

Moringa

THE MIRACLE TREE

The Tryptophan Solution

for Restful Sleep and Mental and Emotional Well-Being

Mark Mandela
Clinical Nutritionist

I grew up in a family that had a variety of mental disorders, including bi-polar, anxiety, obsessive-compulsive disorder, and sleep disturbances. Little did I know that nutrition, especially Tryptophan and B-complex, would play a critical role in reducing many of these symptoms for my family.

It all started just as I was completing my degree in nutrition, when my uncle Jack was visiting during Christmas break and went into a mental breakdown. He started yelling at us, became incoherent and wouldn't let anyone touch him. He was disoriented and went outside in the ten-below-zero cold. My mother started crying and asked me to do something. So I got my Tryptophan formula and B-complex supplements, went outside, and pleaded with him loudly over and over until he swallowed them. Fifteen minutes later, he decided to come inside. We all chose not to look at him or treat him any differently, but were watching him from the corner of our eyes... After 15 more minutes, he returned to

normal. It was a miracle! He was laughing and telling jokes like his old self. The funny thing was that he didn't even remember going through the breakdown.

zija™



My uncle Jack had many emotional problems over the years, which we now have traced to his sleeping disorder. He would stay up all night and cat-nap throughout the day. He was medically discharged from the Army and received multiple shock treatments because of this condition. He didn't like taking the medication the doctors prescribed, so he suffered with this condition most of his life.

I tried to use nutrition with my uncle over the years, with partial success. But I will say one thing for him, whenever he came down to visit, he would ask for those Tryptophan and B-complex supplements. If only I had known about the power of the Moringa oleifera back then! I truly believe, with all the people I have helped, using the Moringa for sleep deprivation, anxiety and depression (and a long list of other conditions), that this would have changed my uncle's life and he would still be alive today.

In 1992, the supplement Tryptophan was removed from the market when a Japanese manufacturer sent a contaminated batch to the US (see sidebar). It makes me wonder how drug manufacturers could get away with manipulating a 20-year-old mistake into a multi-billion-dollar, profit-making ban on this natural food supplement. If this had been Tylenol (and this did happen

with Tylenol), it would have been back on the market ASAP!

There are many kinds of pain we all deal with... But those who struggle with the confusion and shame of mental and emotional disorders are among those who suffer the most—often alone, and with few options for real solutions. A friend of mine said recently, “Overcoming depression without the necessary Serotonin in your system is like trying to start your car without any gas!”

I believe the removal of Tryptophan from the marketplace has been one of the greatest injustices ever perpetrated on the American public, causing untold suffering. It still remains against the law even after they found it was not the Tryptophan itself, but a mistake by the manufacturer.

But now, here comes the Moringa oleifera “miracle tree” with the highest known levels of Tryptophan of any plant food—to the rescue!



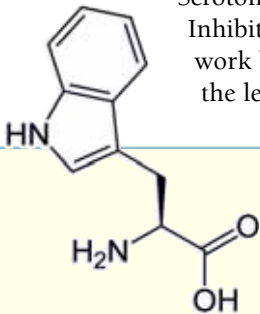
The tragic passing of **Heath Ledger** over a year ago was caused by an accidental overdose of painkillers combined with anti-depressants and sleeping pills—one of our greatest losses of young acting talent in this decade. All of these problems could have been addressed nutritionally. Let's not allow this to happen to our young people! Let's teach them what their bodies and brains need to feel and stay well.

What's Better— Nutrition or Medicine?

While Tryptophan is the scarcest of the essential amino acids (“essential” means that our body can’t make it and needs to get it from an outside food source), it is the only substance that can be converted into Serotonin, which in turn, is converted into Melatonin. But which Serotonin route is better—nutritional or medicinal? Let’s take a look...

Originally developed to treat depression in humans, psychoactive drugs like Prozac, Zoloft and Praxil are now commonly prescribed for a variety of mental and emotional disorders, plus migraines, sleep disturbances, weight loss, PMS, PTSD, obesity, and even back pain. But the FDA approved it only for depression and obsessive-compulsive disorder.

