


me 4 YOU Lifestyle



Balance your
BODY,
MIND &
SOUL

HOW TO FLOURISH AND BE IN HARMONY WITH YOURSELF THANKS TO MORINGA

**Be good to your
body so your soul
wants to stay.**

INDIAN SAYING



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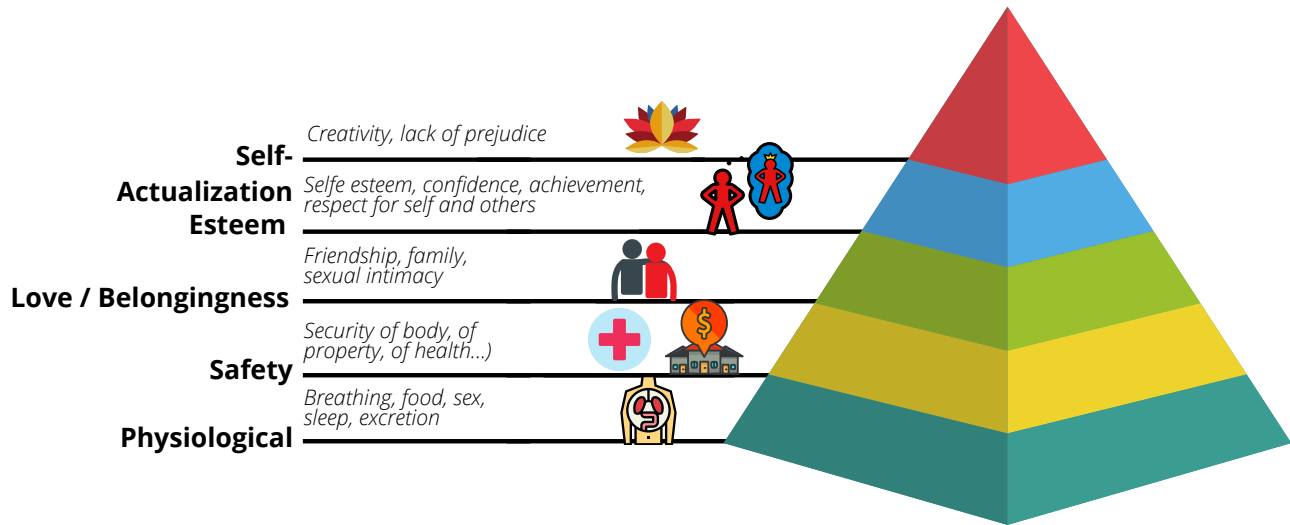




▲ *Through the shock wave it has caused, the coronavirus crisis questions us about who we are and who we want to become, thus pushing us to reinvent ourselves.*

Preamble

THE PATH TO BALANCE



▲ Maslow's hierarchy of needs

In the context of the current health crisis, how many of us have thought: "Nothing will ever be the same"? And for good reason as the coronavirus crisis has shaken the world. A world of globalization, fooled by the illusion of its sustainability and its omnipotence. The prestigious *New York Times* has even underlined this rupture by reclassifying the terms B.-C. and A.-C., usually used for *Before Christ* and *After Christ*, in *Before Corona* and *After Corona*.

It's hard to say, at this point, how the coronavirus will influence the *zeitgeist* or spirit of the times. After all, mankind has demonstrated in history its reluctance to learn from similar upheavals and its tendency to repeat the same mistakes. But while some still dream of life returning to its "normal" course, as if nothing had happened, many are now experiencing a sudden realization.

For them, as for us, it is time to act in response to the flagrant inability of our current societies to guarantee our physical integrity, to meet our expectations in terms of health, safety and social ties. In other words, a change must take place knowing that this world has failed to meet our basic needs as described by the American psychologist Abraham Maslow whose famous hierarchy of needs is illustrated above. We must therefore adopt a new way of life for our good and that of our community. The relationship with others becomes essential.

The interest in environment is also strengthened. The base of the pyramid will be primarily concerned, in connection with the preservation of health and well-being, in particular for the strengthening of our immune system. But deeper questions about the very meaning of our existence are also at stake. This period, which calls into question our values, our certainties, shook the pyramid to its summit. Now, the transformation of our being in its entirety is inspired by the unexpected violence of this event ... If a demonstration were needed, this evolution proves how body, mind and soul are intimately linked.

The purpose of this guide is to draw on our best practices, discoveries and ancestral traditions, the means to drive positive change towards this new way of life that is imposed on us.

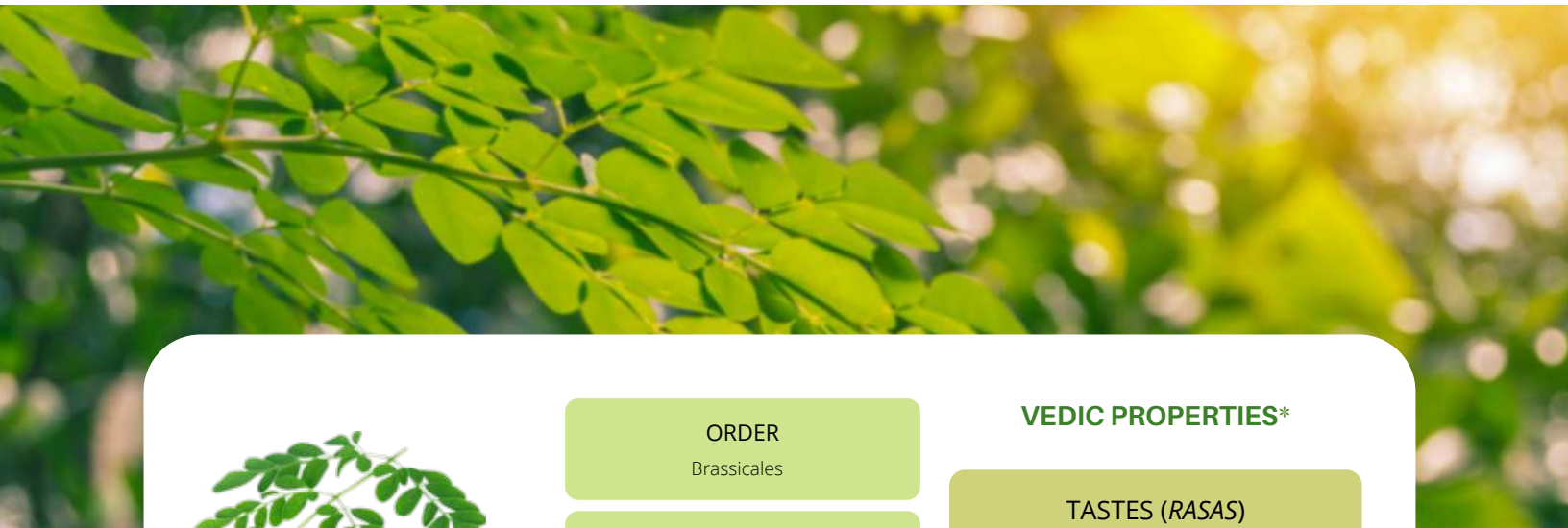
In recent years, ME Moringa For Life has developed know-how based on qualitative nutrition, operating a transformation on the three dimensions of Being, thanks to the extraordinary powers of moringa. This involves adopting healthy reflexes such as a balanced diet, suitable physical exercises and spiritual activities such as meditation, yoga, the practice of Ayurveda ... Our commitment: to make moringa, and its daily ingestion, the starting point of this virtuous quest which can lead to the height of accomplishment, the ultimate source of fulfillment (see diagram on the opposite page).



