

# Moringa

## THE MIRACLE TREE

### Weight Balance As Easy As 1, 2, 3!

PART 6

Mark Mandela,  
Clinical  
Nutritionist



I was first exposed to Zija's "miracle" weight-balance system last summer when the executive team was doing their pilot study at the home office near Salt Lake City. The word got out about the success they were having with this formulation that the founder, Ken Brailsford, had been developing for decades. (Zija own President, Brad Stewart, had already lost 40 pounds and counting...) My Zija teams in the field began to beg for some of these amazing capsules, so Mr. Brailsford sent us two bottles from his personal stash. I hand-picked four of our distributors from the Atlanta area. Each of these ladies were eager to be among the first Guinea pigs.

One of them was Lena Livingston, owner of the Genesis Herb Shop near Atlanta along with her husband, Mike, who said that if these capsules worked for his wife, he could sell them to anyone. After a couple of days, people literally started melting away! All four of

these ladies lost ten or more pounds during the first few weeks. Upon first trying the XM<sup>3</sup> Caps, they all described that they had

more energy, and simply did not feel hungry. In fact, they said their cravings for sugar or salty, empty carbs were gone.

When Zija made the capsules available to everyone in the fall, the results were amazing. People were effortless and safely losing 10–20 pounds per month (see more stories below). The word is now spreading fast that Zija has an all-natural weight-management program that really works. (See the sidebar for how

#### LOST WEIGHT DESPITE CAFFEINE INTOLERANCE

I've been trying to lose weight for over 11 years now. I have tried everything there is, both natural and also some prescriptions that just about killed me—they just about shut my heart down. I did the Fen-Phen for quite a while. At first, I looked at the XM<sup>3</sup> Caps and saw it had caffeine in it, and I said, "I'm not going to be able to take this! I can't even drink a cola, my heart races!" After I got past my skepticism and got this into my system, it wasn't even two days, and I was saying, "Wow, this is really working!" You could feel it changing the brain just within a few hours. It was amazing! I have now lost 34

pounds in about three months and I'm down four dress sizes!

—Lena L., Locust Grove, GA

#### OFF ALL MEDICATIONS • LOST 23 POUNDS

Two years ago, a good friend of mine shared with me an incredible product. At that time in my life, I was struggling from depression, high cholesterol, pain from



Lena Livingston



the ingredients work.) This system has been the biggest success I have ever encountered in my twenty-five years as a clinical nutritionist.

Try the XM<sup>3</sup> Caps for yourself. The program works best along with the Zija's Moringa nutritional beverages and their Miracle (detox) Tea. Enjoy!

—Mark Mandela, Burke, VA

zija™





## ~ MORINGA ~

- Over 90 Verifiable Nutrients
- Packed with Vitamins & Minerals
- All the Essential Amino Acids
- Rich in Protein & Chlorophyll
  - Contains 539 Medicinal Biochemical Activities<sup>1</sup>
- Rich in Essential Fatty Acids: Omegas 3, 6 and 9
- Contains 46 Antioxidants & 36 Anti-inflammatories

endometriosis, and the possible onset of diabetes. In 2006, I lost my very dear mother due to complications from heart disease, obesity, and diabetes. I knew I had to make a change in my life at that time.

My friend had given me four cans of Zija. Within three days, I could feel the difference. I had more energy during the day, and I slept much better at night. After three months, I was off all of my medication except for the one for depression. As of four weeks ago, I am completely medication free!

You see, I am considered morbidly obese. I prefer the word, “voluptuous,” but nonetheless, obese. Now Zija has launched the amazing XM<sup>3</sup> Caps. Because of this new product, I have lost 23 pounds in only four-and-a-half weeks and I’ve come down four pants sizes. And the best part is SELF-CONFIDENCE. I feel so much better about myself! The nutritional Zija drinks, along with the XM<sup>3</sup> Caps, have given me my life back.

—Myra, Virginia Beach, VA

## LUPUS SYMPTOMS REDUCED • LOST 55 POUNDS

I love my Zija! I was introduced to Zija about 12 weeks ago. I was given a sample of the Smart Mix to try, but I was skeptical. So, before I bought the product I researched it thoroughly. The reason was because I have systematic lupus and I have to be very careful about what I take, because of all the medications I am on, for high blood pressure, pain, cholesterol, water pills for swelling, and thyroid medication (175 mg of Synthroid®). I was starting to get Graves Disease from my thyroid being so bad! And I could go on about upset stomachs, headaches, etc.

I started taking the Zija and the XM<sup>3</sup> Weight Management Caps in September. After about three months, I went back to the doctors and—to their surprise and mine—the reports were pretty much normal. My thyroid medication was dropped to 112 mg from 175. And my pains are gone!

