# Benefits of Moringa: Hippocrates Health Institute

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**Hippocrates Health Institute is one of the best health care institute for Health Esthetics and other Health Educator Programs.**

The moringa is a fast growing tree well adapted to tropical and sub-tropical regions of the world including here in south Florida. Its leaves taste like peanuts with a slight bitter aftertaste. It thrives in extreme heat, humidity, intense sun exposure, and poor soil. Because it quickly grows a deep tap root seeking water that is sometimes scarce, *moringa*is capable of enduring long periods of drought. Since the bugs do not bother it moringa requires no pesticides. The seeds are even used to purify water…

**Moringa is highly nutritious. Its leaves have:**

* Two times the protein of eggs
* Three times the potassium of bananas
* Four times the calcium of milk
* Four times the vitamin A of carrots
* Seven times the vitamin C of oranges

In other words, it is like growing multivitamins in your backyard! Moringa’s characteristics means it grows easily in regions of the world where it is needed the most, earning it the much deserved nickname of “The Miracle Tree.” Here at [Wheatgrass](http://hippocratesinst.org/living-food/wheatgrass%22%20%5Ct%20%22_blank)Central we have dozens of **Moringa**trees growing in our **Organic Garden**. The leaves are dehydrated and delivered to the kitchen and put in shaker bottles to be sprinkled on **salads**and for use in salad dressings.

Posted by [Hippocrates Health Institute](https://www.blogger.com/profile/08536488847459286177)at [04:25](http://hippocrateshealthinst.blogspot.com/2014/08/benefits-of-moringa.html)

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