These drugs all work along the same principle. Selective Serotonin Reuptake Inhibitors (SSRIs) work by increasing the level of Serotonin



L-TRYPTOPHAN

the perception of pain, and might combat inflammation. It also aids in controlling hyperactivity in children and alleviates stress. Since some migraine sufferers have abnormally low levels of Tryptophan, it is believed that it can also ease the pains associated with certain types of migraines.

Although Tryptophan is the rarest of all amino acids to be found in protein’s composition, it plays an important role in reducing stress-related mood disorders, in aiding relaxation, and improving the quality of our sleep. We all need some extra Tryptophan sometimes!

Supplements of Tryptophan are not approved in the US, so we have to get it from food. Moringa is an excellent plant source of Tryptophan. Its concentration in the leaves exceeds the concentration found in soybeans. (Soy has 13 mg/g protein vs. 21 mg/g protein in Moringa. Soybeans were, up to now, considered to have the highest levels of Tryptophan.)¹

—Monica Marcu, Ph.D., Pharmacologist
from “Moringa oleifera: The Miracle Tree”

available to the brain by blocking its reuptake with adjoining neurons, thereby leaving more in the synapse to act as a neurotransmitter. But this chemical solution involves “rerouting” what little Serotonin the body has in storage, and this tactic can lead to Serotonin “bankruptcy.” According to Dr. Peter Breggin’s research, many users have become emotionally disturbed and have even committed suicide or murder while on Prozac.²

But Serotonin’s function in the brain can be elevated in the way nature intended, namely, by providing more of Serotonin’s precursor in our diet. Tryptophan occurs naturally in foods like turkey and soy, and at higher levels in the Moringa oleifera. Of this tree’s many blessings, I feel this is one of its most important contributions for all of us who deal with stress daily. Increasing the Serotonin pathway levels through proper eating habits is a far superior method of balancing mood and sleep patterns than the quick fixes, side effects, and hazards of drugs.³

Tryptophan is an essential amino acid that is required for the production of niacin (vitamin B3) and serotonin (the neurotransmitter involved in relaxation and sleep) among others. Therefore, Tryptophan helps to control depression and insomnia, stabilizes emotional moods, eases

Zija™ Moringa TESTIMONIALS

RESTFUL, RESTORATIVE SLEEP

I haven’t slept properly in years and have been treated with bio-identical hormones. I am now off almost everything in less than 2 months. Zija has helped me sleep, and helped with my digestion as well. My face has gotten tighter and I look ten years younger!

—Diane Digsby

DAUGHTER WITH BIPOLAR

Earlier this week, I received a phone call from my 49-year-old daughter. She started the conversation by saying that she had something to tell me. I braced myself for what was to come. My daughter was diagnosed as bipolar many years ago and her road in life has been difficult, and a great challenge for me. My daughter continued the conversation by saying that she woke up that morning feeling energetic and great! She said she woke up feeling really good yesterday but today she felt even better! She said that her normal morning for a very long time was to wake up depressed with the desire to go back to sleep.

What my daughter is experiencing is a major breakthrough in her life. Had her doctor prescribed a new drug for the bipolar disorder? No, not at all! A month ago, I gave her a box of Zija Smart Mix to try. I kept her supplied with more Zija as she used it. A week ago, I recommended that she increase her intake of the Moringa oleifera mix. It was Zija that brought about the major change for my daughter. Zija has given my daughter a new start in life. I consider it miraculous!

—Larry

NO MORE SLEEP APNEA ~ NO MORE SLEEP MEDICATIONS

I have several clients using the Moringa and showing improved sleep, and in one situation, the end of sleep apnea. After a week of taking one serving per day, one client is now sleeping through the night for the first time in years, and has ceased taking an over-the-counter sleep medication that he required before finding Moringa. A second client, after 3 weeks of consuming Zija, is finding she awakes feeling refreshed and energized after decades of fitful, non-restorative sleep.

