MORINGA

One of the most important things Moringa does is it naturally increase your Glutathione levels through the use of it's 18+ amino acids that are absorbed as a food, not a supplement. **Glutathione is known as the "MASTER DETOXER"**, cleansing a person's body from head to toe.

<http://itsmoringa.blogspot.com/2011/05/why-you-need-to-know-about-glutathione.html>

The human body is pure artistry in motion--millions of correlating systems working together to create and sustain the miracle of life. When we think about the core function of the human body, we often think first of the brain or heart. But we may find that the secret to survival (as well as anti-aging) is a tiny little molecule that exits in each and every cell in the human body: Glutathione. Although you may not have heard of glutathione, to date more than 80,000 articles have been written about it. Of interest to doctors is the statistical analysis that reveals that nearly all patients suffering from nearly all forms of disease (**from AIDS to arthritis**) have low glutathione levels. **What does glutathione do?** Whoever said that "good things come in small packages" might have been talking about glutathione. This teeny protein molecule is positioned inside each cell, giving it a prime position to stealthily remove free radicals. Because of its position inside the cell, this life-giving molecule plays a role in numerous metabolic and biochemical reactions--and it ultimately affects every system functioning within the human body. Not only is glutatione a heavy hitter when it comes to neutralizing free radicals, but this powerful antioxidant nourishes the immune system to allow it to exert its full potential. It also pushes the body to peak mental and physical performance--increased levels of glutathione have shown an increase in strenth and endurance as well as a metabolic shift from fat production to muscle building. And last, but not least, glutathione is the "master detoxifier," cleansing the system of metals, toxins, and mold. **Why is there so many people with depleted levels of glutathione?** Throughout evolution, the glutathione system has done such a good job of protecting us that we haven't really needed to think about it. However, life has changed at a rapid pace, and our glutathione systems haven't had a chance to catch up. Where we once only needed to detox our bodies from a little smoke caused by our cooking fire--we are now bombarded with chemicals in our food supply, heavy metals, airborne toxins in the environment as well as in our heating and ventilation systems. This, along with poor diet and exercise puts our bodies into oxidative stress which leads to an overload on our glutathione system. Normally, the body not only produces glutathione but recycles itself along with other antioxidants. Once the system is in overload though, the body loses that ability--leading to a reduced level of glutathione that stresses lymphatic and liver function, allowing toxins into the bloodstream. **How can we increase our glutathione levels?** Since glutathione is produced by the body--the best way to keep the body producing this super-antioxidant is to nourish the body with a natural food diet and activity that helps promote production of this life-giving antioxidant. **1. Amino Acids** The body needs amino acids to produce gluathione--namely precursors of this molecule--glycine, glutamic acid, and cysteine. Of the three, cysteine is the most challenging to get within the diet--particularly if you follow a vegan or vegetarian diet. Cysteine is found in poultry, eggs, yogurt, broccoli, brussels sprouts and oats. **2. Minerals** Some of the problems with our diet are the reliance on processed foods. However, some of the problem lies in the fact that factory farming has depleted some important trace minerals from our diet. Selenium is a trace mineral and a structural component of glutathione so it's important to include this in your diet as well. Again, this is a challenge for those following a vegan or raw diet because it is found in calves liver, tuna, sardines, red snapper and turkey. **3. Exercise.** Moderate but vigorous exercise helps to build levels of glutatione but pushing the body to extreme levels can actually deplete it. Walking, running, Pilate's, or weight training are ideal forms of exercise--moderation is key. If you are interested in boosting your glutathione levels through diet and are struggling to find a non-dairy source, you might try It's Moringa superfood powder. A natural food source-simply shade-dried leaves from the Moringa Oleifera tree, It's Moringa superfood powder provides glycine, glutamic acid, cysteine and selenium in an easy-to-use green powder. Since it is a live product, it is not completely water soluble but blends easily in shakes, smoothies, or juices. In a study published in the August 2008 edition of Food and Chemical Toxicology--moringa oleifera was shown to protect the liver from a decline in glutathione levels during administration of a single dose of acetaminophen. The results from the study revealed that moringa can prevent hepatic injuries from acetaminophen by restoring glutathione levels. In addition to providing gylcine, glutamic acid, cystein, and selenium, Moringa leaf powder is a great source of plant protein, vitamins A, E, C, minerals, 46 antioxidants, and 23 anti-inflammatories. For more information on this nutrient-rich plant, check out It's Moringa.