Moringa oleifera

A MIRACLE OF NATURE

Considered as the richest plant in the vegetal kingdom, *Moringa oleifera* was already used in Ayurvedic medicine 5,000 years ago. It was then reputed to cure and prevent more than 300 diseases. Its exceptional nutritional power makes it a food of choice, especially since it is entirely edible and is already part of the culinary heritage of many cultures. However, it is preferable not to cook the leaves if you want to get the most out of their properties. It is also an ingredient of choice in cosmetics, especially the oil extracted from its seeds.



ORDER

Brassicales

FAMILY

Moringaceae

ORIGIN

India
(sanskrit name : *shigru*)

CARACTERISTICS

Fully edible
The greatest nutritional wealth
of the vegetal kingdom

PRACTICAL USES

Traditional medicine
Cosmetology
Nutrition (cooking, program
against malnutrition)
Water purification
Reforestation

VEDIC PROPERTIES*

TASTES (RASAS)

Pungent, bitter

ENERGY

Hot, warm

QUALITIES

Heat, dryness,
lightness, fluidity

BALANCED DOSHAS

Kapha et Vata

**To learn more about the
Vedic properties of Moringa
oleifera, see diagram on page
18.*

COMPOSITION

+900
nutrients

-  46 antioxidants
-  13 vitamins
-  10 minerals
-  8 essential amino acids
-  many unsaturated fatty acids (omega 3, 6 and 9 ...)



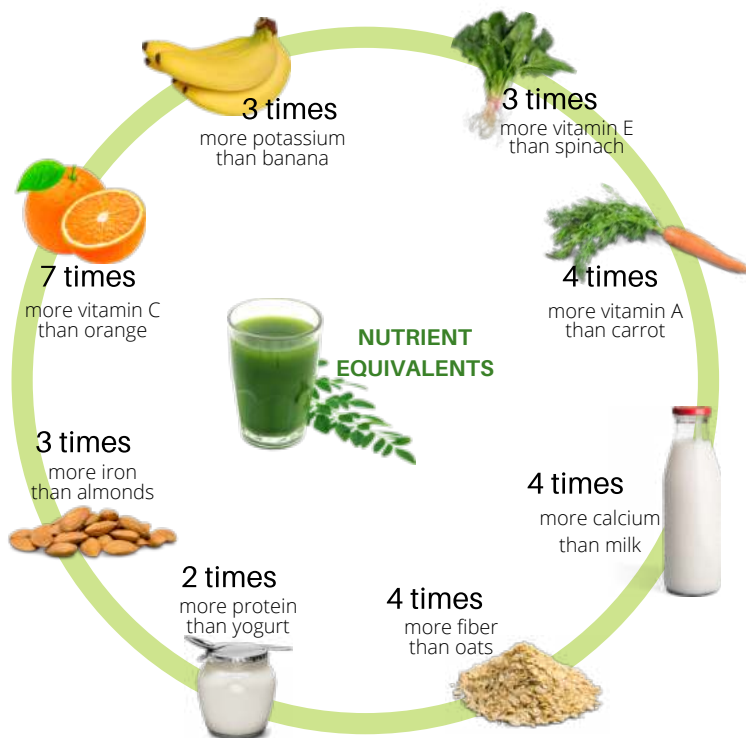
THERAPEUTIC VIRTUES

- Immuno-booster
- Bronchodilator
- Antiseptic and detoxifying
- Digestive and depurative tonic
- Anti-inflammatory
- Anticoagulant
- Hypoglycemic
- Cholesterol lowering
- Anticarcinogen



COSMETIC VIRTUES

- Purifying
- Antioxidant
- Moisturizing
- Feeding
- Emollient
- Fortifying, hair softener
- Rejuvenating (anti-aging)
- Metabolic regulator (therefore slimming)



1

BODY

Feeling and looking good





EATING

Food rebalancing. Stop dieting!

DROP THE DIETS!
FOOD REBALANCING IS A COMPLETE
CHANGE IN NUTRITIONAL HABITS. IT'S
NOT ABOUT EATING LESS, IT'S ABOUT
EATING BETTER. MORE GENERALLY,
WE ADOPT A HEALTHIER LIFESTYLE
AND WE GIVE UP ANY EXCESS.
STARTING BY RELEARNING THE BASICS
OF A BALANCED DIET.

A food rebalancing, what for ?

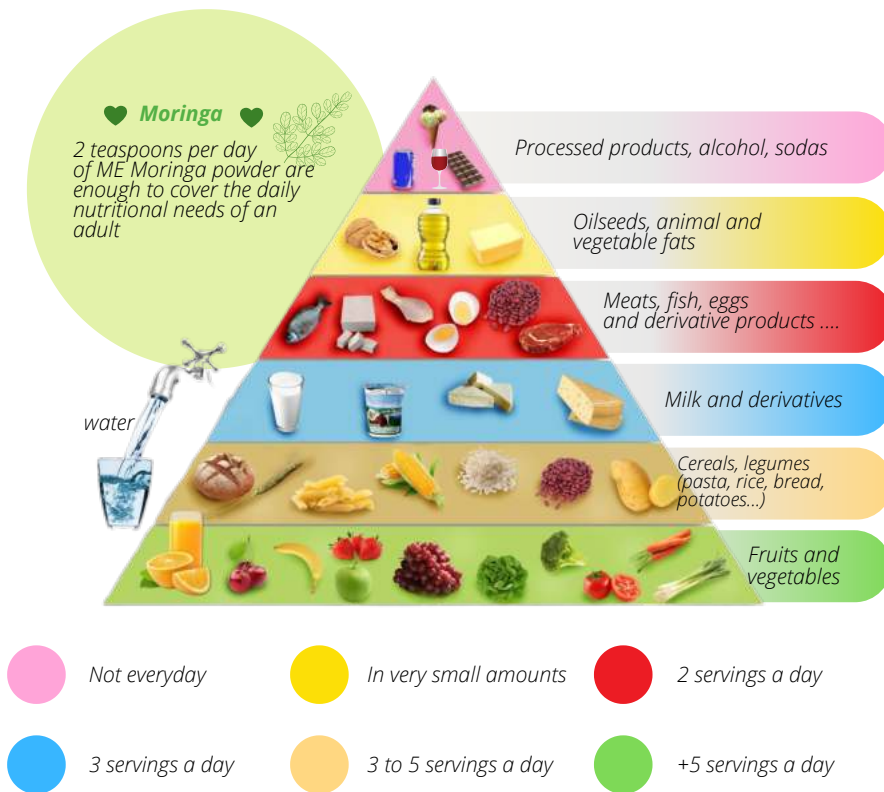
There always comes a time (more or less late) in our lives when we realize that our physical resources are not inexhaustible. It's when we start to need more sleep, to regret that last drink that we shouldn't have had the day before, to run out of steam faster with the slightest effort, to gain weight at the slightest deviation