And the best part is that I have lost 55 lbs. and dropped 5 sizes! I have been able to include exercise and a change of eating habits; my energy is out the door! With the lupus, I was always struggling with being tired and this has helped me to continue my exercise program. I don’t say that it healed me, but I will say that my life has made a significant change for the better—thanks to Zija!

—Sandra M., Jackson, GA

## LOST CRAVINGS

I started taking the Zija Smart Mix in September. I quickly noticed that I was not eating as much during meals. After being on the mix for approximately 4–6 weeks, I started the XM<sup>3</sup> caps. I have lost fifteen pounds in just a few weeks without any effort. One result that I have really liked is the result of not craving sweets, and being able

## Zija International™

### XM<sup>3</sup> Extreme Moringa® Caps WEIGHT BALANCE SYSTEM As Easy As 1, 2, 3!

- 1) A combination of the below-listed ingredients activates the neuropeptide, **Cholecystokinin** (CCK), that sends a signal to the brain of *satiety* (the feeling of fullness). It also causes the release of digestive enzymes and bile from the pancreas and gallbladder that triggers the liver to burn fat.
- 2) The **XM<sup>3</sup> Capsules** are in a Moringa blend, but taking a full daily dose of Moringa in Zija’s **Smart Drink** or **Smart Mix**, with the caps, will provide the 90+ nutrients from Moringa—but without the calories! (There are only 19 calories in one serving of Zija.) This safely activates *ketosis*; that is, when the body is deprived of calories it will burn fat for energy.
- 3) As fat is broken down, the toxins stored in the fat are released for processing and removal. Drinking extra water and using Zija’s **Miracle Tea** will assist with cleansing and detoxification.

## INGREDIENTS OVERVIEW

**1,3-Dimethylpentylamine**, active from geranium, is said to be the strongest weight-management supplement you can buy without a prescription. It releases signals to the brain that trigger the metabolism. In turn, glucose is released. Once the hypothalamus detects that glucose is optimal, it sends the signal that the stomach is full and to stop eating. This is a true, safe Ephedra replacement. It promotes mental stimulation, mood enhancement, and energy production while suppressing appetite.

Continued...

## XM<sup>3</sup> Extreme Moringa Caps

### INGREDIENTS OVERVIEW

**Chromium Polynicotinate** plays a role in the metabolism of glucose and is necessary for the production of energy. It is used in many diet supplements to help stabilize blood sugar. It also helps diabetics and hypoglycemics. It produces anabolic effects without dangerous side effects, and plays a major role in pushing nutrients to the muscle cells and away from the fat cells.

**Phenylethylamine HCl** is known as the “Molecule of Love” as researchers believe the body releases it when we are in love. Chocolate contains high amounts of it, which is why people crave chocolate. **Dutch Cocoa Powder** is chocolate that has been treated to give it a milder flavor and lower acidity. Cocoa contains more flavonoids than other highly concentrated antioxidant drinks like red wine and green tea.

**Pyridoxine HCl** is often called Vitamin B6. It assists in the balancing of sodium and potassium and promotes red-blood-cell production. It is linked to cardiovascular health. In addition, pyridoxine can help balance hormonal changes in women and aids in strengthening the immune system. Also, the high amount of Vitamin B6 in this formula stimulates the metabolism to create *thermogenesis* (the burning of fat).

**Coral Calcium** is a salt of calcium derived from fossilized coral reefs. Calcium is an essential mineral for life. **Coral Magnesium** helps calcium work much better, helps in the assimilation of potassium, and is effective in treating many conditions.

The moderate amount of **Natural Caffeine** (less than a cup of coffee) in XM<sup>3</sup> Caps helps to gently boost energy and attentiveness and decrease fatigue.

...All in a proprietary **Moringa blend!**

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

to easily resist them when they were placed in front of me. Another wonderful result of taking XM<sup>3</sup> caps has been the ability to quit drinking sodas. I normally started each day with a soda, like some people start with coffee, but I have not had a soda in twelve days! I feel great!

—Tamara B., Atlanta, GA

### FEELING GREAT LOSING WEIGHT

In recent years, I had gained a great deal of weight and trying to lose it was next to impossible. At over 50 pounds overweight, the burden on my heart was equal to smoking packs of cigarettes a day.

Now, consider that 30% of Americans are obese (overweight by 25+ pounds) and another 30% are morbidly obese (overweight by 50+ pounds)!

