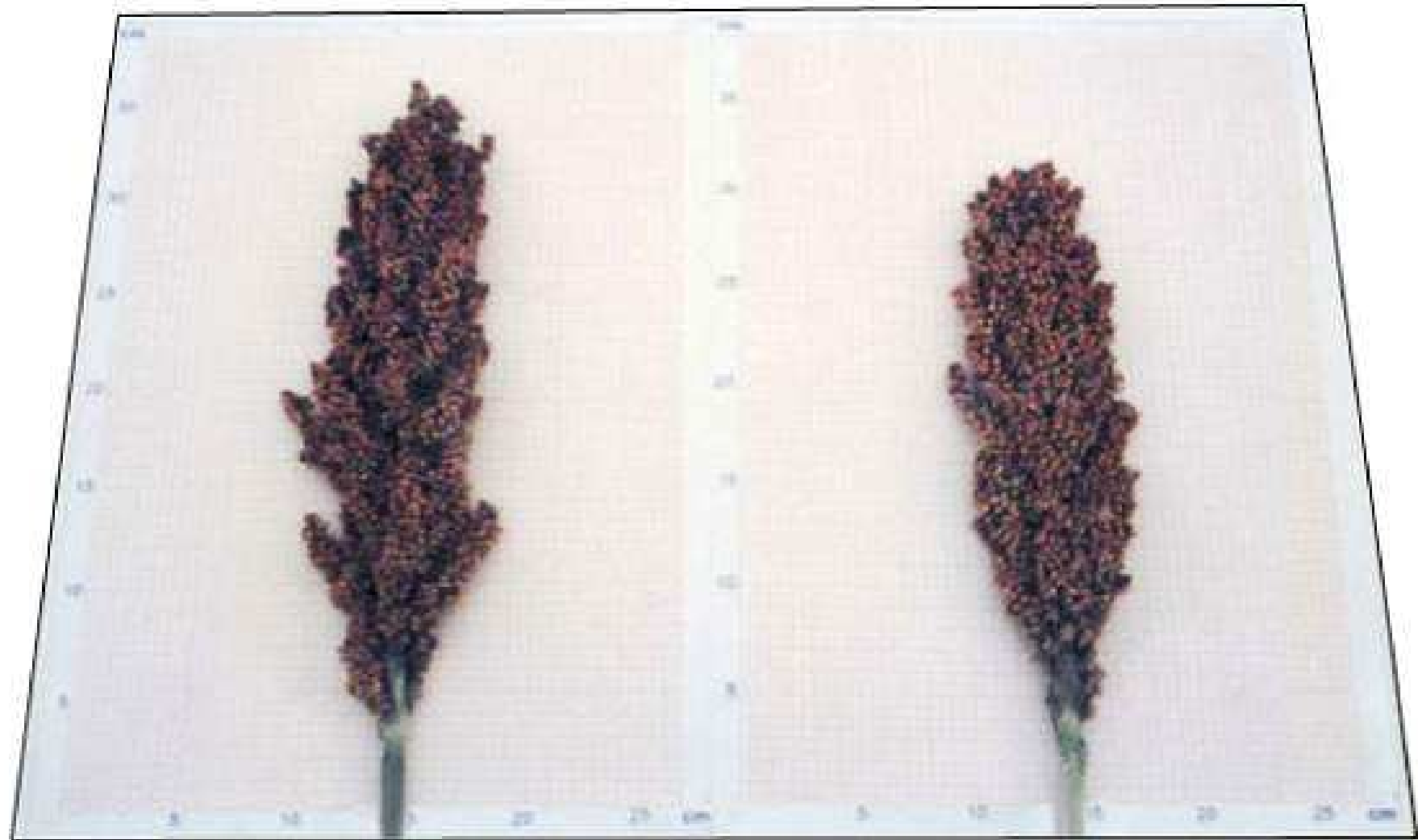


Spray

Control

Here you can see the effects of the Moringa plant growth spray on bell peppers. These are average sizes of peppers grown with spray applied, and in the control group that did not get sprayed.

Sorghum



Spray

Control

Here is the difference in average sizes of seed heads from sorghum plants grown with spray applied, and from the control group that did not receive spray.

Can you now believe that *Moringa oleifera* is a miracle tree?



How to Help

- Share this information with key decision-makers in your country.
- Promote field studies and clinical studies in your country.
- Share your findings with the rest of the world.

Trees for Life Journal

Share your findings with the world at:
www.TFLJournal.org

The screenshot shows the homepage of the Trees for Life Journal. At the top, the title "TREES FOR LIFE JOURNAL" is displayed in green, with the subtitle "a forum on beneficial trees and plants" below it. A navigation menu includes links for "About", "Support", "News", "Contact Us", "Help", and "Editorial Board".

On the left side, there is a sidebar with a "Login" section and a list of links: "Open Forum", "Current Articles", "Archive", "Studies in Progress", "Moringa Gallery", "Discussion Forum", "Contact Alerts", "Author Info", "Submit Article", "Reader Info", and "Call for Product". Below these links is a small red apple logo with the text "Trees for Life".

The main content area features an "About Trees for Life Journal" section with a link to learn more. Below that is a "New Article" section with a link to sign up for alerts and a featured article titled "Can Fresh Vegetable Sprouts be Produced for Human Consumption in Areas with Poor Water Quality? (A New Study) (more)".

A "Latest Discussion" section includes a link to the "Open Forum". The "What's New" section lists "Latest News" (reviewing traditional medicine) and "Moringa Gallery" (moringa oleifera and other species).

The central focus is a blue box for the article "Using Science to Help the Poor: Low-Budget Research Ideas. Part 1: From Biochemist to Advocate for the Underserved". It includes a photo of the author, a "Table of Contents" (Editorials, Essays, Traditional Uses, Reviews, Research Articles), and a "Search" box with "Advanced Search" and a "GO" button.

On the right side, there are several green buttons: "Invitation for Article", "Contact Alerts", "Call for Studies", and "Why Publish". Below these is an "Article Highlights" section with links to "Research Articles" (Social Marketing: A Qualitative Survey) and "Traditional Uses" (Old World Tales: Modern Heroes).

A "Top Three Articles" section at the bottom features three articles with author photos: "Moringa oleifera: A Review of the Medical Evidence for Its Rational, Therapeutic, and Prophylactic Properties. Part 1" by Sai W. Fahay, S.D.; "Trees for Life Journal: A Bridge Between Science and Traditional Knowledge" by Rishi S. Mathur; and "Trees for Life Journal: A New Adventure in Service" by Jeffrey Lee.

At the very bottom, there is a footer with navigation links, a Creative Commons license notice, a copyright notice for 2017, and a "Powered by Joomla!" logo.

Trees for Life can help share the findings of Moringa research to benefit the world through our online forum, the Trees for Life Journal. Simply submit your findings through the journal website at: www.TFLJournal.org

A photograph of a Moringa oleifera tree, showing its characteristic bipinnate green leaves and clusters of small white flowers. The tree's trunk is visible in the center, and the background is filled with more foliage.

Thank you!

Moringa oleifera

**Reference: *anamed Moringa Reader*,
order No. 419**

www.anamed.net

www.treesforlife.org