—Cheryl Laures, RN, Personal Wellness Consultant
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RELIEF FROM MOOD SWINGS ~ ANXIETY, DEPRESSION

My daughter called me at 3 am, hysterically crying from a medication that had triggered pain on her left leg, stomach cramping, mood swings, and panic attacks—all at once. When I got there she was a mess emotionally and physically. She told me she had been trying to sleep but was too anxious and could not. I had one dose of Zija left and gave it to her. I told her to swish the Zija around in her mouth with every sip. Within 20 minutes she was relaxed enough to fall soundly asleep.

My daughter has been fighting anxiety and depression for years. We have decided to keep her on Zija to see how it does. I have noticed that she is handling her college work well and her sleeping patterns are improving, along with relief of what we thought was irritable bowel syndrome.

I will keep you posted but, so far, this is looking like the light at the end of years of health problems for my daughter and our whole family. Thank you, Mark, for introducing Zija to us!

—Alfredo Rios



SENSE OF WELL-BEING

Zija cured my road rage! “So, you want to cut me off? Sure, go ahead! What, you too? Why not? I’m not in a hurry any more!”

—M. M.

My wife and I own an Herb Shop in Locust Grove, Georgia. We both began taking Zija about a month ago. I noticed that I have a much higher level of energy at the gym. I don’t eat nearly as much, and I feel much healthier. When I began taking the product I had been fighting a bad upper-respiratory infection for over six weeks. My doctor said she hadn’t seen a viral/bacterial infection this bad in all of her career. (Her daughter had the same thing for over eight weeks.) After taking Zija, it went away immediately.

My wife began losing her abdominal bloating that she has not been able to get rid of since the birth of our last child four years ago. And she has much higher energy levels too.

I have sold at least 20 cases of the Zija out of our 1,000 sq. ft. store in the last two weeks, and I have people waiting for my next shipment. My customers rave about this product. I have had two ladies tell me they lost a tremendous amount of weight. One lady lost 14 lbs. in just two weeks on the Zija, and another lost 17 lbs. in just two weeks. This is one amazing product! That is why I decided to join the company—the proof is in the pudding!

—Mike Livingston

Behind the Scenes...

BThe essential amino acid L-tryptophan is used by the brain to manufacture Serotonin. Since the late 1960s, it was used as a safe, inexpensive, non-prescription alternative to psychiatric drugs for such disorders as insomnia, depression and anxiety. When Lilly and other drug companies began promoting their expensive, dangerous serotonergic agents, millions of people had already been using L-tryptophan for many years.

In 1989, the ingestion of the food supplement L-tryptophan was associated with more than 1500 cases of a

rare and potentially fatal disease, Eosinophilia-Myalgia Syndrome (EMS). Following the outbreak of EMS, L-tryptophan was taken off the market, and then banned by the FDA in 1992. Even though the problem was eventually traced to a specific contaminated batch produced in Japan, all L-tryptophan remains banned.

Those who look critically at the FDA and the pharmaceutical complex have voiced concerns that the continuation of the L-tryptophan ban has forced people to use Prozac and other SSRIs instead.²

—Dr. Peter Breggin,
Psychiatrist

The Teeter-Totter between Cortisol and Serotonin

When we were young, we typically abused our resilient bodies. We constantly “robbed Peter to pay Paul.” We stayed up late at night, we ate anything we liked, and we did all kinds of things because we had energy to burn. But as we continued to overtax our reserves, this lifestyle eventually threw our bodies out of balance.

Youngsters have little regard for the long-term “credit-card effect” (charge now, pay later).



They push their bodies to the max and over-stimulate their adrenals with refined carbohydrates (sugars, junk food) and intense stimulators (coffee, Red Bull, nicotine and drugs). Eventually, the early signs of unbalanced Cortisol levels start to appear.

Cortisol is an adrenal hormone that gives us energy and wakes us up, usually triggered by the stress response. Accumulated stress causes our exhausted adrenal glands to produce too much Cortisol, both day and night. Over time, high Cortisol levels, and depleted Serotonin levels, cause sleep disruption and brain dysfunction, which then lead to mental and emotional problems.