...

All these small inconveniences are alarm signals that the body sends to tell us STOP. It is time to get back to the basics of healthy eating, combined with moderate exercise. So it's up to us to make the right choices.

• Basics of healthy eating

- Eat 3 meals a day, alternated with 2 snacks, at regular times.
- Respect the amounts recommended for each food category (see food pyramid below).
- Avoid processed foods and cook meals.
- Chew enough with each bite before swallowing.
- Drink at least 1.5 liters of water per day.
- Take the time (consistency is better than haste) in order to establish those good practices over time.



▲ What should our plates contain?

A varied diet provides the body with the nutrients and energy it needs to function properly. The principle of the food pyramid (developed in the early 1990s by the US Department of Health, and revised since) is simple: at the base are the foods that should be consumed the most. At the top, the least essential foods, or even to avoid. Water is the only essential drink (the human body is made up of 70% on average). The five daily servings of fruits and vegetables are ideally divided as follows: three servings of vegetables and two of fruits. For better efficiency, a balanced diet should be accompanied by sufficient physical activity (the equivalent of thirty minutes per day).

Did you know?

The condition of our intestines is essential for our health. It is scientifically proven that a diverse bacterial flora decreases our food urges and promotes weight regulation. This is why we must always take care of good digestion, for example by integrating natural pre and probiotics in our diet.

Introduction to Ayurvedic diet

Moringa is originally an Ayurvedic plant. Hence our interest in this ancient wisdom and its teachings. In Ayurveda, a food can heal you as well as poison you. This is why it is important to optimize your diet according to the particularities of your being.



Ayurveda originated in India over 5,000 years ago. In Sanskrit, *ayur* means “life” and *veda*, “knowledge”. Ayurveda is at the origin of yoga, aromatherapy and many other traditional medicines.

It was first transmitted orally before being recorded in 1000 BC. in two texts: the *Sushruta Samhita* and the *Charaka Samhita*.

It teaches us that the essential nature of every living being is a unique combination (or prakriti) of the five elements that make up the universe: ether, air, fire, water and earth.

men, these elements come together in three energies

or doshas: *vata* (air and ether), *pitta* (fire and water), *kapha* (earth and water).

Each individual has one or two dominant dosha(s). The balance of the doshas guarantees well-being. Illness or emotional suffering occurs when this balance is upset, disturbed by one or more factor(s) such as: food, a change of season, a hostile environment, a poor lifestyle...

Practicing Ayurveda therefore means learning to identify the causes of our personal imbalances and discover ways to correct them.

▼ Characteristics of doshas in Ayurveda

	VATA Air+Ether 	PITTA Fire+Water 	KAPHA Earth+Water 
ASSOCIATED QUALITIES	Mobility, coldness, roughness, subtlety, lightness, dryness	Warmth, fluidity, intensity	Coldness, heaviness, slowness, smoothness
PHYSIONOMY	 Thin: very slender or very petite Fine and dry hair Thin and rough skin	 Proportionate constitution Fine, supple and soft hair Delicate and sensitive skin	 Imposing body: large and robust / small and stocky Thick and abundant hair Oily and elastic skin
ATTITUDE	Creative, lively, enthusiastic, flexible	Ambitious, passionate, curious, lucid, confident	Calm, patient, stable, generous, loyal, tender
IN CASE OF IMBALANCE	Dehydration, anxiety, insomnia, stress, constipation and digestive disorders, versatility, confusion, hypermotivity	Inflammations, ulcers, rashes, infections, pride, irritability, anger, jealousy, skepticism	Weight gain, obesity, depression, fatigue, lethargy, respiratory problems, greed, lack of compassion, laziness



Some golden rules

- Consume only seasonal and local.
- Eliminate processed or refined foods.
- Eat only when you are hungry.
- Eat everything; nothing is prohibited, not even meat.
- Eat neither too much nor too little.
- Eat in a peaceful environment.
- Do not eat before you have digested the previous meal.
- Prefer cooked, more digestible foods.
- Avoid cold drinks.
- Take the main meal around noon; eat light in the morning and evening.
- Take a minute to reflect and practice gratitude before each meal.
- Ingest 1 to 2 teaspoons of ME Moringa powder per day.

▲ "Eating well" according to Ayurveda is a guarantee of health and longevity. Digestion is essential; it should not be hindered in order to keep a strong *agni* ("digestive fire").

Dietary recommendations according to the dominant *dosha* ►



FRUITS

Dried fruits and sweet fruits (mango, melon, papaya, grape, banana, coconut, peach, pineapple, prune ...)

Avocado, coconut, fig, melon, pear, watermelon and other sweet fruits. Avoid red fruits and dried fruits.

Apple, cherry, peach, pear, plum, red fruits

VEGETABLES

Preferably cooked vegetables (asparagus, carrot, garlic, onion, potato, zucchini, ripe tomato ...)

Asparagus, cauliflower, cucumber, celery, lettuce, peas, potato, zucchini

Red cabbage, cauliflower, carrot, celery, garlic, onion, spinach, lettuce, parsley, mushroom and anything that tastes bitter and spicy ...

DAIRY PRODUCTS

Milk, butter, ghee, cream cheese

Unsalted butter, cream cheese, milk, ghee

Milk in moderate quantities and low-fat yogurt

CEREALS

Cooked oats, rice, wheat

Barley, cooked oats, rice

Barley, millet, Basmati rice, spelled, rye

OILS

All types of oil are beneficial.

