

## MORINGA

### ***Benefits:***

- It's nutrient-packed. fights free radicals and inflammation.
- Helps reduce some diabetes symptoms.
- Protects the cardiovascular system.
- Supports brain health
- Protects the liver.
- Contains antimicrobial and antibacterial properties.
- Enhances wound healing.

### ***How to Use it:***

- Steep it as a tea.
- Mix it into smoothies.
- Sprinkle it into soups.
- Bake it into... anything.
- Green up your guacamole.
- Shake it into salad dressing.