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Many Benefits of Moringa Tea by [Milo](#)

Article published on January 14th 2012 | [Supplements](#)

Are you one of the many people that still hasn't heard of the Moringa tree? Well, the Moringa tree, also known as the miracle tree, is gaining popularity quickly, due to its many health benefits. Every part of the tree can be used for some kind of health benefit, from the leaves to the seeds. While the main tree only grows in part of India and parts of Africa, it is beginning to pop up all over the world in health supplements. If you are interested in natural health supplements, Moringa is something that you will definitely want to look into!

If you are unfamiliar with the tree and its many uses, I recommend that you look more into it. It is 100% organic and is currently helping thousands with their health around the world. The natives in the West Bengal area in India have been using the Moringa tree for hundreds of years for its many health benefits. Does it really deserve the nickname miracle tree though? It does happen to be one of the most nutrient rich things in nature. So, the name is fitting. In fact, it is a better source of many nutrients than what you would think is the best for certain nutrients. It has more vitamin C than an orange, more vitamin A than a carrot, and more potassium than a banana. Also, it has more calcium and protein in one leaf than a full glass of milk! Many people even think that it can be the answer to world hunger. Some even believe that it can cure over 300 diseases! There are many ways to supplement with Moringa, but tea is definitely one of the most used.

The most used tree only grows in India and Africa, but there are an additional 11 types of Moringa trees that grow in many other parts of the world. Many Moringa trees are found in the Philippines. It is no surprise that Moringa teas are used the most in Africa and India, where the 'best' type of the tree grows. The tea is used for many different health issues in those regions, and it is a staple in their health care. There is no reason to avoid the Moringa tea because it has so many benefits with little or no side effects. The amount of good nutrients in the Moringa tree make the Moringa supplements a perfect choice for almost every health issue!

There are so many benefits of the Moringa tea that they can't be listed in this small article! Some of the uses include nausea, diarrhea, indigestion, obesity, and curing infections and illnesses. It is also used as a prevention aid for many diseases. There isn't much this tea can't do, which is why you should definitely try and drink it every day!

While many other teas are very good for your health, there is not a different tea that comes close to what Moringa tea can do for you. There are 12 different Moringa trees so you can imagine the amount of unique teas that you can make. Each tree is a little different than the next, so you can make individual and combination teas for any health situation that you want to take care of. Now, it is probably easier for you to see why the miracle tree is at the top of the health world!

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[Milo](#) - About Author:

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Article Keywords:

Moringa tree, Moringa, Moringa tea

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