By providing our brains and bodies with Tryptophan-rich foods, especially when we are experiencing elevated stress, we can protect our sleep patterns and our well-being. But because of this Cortisol vs. Serotonin imbalance in our bodies today, we are seeing more sick people at an earlier age than ever before.

More young people are blindly turning to drugs to relax, to get relief from pain and inflammation, to help them sleep, and to deal with the anxieties of life, when all they have to do is take better nutritional care of their bodies!

As we pay more attention to avoiding the lifestyle that constantly stimulates the stress hormones, and as we increase Serotonin production by eating good food sources of Tryptophan, we will find a healthy, natural solution to many of the mental and emotional problems and sleep disorders that are plaguing our society. In my own family, and now in my clinical practice, I have witnessed the remarkable results of adding Tryptophan, especially as found in the *Moringa oleifera* "miracle tree."

And *Moringa* is not only rich in Tryptophan, but in ALL the essential (and many non-essential) amino acids—the building blocks of protein. These are combined with other co-factors (vitamins, minerals, antioxidants, anti-inflammatories, etc.) in a synergistic blend as Mother

Nature created it for ready acceptance and uptake into our bodies.⁴ This synergy ensures the rapid passage of these vital nutrients into the brain (through the blood-brain barrier) and to all the cells of the body.

So, my challenge to you today is to experiment with the *Moringa* in your diet. Take 15 to 30 grams per day for the next ten days, and watch the amazing changes that will take place. I suspect you'll be lovin' life again soon! ■

Mark Mandela has been a Clinical Nutritionist since 1983 and is the cofounder of the Integrated Medical Center with Dr. Wanda Dyson in Washington, D.C. He specializes in training physicians in alternative medicine, and in targeted nutrition.



Mark can be reached at (703) 725-9989, or by e-mail at InhomeTests@aol.com.

Listen to Mark's nationwide conference call, "**Zija the Healthy Way**" and bring your health questions, on Thursdays at 2:15 pm and 5:30 pm (Mountain Time), at (512) 597-6200, PIN 9671111#.

REFERENCES:

1. *Moringa oleifera: The Miracle Tree*, Monica Marcu, Ph.D. Pharmacology.
2. *Talking Back to Prozac: What Doctors Aren't Telling You About Today's Most Controversial Drug*, Dr. Peter R. Breggin, Psychiatrist. See also his book, *Toxic Psychiatry*.
3. Excerpts adapted from, *From Tryptophan to Serotonin to Melatonin*, by Jon Zwyer, CMT, West Baden Springs, IN, published at <http://home.bluemarble.net/~heartcom/tryptophantoserotoninmelatonin.html>

4. See contact info to request a list of all the verified nutrients contained in the *Moringa oleifera*.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

FOR MORE ON THE MORINGA "MIRACLE TREE" see Parts 1 & 2 of this series. For free copies (PDF) visit www.NaturalLifeNews.com. See contact info to order, or pick up, the Zija Moringa beverages today...

A Life Worth Living...

The dangers of the over-use of psychoactive drugs for the individual and society cannot be exaggerated. Beyond causing physical side effects, drugs almost always blunt and confuse our emotional response—our internal signal system. For the child or young adult, this means delaying and ultimately stunting the process of psychosocial growth and development during the years when self and identity are being formed.

Our mettle is forged in the heat of human emotion and conflict, and drugs dampen and put out the fire. For society, this means that many of our most creative young people

will never approach the fulfillment of their potential. Instead of struggling through the painful processes of working out their personal relationship with themselves and others, they will—like the proverbial square pegs—be forced into round holes. Their edges will be shaved smooth in the process, and with it, their uniqueness will be sacrificed.

For any age person, resorting to psychiatric drugs causes a more emotionally shallow life. Users become less in touch with reality, less caring and less loving. It has been said that the unexamined life is not worth living. But what about the unfelt life? Is it a life at all?²

—Dr. Breggin



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.

New! Zija™ XM3

- Appetite & Weight Control
- Natural Energy Boost
- Pure Moringa Nutrition with organic Green Tea, Ginseng & more



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To learn more... and to order Zija's Smart Drink, Smart Mix, or XM3 by the case, visit www.myzija.com/denis