Coconut, olive, sunflower, soybean









Sunflower, sesame, rapeseed in moderate quantities







Understanding the principle of the six flavors

It is up to each individual to adapt his diet according to his nature (*prakriti*) and his dominant *dosha*.

In Ayurveda, foods are not considered according to their nutritional value, but according to their flavors (*rasa*). There are six *rasas* – sweet, sour, salty, pungent, bitter and astringent – which therefore need to be balanced.

A complete meal should contain all six tastes. Ayurveda recommends an order of food intake: at the start of a meal, favor sweet flavors, in particular fruits whose digestion is slow. Next come the sour and salty tastes. Then finish with the pungent, astringent and bitter flavors that stimulate digestion.

					
SWEET Madhura	SOUR Amla	SALTY Lavana	BITTER Tikta	PUNGENT Katu	ASTRINGENT Kashaya
					
↓ Vata, Pitta	Vata	Vata	Pitta, Kapha	Kapha	Pitta, Kapha
↑ Kapha	Pitta, Kapha	Pitta, Kapha	Vata	Vata, Pitta	Vata
 Nourishing, energizing, comforting	Digestive, improves the transit and absorption of nutrients	Stimulates the appetite, digestive	Liver stimulant, caloric, detoxifying	Digestive, metabolic stimulant, decongestant, antiseptic	Toning, antiperspirant, fat burner, detoxifying
 Heaviness, colds, overweight, tumors	Dehydration, itching, burning in the throat and stomach	Water retention, hypertension, skin lesions, circulatory problems	Headache, constipation, loss of energy, muscle stiffness	Inflammation, burns, dehydration, heart problems	Constipation, dehydration (thirst), heart problems, paralysis
<ul style="list-style-type: none"> • Sweet fruits (banana, grape, date, mango, fig ...) • Cereals (corn, rice, oats, wheat...) • Sweet and / or cooked vegetables (beetroot, sweet potato, carrot, cooked onion, fennel...) • Oilseeds • Milk, honey, butter 	<ul style="list-style-type: none"> • Acid fruits (lemon, oranges, pineapple ...) • Sauerkraut • Tomatoes • Vinegars and fermented foods (yogurt, cheese, etc.) • Alcohol 	<ul style="list-style-type: none"> • Salt • Algae • Vegetable pickles • Soya sauce • Celery • Anchovy 	<ul style="list-style-type: none"> • Green vegetables (kale, parsley, Moringa, nettle, cucumber ...) • Herbs and spices (coriander, fenugreek ...) • Green tea, coffee, cocoa • Sesame seeds 	<ul style="list-style-type: none"> • Herbs and spices (chilli, pepper, ginger, mustard, cloves, turmeric, cumin) • Certain vegetables (Moringa, leek, radish ...) • Buckwheat • Garlic and onion 	<ul style="list-style-type: none"> • Unripe fruits • Certain vegetables (broccoli, cabbage, Jerusalem artichoke, Moringa, asparagus, etc.) • Herbs (rosemary, cilantro) • Pomegranates, cranberries

 Positive effects
  Balances the dosha
  Cold, refreshing energy
 Negative effects
  Imbalances the dosha
  Hot, warm energy

▲ The six tastes (*rasas*)

Food and *gunas*

Another Ayurvedic criterion used to categorize foods according to the effects they produce, after ingestion and digestion, on the body and the mind, is the *gunas*. This term means "qualities".

There are 20 *gunas* grouped into 10 antagonistic pairs that balance or counterbalance each other and that are actually affected to everything that exists.

COLD (SHITA) Numbness; contracts, accentuates torpor and fear		HOT (USHNA) Promotes digestion, body sanitation, expansion, inflammation
OILY (SNIGDHA) Flexibility, moisture, emollient action; lubricates, increases attachment		DRY (RUKSHA) Dehydrates, constipates, contains emotions, increases nervousness
HEAVY (GURU) Very nourishing, heavy to digest; causes lethargy and gloom		LIGHT (LAGHU) Helps digestion, cleanses, refreshes, awakens vigilance
STABLE (STHIRA) Strengthens confidence and stability, generates constipation and obstruction		MOBILE (CHALA) Fluctuating, induces instability, nervousness, lack of confidence
SOFT (MRUDU) Fragility, sensitivity, compassion, tendency to introspection, meditation		HARD (KATHINA) Strength, insensitivity, rigidity, egoism, stability, rigor
DENSE (SANDRA) Density and strength; promotes concentration but softens the mind		LIQUID (DRAVA) Liquefaction of clusters, diluted emotions, coherent thinking; excites salivation
SMOOTH (SLAKSHNA) Smooth, evens, soothes, deploys altruism and love		ROUGH (KHARA) Dries up, causes skin and bone cracking; harshness
DULL (MANDA) Indolence, relaxation, laziness, weakness		SHARP (TIKSHNA) Abrupt, quick; promotes mental acuity and stirs up digestive fire (ulcers)
CLOUDY (AVILA) Opacity, lack of insight; heal fractures but saturate tissue		CLEAR (VISHADA) Develops the functions of excretion and elimination; decongestant, draining
GROSS (STHULA) Tissue obstruction and obesity		SUBTLE (SUKSHMA) Very penetrating; increases sensations and emotions

Food and *trigunas*

Not to be confused with the 20 *gunas*, the *trigunas* are 3 main intangible qualities, which are the primordial attributes of every being and everything. They qualify our mental, psychic and cognitive state.

Sattva: It embodies purity and lightness. It brings harmony and balance. She develops a peaceful, lucid and joyful mind.

Rajas: It is the active force, restlessness, energy. It accompanies change, transformation and manifests itself in emotional fluctuations.

Tamas: It is the passive, inert and dark force. It leads to violence, heaviness of mind and degeneration.

Each individual is animated by a specific combination of these *trigunas* which determines his psychological



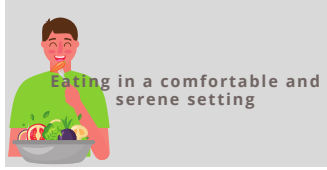

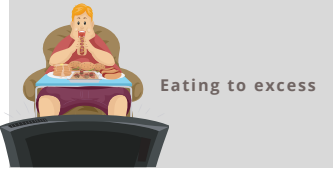



profile (and, consequently, its eating behavior).

Thus, the sattvic diet, fresh, balanced, respectful of nature, brings us to a more evolved state of consciousness and gratitude.

A rajasic diet contains many stimulants; it gives energy but, poorly controlled, it leads to mental confusion.

