

Moringa - The Natural cure for Macular degeneration

Macular degeneration is a medical condition predominantly found in elderly adults in which the center of the inner lining of the eye, known as the macula area of the retina suffers thinning, atrophy and in some cases, bleeding. This can result in loss of central vision, which entails inability to see fine details, to read, or to recognize faces.

The Age-Related Eye Disease Study showed that a combination of high-dose beta-carotene, vitamin C, vitamin E and Zinc can reduce the risk of developing advanced AMD by about 25 percent in those patients who have earlier but significant forms of the disease. This is the only proven intervention to decrease the risk of advanced AMD at this time. Moringa contains 90+ nutrients and 46 antioxidants. It contains almost all the necessary vitamin, micro and macro minerals for the cell function.

High blood pressure may be associated with development of macular degeneration. Moringa contains high potassium content which helps to reduce the risk of high blood pressure. Antioxidants are substances that prevent oxidative damage to tissue, such as the retina. In contrast, antioxidant containing foods are thought to be beneficial for patients with macular degeneration. The most popular antioxidants are the carotenoids. Benefits of high levels of antioxidant and zinc for halting or slowing development of macular degeneration have been widely reported so by consuming Moringa can provide the antioxidants which help in lowering the risk of AMD.

Moringa leaf powder is nutrient rich and a vitamin supplement. Moringa capsules are made using the pure Moringa Leaf Powder. Moringa Capsules are made from 100% vegetarian capsules. Moringa as a supplement provide 15 times the potassium in banana, 17 times the calcium in milk, 4 times the Vitamin A in carrot, 25 times the iron in spinach and half time the Vitamin C content in orange. Moringa is rich in vitamin to the extent that it is one of the richest plant sources of Vitamin. Moringa has Vitamin A (Beta Carotene), Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6 Pyridoxine), Vitamin B7 (Biotin), Vitamin C (Ascorbic Acid), Vitamin D (Cholecalciferol), Vitamin E (Tocopherol) and Vitamin K. Vitamin A is most needed by the body to maintain a perfect vision. The list of Minerals present in Moringa is abundant and few of the main minerals include Calcium, Copper, Iron, Potassium, Magnesium, Manganese and Zinc.

These entire nutrients are needed for the subjects suffering from Macular degeneration especially the antioxidants and Zinc. As Moringa contains antioxidants and Zinc in higher amount it can be supplemented for the AMD patients. Moringa can be supplemented as Moringa capsules such that it can be easily consumed every day with out disturbing our dietary pattern. Grenera Nutrients is an integrated Moringa company that takes care of every thing from planting the Moringa trees to selling value added Moringa products under its flagship brand Yelixir. Yelixir Moringa capsules and Moringa powder can be purchased online from their website <http://www.yelixir.com> . You can also visit <http://www.moringacapsules.com>.

About the Author

Avon Howard Jr. is a nutrition consultant and has been involved with the health food industry for more than 2 decades. He is a part of many research teams that has worked on the impact of various herbal extracts on the human body. His deep knowledge and vast experience of the health food supplements makes him the sought after consultant for many health food companies

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