Zija is addressing this crisis with its XM<sup>3</sup> weight management system that includes the powerful capsules, the Moringa nutrition beverages, and a detox tea. All 3 have worked great for me. In ten weeks, I've lost 23 pounds. I am well into achieving my goals and already feel more energetic and more positive than I can even remember.

I encourage YOU to accept the Zija challenge!

—Michael K.,  
Emigrant, MT

### LOST TEN DRESS SIZES

About 2 months ago, I took my first XM<sup>3</sup> capsule along with a can of the Zija Smart Drink. Immediately I could feel the difference. I took another capsule at 3 o'clock. I was mentally alert, and had no urge to eat, but went ahead and had a small lunch and dinner. The then the next day I did the very same routine, day after day. What an amazing effect! I have lost as of today 33 pounds and 54 inches. I have lost 10 full dress sizes—TEN! I am just amazed at the results.



#### The **Smart Drink**

Ready to drink refreshing nourishment in a 5.5 oz. can with food-grade plastic lining.



#### The **Smart Mix**

15 grams of Moringa powder. Delicious. Just add to water, shake and drink.

#### Zija™ XM<sup>3</sup> Drink

- For Energy, Appetite Control & Weight Maintenance
- Pure Moringa Nutrition, with Green Tea, Desert Tea, Ginseng & more!



#### New! XM<sup>3</sup> Caps

- Weight Balancing System
- Powerful, Safe & All-Natural
- Boosts Energy & Burns Fat
- Easy, Fun & Effective!
- For Best Results, Take with Zija's Nutritional & Miracle (Detox) Tea

#### New! Gen<sup>m</sup>

##### NEXT GENERATION SKIN CARE

- All-Natural & Clean!
- Moringa Feeds the Skin
- 7 TREATMENTS: Cleanser, Moisturizer, Moringa Mist, Eye Serum, Masque, Anti-Aging Night Repair
- Medicinal Moringa Oil!



I am disciplined with the caps and I have no doubt it's because of the discipline I am seeing these awesome results. My body feels so much better. I have a lot more energy to work the Zija business, which is exciting to me because I am able to stay home and be there for my family and my grandchildren. It is helping me have the lifestyle and income that I am accustomed to.

At Zija, everyone stands behind you; they're all there to help you. I can't think of a better company for me because of the support and the systems they have in place that help me put people in my business quicker than I ever thought I could.



Lee Williams • Jackson, GA  
**LOST 80 LBS. in 10 WEEKS with Zija!**

I am privileged to be a part of the Zija family!

—Lynette, Forth Worth, TX

**FOR MORE ON THE MORINGA "MIRACLE TREE"**

See parts 1 to 5 of this article series. For free copies (PDF downloads) visit [NaturalLifeNews.com](http://NaturalLifeNews.com). See contact info to order or pick up the Zija products today. ■



To learn more...  
visit [MyZija.com/denis](http://MyZija.com/denis)

~ Zija Independent Distributor ~

**Denis Ouellette**

Emigrant, Montana

**406-333-4103**

[denis@wispwest.net](mailto:denis@wispwest.net)

For the Zija Opportunity...

visit

**[OneTeamWorldwide.com](http://OneTeamWorldwide.com)**

~ **Moringa oleifera** ~

**MEDICINE<sup>2</sup>**

- Anemia
- Anxiety
- Asthma
- Blackheads
- Blood impurities
- Blood pressure
- Bronchitis
- Catarrh
- Chest congestion
- Cholera
- Colitis
- Conjunctivitis
- Cough
- Diabetes
- Diarrhea
- Dropsy
- Dysentery
- Eye and ear infections
- Fever
- Glandular swelling
- Gonorrhea
- Headaches
- Hysteria
- Intestinal worms
- Jaundice
- Malaria
- Pain in joints
- Pimples
- Pregnancy
- Lactation
- Psoriasis
- Respiratory disorders
- Scurvy
- Semen deficiency
- Skin infections
- Sore throat
- Sores
- Sprain
- Stomach ulcers
- Tuberculosis
- Tumor
- Urinary disorders
- Wounds

**OTHER USES**

- Malnutrition
- Disease Prevention
- Ointment
- Water Purification
- Cosmetics
- Insecticide
- Fungicide
- Condiment
- Cooking Oil



- 1) See contacts for a copy of the 12-page list of all **539 medicinal biochemical activities** present in *Moringa oleifera*, as published in [Dr. Duke's Phytochemical and Ethnobotanical Database](#).
- 2) See contacts for a copy of the 15-page abstract from the **Johns Hopkins School of Medicine**, entitled, [Moringa oleifera: A Review of the Medical Evidence for Its Nutritional, Therapeutic, and Prophylactic Properties](#).