Tamasic foods, on the other hand, devitalize the body while obscuring the mind. They promote depression and excessive behavior (bulimia or binge eating, alcoholism, etc.). If they are generally harmful, they should not be avoided because everything is a question of balance.

The concept of *gunas* reveals the whole holistic dimension of Ayurveda: what we eat does not only have an impact on our biological state but also on our psychic and mental state.

SATTVA Virtue and goodness  Vishnu	RAJAS Passion and creativity  Brahma	TAMAS Ignorance and inertia  Shiva
		
Foods that promote purity, finesse of mind and intelligence	Foods that create desire, boost motivation and develop ego	Foods that slow the mind and increase morbidity
<ul style="list-style-type: none"> • Fresh and ripe fruit • Ripe and sweet vegetables • Seeds and sprouted seeds • Milk, butter, ghee • Nuts (almonds, hazelnuts ...) • Whole grains, fresh bread 	<ul style="list-style-type: none"> • Strong spices, salt • Foods with acid, bitter or spicy flavors (tea, coffee, dark chocolate, egg, eggplant, onion, garlic, chives, etc.) • Fish • Eggs 	<ul style="list-style-type: none"> • All meats * • Overripe fruit • Stale or overcooked foods • Frozen foods or foods stored for a long time in the refrigerator • Alcohol and sodas • Refined sugar and sweets
		

* Meats are associated with violence as they come from killed or dead animals.

▲ *Trigunas* and their manifestation through food behaviors



Special case of Moringa



TASTES (RASAS)

Bitter (*Tikta*)
Pungent (*Katu*)

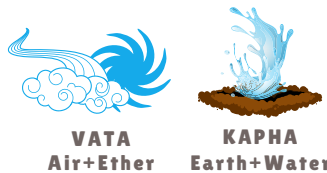
POTENTIAL (VIRYA)

Ushna – hot energy, strengthens
the digestive fire, detoxifies

POST-DIGESTIVE EFFECT (VIPAKA)

Tikshna – feu digestif puissant

BALANCED DOSHAS



IMBALANCED DOSHA



QUALITIES (GUNAS)

- *Laghu* – « light »; easy to digest, makes you alert and lively
- *Ruksha* – increases « dryness », draining effect and decongestant
- *Tikshna* – « sharp », powerful digestive fire (high production of gastric acids) which promotes mental acuity

▲ Vedic properties of Moringa leaves

Side effects and contraindications



Moringa leaves can cause uterine contractions, so they are not recommended for pregnant women. However, they can consume moringa pods, the iron content of which prevents gestational anemia. Their essential “oily” (*Snigdha*) and “viscous” (*Stakshna*) qualities promote the secretion of fluids (seminal fluid, breast milk, etc.).

In all cases, seek the advice of a doctor before any ingestion of food supplement during pregnancy.



The *Tikshna* quality of Moringa leaves can upset fragile stomachs and cause transit problems; this is why it is advisable to introduce Moringa leaf powder gradually into your diet in order to leave the body time to get used to it.

Moringa powder energy balls

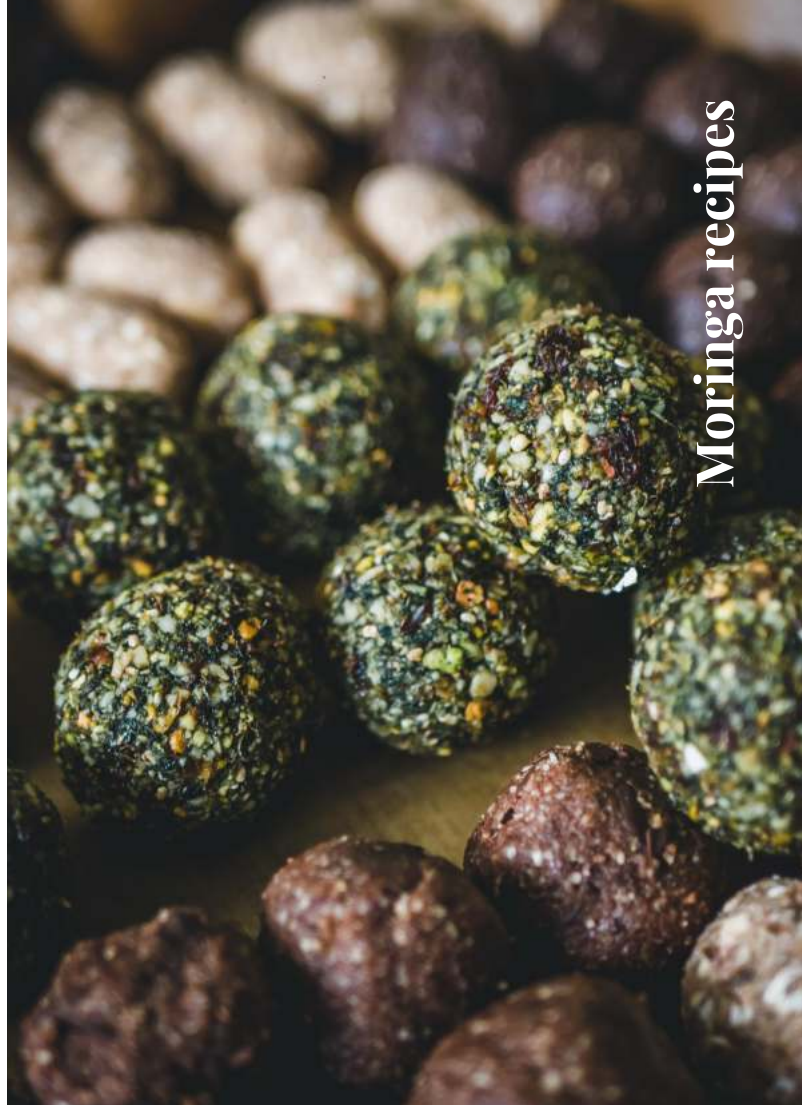
Preparation and cook time: 20 minutes

Ingredients (for 12 bites)

30 g oat bran
50 g walnuts
1 tbsp. sesame seeds
1 tbsp flax seeds
1 dozen dates, pitted
1 tsp ME® organic Moringa powder
(or more if needed)

Preparation

- Put the dates and walnuts in a bowl filled with water to rehydrate them for about 20 minutes.
- Set aside a spoonful of mixed sesame and flax seeds and powder the rest.
- Drain the dates and nuts. Blend the dates with a food processor until you have a lumpy dough (with small pieces inside).
- Add the nuts to the blender then mix again for a few minutes.
- Add the rest of the ingredients: Moringa powder, oat bran, flax and sesame seeds and their powders. Mix everything until a fairly homogeneous paste is obtained.
- Form balls the size of a walnut. It's ready !



