

Malunggay—'Ang Super Gulay' or 'The Miracle Plant'

Moringa Oelifera Lam (Malunggay)

MORINGA is the most nutritious plant discovered on Earth and each of every part of moringa has nutritional and medicinal values. The history of Moringa dates back to thousand of years and the Indian Literatures prove the same. Moringa Oelifera or Malunggay tree is native to India and it later spread to Africa and other tropical countries.

Moringa leaves are the most nutritious part of the Moringa tree. Moringa trees bear fruits known as drum sticks to the Indians. Moringa fruits and leaves are standard ingredients in the regular Indian recipes. The benefits of Moringa tree was not known to the rest of the world until the middle of the twentieth century. The credentials go to the world Health Organization (WHO) for spreading the benefits of the Moringa Tree to the Western World.

The Indian Ayurveda System claims that Moringa can cure more than 300 ailments or diseases. Moringa leaves are one of the richest sources of Beta Carotene from a plant origin. Moringa also has a very little fat content and rich amount of Calcium, Iron and Protein content. The specialty about Moringa is it is rich in a combination of nutrients and not just a single nutrient. It is the general rule that nutrients works best together in combination with other minerals and vitamins than taken alone.

In India, mothers feed moringa leaves to children to improve their immune power and promote the growth of the child. This is because Moringa leaves are very rich in a growth promoting hormone called "Zeatin". Moringa leaves are also known as "Milk Leaves," this is because Moringa leaves are eaten by pregnant women and lactating mothers to increase their milk production.

Nutritional benefits

Moringa is rightly termed as the "Nutritional Powerhouse." This is because the moringa leaves offer a package of vitamins and minerals in natural form. The nutritive value of dried moringa leaves are more powerful than the fresh Moringa leaves because the fresh leaves are comprised of 73% water and hence, when the water content is removed the Moringa leaves become more powerful.

Dried Moringa leaves contain:

- 17 times the Calcium in Milk
- 25 times the Iron in Spinach
- 4 times the Vitamin A in Carrots
- 9 times the Protein in Yogurt
- 1/2 times the Vitamin in Oranges
- 15 times the Potassium in Bananas.

Moringa also contains the 9 essential amino acids that a human body should get from the food. Recent studies have shown that these are necessary to develop a healthy human brain. Moringa distinguishes from other nutritional supplements because all the nutrition provided by Moringa are 100% NATURAL. The human body can distinguish between natural and synthetic ones and it readily absorbs the natural nutrients. The most important property of Moringa is its ability to provide a combination of nutrients that are more effective than any single mineral or vitamin.

Antioxidants

Moringa leaves are one of the richest sources

of antioxidants from nature. Antioxidants are the free atoms that can mitigate the effect of the free radicals that damages the body cells. The antioxidants provide numerous health benefits to the body including delaying of aging process. As a matter of fact, the antioxidants will have the maximum impact on the body only with a combination of antioxidants. Moringa leaves provide 46 antioxidants to the body and the list includes the following:

Vitamin A, Vitamin C, Vitamin E, Vitamin K, Vitamin B(Choline), Vitamin B1(thiamin), Vitamin B2(riboflavin), Vitamin B3(Niacin), vitamin B6, Alanine, Alpha-Carotene, Arginine, Campesterol, Beta-Carotene, Beta-Sistosterol, Caffeoylquinic Acid, Campesterol, Carotenoids, Chlorophyll, Chromium, Delta 5-Avenasterol, Delta 7-Avenasterol, Glutathione, Histidine, Indole Acetic Acid, Indoleacetonitrile, Kaemmpferal, Leucine, Lutein, Methionine, Mystric-Acid, Palmitic-Acid, Prolamine, Proline, Quercetin, Rutin, Selenium, Threnine, Tryptonine, Tryptophan, Xanthins, Xanthophyll, Zeatin, Zeaxanthin, Zinc.

The combination of the above antioxidants is very much effective and has a great impact on the free radicals. That is why Moringa is believed to have Supreme Antioxidant properties.

Malunggay is your all-around miracle tree

The multi-purpose malunggay tree, once considered "the poor man's veggie," has been touted as a "miracle tree" or "nature's medicine cabinet" by scientists and health care workers from around the world. Dr. Monica Marcu, a clinical pharmacologist who has made extensive research on the significant nutritional potency of *Malunggay* says that the "miracle vegetable" is an ideal energy food. The leaves can actually be eaten raw, but best added in meals as a special ingredient—or diet supplement that "can help offset a typically unhealthy Western diet" due to its high concentration of nutrients combined with low calories and low sodium content. The author of the recently published book "Miracle Tree" adds that "most Westerners are deficient in antioxidants mostly found in plants"

Findings of a study made in India, which was used as the basis of many news reports on

Malunggay as a wonder plant, states that *Malunggay* contains anti-cancer compounds (Phytochemicals) that help stop the growth of cancer cells. *Malunggay* is said to be effective in treating ovarian cancer, among a host of other diseases like Arthritis, Anemia, Heart complications, Kidney problems, Scurvy, Asthma and digestive disorders (Ulcer, Gastritis, Diarrhea, Colitis, Dysentery)

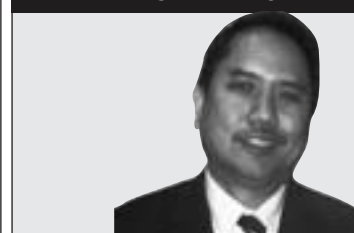
According to the Los Angeles Times article written by Mark Frits way back in March 2000, an ounce of *Malunggay* leaves is worth four glasses of milk, seven oranges, and three bananas.