Moringa golden latte

Preparation and cook time: 10 minutes

Ingredients (for 1 serving)

1 cup of vegetable milk *
1 tsp. coconut oil
½ tsp. turmeric paste
½ tsp ME® organic Moringa powder (more at your convenience)
Honey or agave syrup (optional)

Preparation

- Pour all the ingredients, except for the moringa, into a saucepan.
- Whisk until the mixture is hot and smooth. Remove from fire.
- Add the Moringa. It's ready !

* *Vata: almond, hazelnut. Pitta: coconut, soy. Kapha: oats or rice.*





Green banana-spinach-avocado smoothie

Preparation time : 5-10 mn

Ingredients (for 2 servings)

2 bananas
2 handfuls of spinach
1 avocado
the juice of a lime
1 pear
2 kiwis
1 Greek yogurt
Some raspberries
2 tbsp. to c. ME® organic
Moringa powder
Honey to taste (optional)

Preparation

- Set aside 1/2 kiwi, 1/2 banana and the raspberries.
- Blend the rest of the fruit in a blender.
- Add the yogurt and the moringa powder, then mix again.
- Serve in two bowls. Top with the reserved fruit.

You can also add granola, crushed nuts, chia seeds ...





Vegan Moringa cake

Preparation and cook time: 45 minutes

Ingredients (for 10 servings)

- 2 cups (240g) flour
- ½ cup ME® organic Moringa powder
- 4 tsp (20g) baking powder
- ½ tsp (3g) salt
- 4 tsp plant based egg replacer
- 1 cup (100g) granulated sugar
- Stevia sugar to taste (optional)*
- 10 tbsp (150ml) coconut or vegetable oil melted
- 10 tbsp (150ml) water
- 1 cup (237ml) soy milk
- 2 tsp (10ml) apple cider vinegar
- 1 tsp (5ml) vanilla extract

Preparation

- Combine the soy milk with the vinegar. In a large mixing bowl combine the melted coconut oil, sugar (and stevia if using), soy milk, vanilla extract, and water and whisk smooth.
- Add the sifted flour, moringa powder, egg replacer, salt and baking powder. Whisk smooth and put the batter in a pan.
- Bake in a preheated 180 °C oven for around 30 minutes or when a toothpick inserted into the middle comes out clean.
- Cool in the pan until you can touch it without burning your fingers then turn out onto a wire rack to cool completely. It's ready !

** Or add more granulated sugar.*

Moringa mint juice

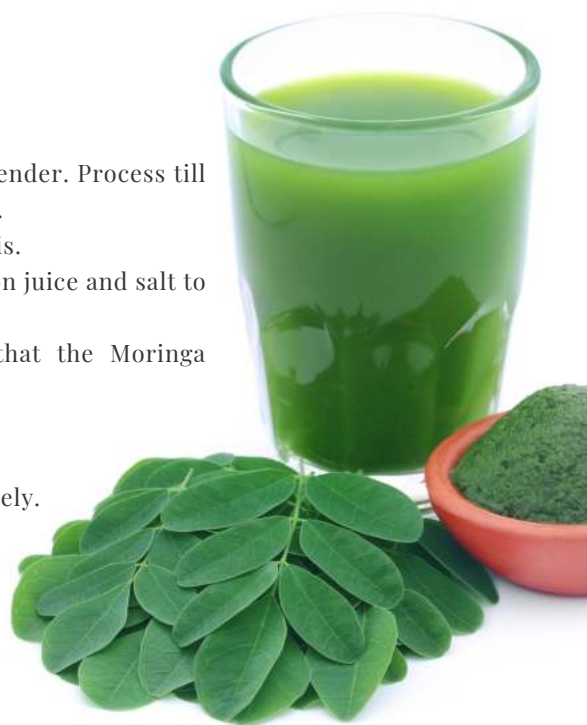
Preparation time: 10 minutes

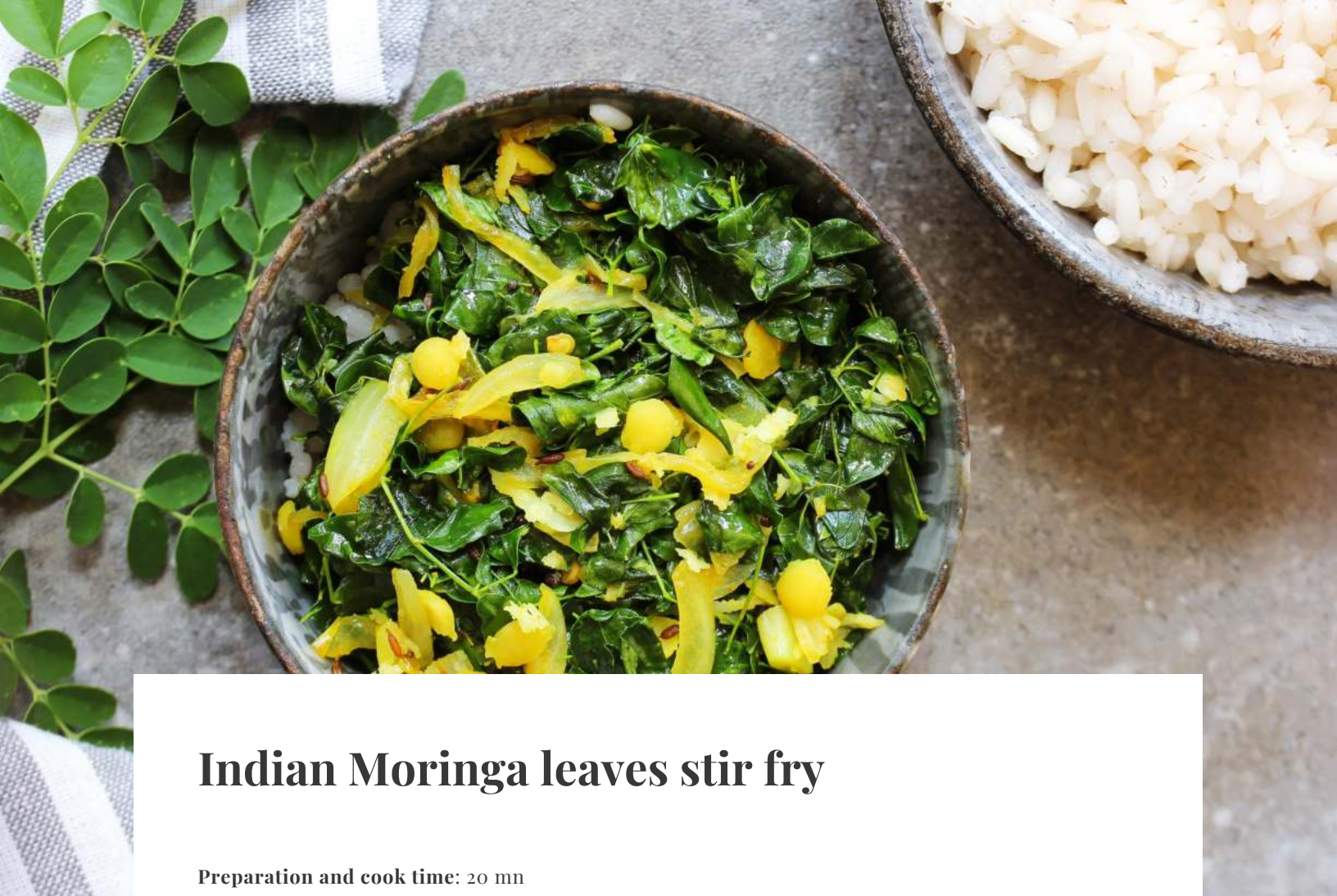
Ingredients (for 2 servings)

- 1 cup water
- ¼ cup fresh mint leaves
- 1-2 tsp ME® organic Moringa powder
- 1 tbsp lemon juice
- 2 tbsp honey or any sweetener of your choice
- ¼ tsp rock salt
- 7-8 ice cubes (optional)

Preparation

- Add mint leaves and water in a blender. Process till the leaves are crushed completely.
- Strain the mint water or leave as-is.
- Add Moringa powder, honey, lemon juice and salt to mint water.
- Process for a few seconds so that the Moringa powder gets blended completely.
- Pour to serving glass.
- Refrigerate for 1-2 hrs or add ice-cubes and serve immediately.





Indian Moringa leaves stir fry

Preparation and cook time: 20 mn

Ingredients (for 4 servings)

1 cup finely chopped onions
2 cups Moringa leaves
2 tbsp moong dal
2 tbsp grated coconut
salt to taste

For tadka

1 tsp oil (peanut/ olive/ coconut/
sesame oil)
1 tsp mustard seeds
1 tsp cumin seeds
5 to 6 curry leaves (optional)
2 pinches asafoetida / hing
1/4 tsp turmeric powder
2 to 3 dried red chillies

Preparation

- Prep the moringa leaves by removing the leaves from the stem. Keep the thin stems. The thick ones have to be discarded. Wash the leaves and set it aside.
- Heat oil in a pan and add all the ingredients for the *tadka* (mustard seeds, cumin, chillies, asafoetida, curry leaves, turmeric powder). When the mustard seeds splutter, add the onions and saute for a minute.
- Put the flame to medium high. Now add the moringa leaves on top of the onions, then the moong dal, the coconut and the salt on top of the leaves. Add 3 tbsp of water and cook for 2-3 minutes, mixing regularly. Saute briefly for a minute or so if needed. Serve hot with rice.





Moringa and white chocolate cupcakes

Preparation and cook time: 40 minutes

Ingredients (for 9-12 pieces)

1 and 1/2 cup flour
1 and 3/4 tsp baking powder
1/8 tsp fine salt
1/2 cup unsalted butter
1 cup white sugar
2 eggs
2 tsp vanilla extract
1/2 cup milk
4 tsp ME® organic Moringa powder
White chocolate chips

Preparation

- Preheat oven to 180 °C.
- Mix or stir together the softened butter and sugar for about 3 minutes, until well incorporated or sugar is dissolved.
- Add beaten eggs and stir in vanilla extract.
- In another bowl, sift flour, baking powder and salt.
- Add sifted dry ingredients to the creamed butter, egg and sugar mixture and combine using a spatula by cut and fold style.
- Stir in the milk until batter is smooth then add Moringa powder and mix until combined. Do not overmix batter or your cupcakes will not be fluffy.
- Pour into cupcake liners about 3/4 full, sprinkle white chocolate chips on it and bake for 20-25 minutes or until toothpick inserted comes out clean.

Moringa ice cream

Preparation time: 20 minutes

Ingredients (for 4 servings)

1 cup whipping cream
1/2 cup condensed milk
1/4 cup ME® organic Moringa powder
Water
Flavour

Preparation

- Put enough water in the Moringa powder cup to dilute it.
- Refrigerate the Moringa juice as you need it very cold when mixing it with whipping cream. Refrigerate also your mixing bowl and place it on ice bath.
- Mix Moringa juice and whipping cream until dissolved using a whisk or a mixer until you get a stiff peak.
- Add the condensed milk and flavour and continue mixing.
- Transfer in a square bowl and freeze over night.
- To serve, spoon into chilled bowls and sprinkle with your favourite toppings.



3

MOVING

everyday sports on test

Nothing like a few exercises, at least half an hour a day, to stay in shape. However, integrating a sport into your daily life is not always easy; the days are often busy and not everyone enjoys the crowds at gyms and other fitness studios. Moreover, how do we know which sporting activity suits us best? These are all questions that we will try to answer by sifting through three of the most popular disciplines at the moment among sports enthusiasts: yoga, walking and swimming.

Yoga

There is no doubt that yoga has become one of the most popular disciplines today. It is an intensive sport that has many virtues. There are different types of yoga adapted to everyone's needs (Yoga bikram, Yoga Hatha, Power Yoga, Yoga Kripalu, Yoga Kundalini, Yoga Ashtanga, Yoga for senior, for children or for pregnant women...).



Yoga is known to strengthen muscles (and consequently decrease fat mass), develop flexibility, improve mental acuity, stimulate the production of serotonin (the "happiness hormone"), combat stress and promote blood circulation. On the other hand, it allows you to become more aware of your body. A true all-in-one..



Although gentle, this discipline is far from being as harmless as it seems. Indeed, when poorly executed, some postures can cause injuries. The health condition of the follower can therefore constitute a barrier to the practice of certain forms of yoga.

For example, Yoga bikram, which is performed under 40° C, is not recommended for people with respiratory failure.

For who?

People in search of spirituality, who have a holistic approach to existence, who believe in the idea that the well-being depends on the harmony between the three dimensions of the Being (body, soul and spirit).



Walking

This is a light activity because it is easy to practice every day; just get off the bus one stop earlier or leave the car in the garage to accompany the children to school. On weekends, family walks in the great outdoors provide another opportunity to exercise without strenuous effort.



Walking keeps the physique in shape and, because it is practiced outdoors, keeps morale up. The body is toned and the mind oxygenated. Among other benefits, it is ideal for the cardiovascular system, helps relieve stress, preserves the joints (unlike jogging) and relieves lower back pain.