Here are some of the health benefits:

- *Malunggay* leaves helps strengthens the immune system.
- *Malunggay* controls blood pressure, relieves headaches and migraines.
- *Malunggay* tea can help strengthen the eye muscles.
- *Malunggay* tea can help heal inflammation

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ATTY. DENNIS E. CHUA, ESQ.

MOTIVATED by their desire to enter the United States or to legalize their stay in the country, people resort to measures which they would later regret. They fall prey to unscrupulous individuals who promised them a US visa or an opportunity to legalize their stay here in the country.

Often, we see these people at the losing end. After paying these fixers a hefty amount, most of them end up not being able to fix their immigration status or being removed or deported. This is because what was promised to them by these fixers turned out to be a fraudulent filing or the submission of false documents. A person who, by fraud or willful misrepresentation of a material fact, seeks to procure or has procured a visa, other documentation, or admission into the United States or other benefit provided in the Immigration and Nationality Act shall not be given an immigrant visa. Arguing that reliance was made on the representation of these fixers will generally not shield a person from the fraud perpetrated by these fixers or their agents.

The more common fraud cases that we encounter are the

'Forgive me'

Fraud Waivers in Removal Proceedings and CIS

following:

Entering the country with an assumed name;

Filing an application for political asylum where the material facts in support of the application are not true;

Filing a LULAC application by misrepresenting one's entry date into the United States;

Misrepresenting one's marital status in an application for a visitor's visa;

Filing an application for adjustment of status based on a marriage which never took place.

However, it is not the end of the road for those who have been found to have committed fraud or misrepresentation. The law allows them to file for a waiver application if they have a qualifying relative who is either a US citizen or legal permanent resident spouse or parent. They must also show that their qualifying relative would suffer extreme hardship if they are asked to leave the country.

The grant of a waiver application is not automatic. It involves the exercise of discretion by the USCIS or the Immigration Judge in considering if one merits the approval of his or her waiver application.

One must clearly show that there are sufficient factors which would amount to a level that is considered as extreme hardship

to the qualifying relative. Factors to be considered in determining extreme hardship include among others the following: family ties in the United States; financial impact of departure in this country; significant conditions of health; effects of separation; and country conditions.

The filing of a waiver application should not be taken for granted as this will ultimately be the deciding factor if one can stay here in the United States. A waiver application to be presented either before the Immigration Judge or the USCIS must clearly show that the qualifying relative will suffer extreme hardship if the applicant is asked to leave the country and that he or she is worthy of being forgiven for the fraud or misrepresentation committed.

Atty. Dennis E. Chua is a partner in The Law Firm of Chua Tinsay and Vega (CTV), a full service law firm with offices in San Francisco, San Diego and Manila. The information presented in this article is for general information only and is not, nor intended to be, formal legal advice nor the formation of an attorney-client relationship. Call or e-mail CTV for an in-person or phone consultation to discuss your particular situation and/or how their services may be retained at (415) 495-8088; (619) 955-6277; Dchua@ctvattys.com. The CTV Attorneys will be at Max's Restaurant in Vallejo on October 19, 2009 from 5pm to 7pm to hold a FREE legal clinic.

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Marital trouble can cause...

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faith marriage waiver application would be well advised.

As seen above, moving from conditional residency to lawful permanent residency can prove quite risky and complex. If you have been granted conditional permanent residence and believe your marriage is in trouble, it is in your best interest to consult an

experienced immigration attorney. A misstep in this area could result in losing your legal status and falling into deportation proceedings. However, an attorney can help you determine the best approach for maintaining legal status despite your relationship troubles.

Atty. Reeves has represented clients in

numerous landmark immigration cases that have set new policies regarding INS action and immigrants' rights. His offices are located in Pasadena, San Francisco, Las Vegas and Makati City.

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The analysis and suggestions offered in this column do not create a lawyer-client relationship and are not a substitute for the personalized representation that is essential to every case.

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Airport...

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the important details of the discussion between the officer and the visitor. It will also contain the specific grounds of inadmissibility as stated by the CBP. This is the very first thing that we look for when we review an expedited removal case. In our inves-

tigation of such a case, we will search for the name of the CBP officer who made the negative determination and this will be the start of an inquiry whether the immigration was justified in its actions.

Lazaro and Associates is a Filipino-owned law firm that handles civil litigation. The firm's offices are located in San Francisco, Fre-

mont/Newark/Union City California, Makati City (Philippines). Telephone (415)278-9577. E-mail: Law@LazarLaw.com. Website: www.LazarLaw.com.

This article should not be taken as legal advice for any individual case or situation. The information is intended to be general and should not be relied upon for any specific situation. This is not meant to create a lawyer-client relationship.

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