Because it is undemanding and accessible to everyone, walking has almost no drawback.

For who?

People who are overweight or have joint pain.
People who want to resume sport smoothly.
Unseasoned athletes.



Swimming

Generally speaking, water sports are accessible to everyone and are an excellent way to exercise all the muscles of the body, while working on the respiratory system. Swimming is no exception to this rule.



On average, you lose 700 calories per hour of swimming. That's why it's the ideal sport to accompany a slimming program or a diet. As you swim, cardiac performance is improved because you have more breath. Lower back and joint pain is relieved because in the water, you only feel a third of your body's weight (thanks to the famous Archimedes' principle), and therefore less force is required to perform the movements. Finally, water has de-stressing properties; its action on the skin is similar to that of a draining massage that redraws the silhouette and relaxes at the same time. A complete discipline in short.



In case of skin disorders, low back pain, pulmonary infection, neurological disorders, joint problems or tendonitis, it is recommended to seek the advice of a doctor before diving in water.

For who?

Seniors, people with weak joints.
Overweight people.
Babies and pregnant women.



Qi Gong

OR THE GYMNASTICS OF HAPPINESS

Traditional art, health practice and philosophy of life, this discipline combines body work, breath control and mind focusing. Based on the principles of traditional Chinese medicine, acupuncture points and meridians, qi gong (we talk about the preventive form, and not in the medicalized one practiced in China) has rallied many followers because of its health benefits.

The word is made up of two Chinese ideograms, "Qi" ("tchi" = energetic breath) and "Gong" (mastery). It designates the work of mastering the energy breath (or vital energy) that circulates in the body following meridians, which correspond to organic functions.

This ancestral discipline, known as Chinese gymnastics, is taught as an "art of health" and not as a sport.

Practicing qi gong does not involve a competitive spirit or performance, hence the success of this slow gymnastics. Movements or postures designed to circulate energy, as well as breathing methods that aim at restoring overall harmony, have a revitalizing action that benefits both body and mind.

Daily practice relaxes the joints, strengthens the organs and reinforces the immune system. Its ability to increase vitality and memory, to reduce tension and stress, makes it a gentle gymnastic method adopted in many hospitals and retirement homes.

Accessible to all and at all ages, qi gong is particularly appreciated by seniors concerned with maintaining their good shape and cultivating relaxation and positive energy.

?

Did you know?

Nothing like a Moringa herb juice (take 2 teaspoons of ME® organic moringa powder in a large glass of water with honey or coconut sugar) to hydrate yourself before, during and after an intense workout. It fuels the body with enough energy to be on top of its performance and recover faster (p. 29-30).

Running

WHY AND HOW?

*Endurance racing is good for health.
Of course, everybody can run, as long as
they follow some rules.*

The man has been a runner since he's become a Homo erectus that stands on his two legs. Certainly, he is a poor sprinter compared to other mammals, like the cheetah for example. However, it seems that when it comes to endurance, humans are the best-equipped animals. Running is therefore a sport suitable for everyone.

We need to run

Running improves general physical condition, increases muscle tone (especially in the lower body), strengthens joints, facilitates weight loss, develops cardio-respiratory capacities, increases bone mineral density and contributes to the mental balance and some cognitive functions (memory, attention), thanks to the chemical substances that it releases in the brain.

In fact, stress is evacuated, the risks of heart attack, stroke and even cancer are reduced, and the effects of diseases such as Alzheimer's, asthma, osteoporosis or diabetes are reduced and / or delayed.

Bonus for those who watch their line: the muscles are strengthened not in volume but in length. As a result, like all endurance sports, running lengthens and shapes the body. For more efficiency, create a routine and schedule your workouts at a regular pace.

We learn to run

However, it is not because it is innate and beneficial for health that endurance racing is risk free. Indeed, it is a sport that places great strain on the lower body as well as the back muscles and the abdominals

which support the back while the pelvis oscillates with each stride. That's why a bad technique induces pain and injuries on the most vulnerable parts: ankles, knees, lumbar ...

To guard against these dangers, it is first necessary to be well equipped. Finding the right pair of shoes is a prerequisite. You should also have a device to monitor your heart rate - over 40 years old, it is recommended that you do a stress test before starting running to make sure the arteries are in good enough condition. In this regard, note that smoking increases the risk of cardiovascular accidents.




Finally, it is advisable to modulate and gradually change

the intensity of the workouts according to one's capacities and maximum heart rate (or max-HR, which is the maximum number of beats the heart can perform in 1 minute). For a man, we calculate his maximum heart rate by subtracting his age from the number 220 (example: $220 - 40 \text{ years} = 180 \text{ beats}$). For a woman, it is " $226 - \text{her age}$ ". So a beginner should start slowly, without forcing, at around 50% of his/her max-HR (see below).

Other precautions to take: always warm up before a workout, stay hydrated, do not run in full sun bareheaded, prefer unpaved floors to asphalt which increases the impact of running on the joints tenfold ...

▼ Running according to one's abilities



 Max-HR	50-60%	60-80%	80-100%
 Possible duration	10-240 minutes	10-120 minutes	2-10 minutes
 Sensations	Comfort in exertion, easy breathing	Slight muscle fatigue, easy breathing, moderate sweating	Severe muscle fatigue, difficult breathing, exhaustion

Moringa + Sports = same battle

5

Lower the risk of cancer, diabetes and heart disease

1

Favor mental health, reduce stress and prevent depression

4

Boost cerebral and cognitive functions



2

Support the immune system and help to resist against infections

3

Reduce fatigue and strengthen endurance

ME® organic Moringa powder and a regular sports practice have in common many beneficial effects on the body. They both ...

How does moringa boost athletic performance?

Did you know that intense sports activity increases the production of free radicals, thus reinforcing oxidative stress, and depletes the body's reserves of minerals (especially iron)?

Thanks to its exceptional intake of proteins, vitamins and micro-nutrients, Moringa covers the increased nutritional needs of athletes and thus provides the energy they need to compensate for exertion. That's why we recommend ingesting ME® organic Moringa powder before, during and / or after training, in the form of herbal juice for example. A true champion's cocktail that makes you stronger, more efficient and enduring.



MINERALS

- **Iron** (25 mg) / Activates the transport of oxygen in the body and strengthens muscle mass
- **Magnesium** (400 mg) / Excellent muscle relaxant (relieves cramps)
- **Potassium** (1200 mg) / Maintains blood pressure
- **Calcium** (2000 mg) / Solid skeleton
- **Sodium** (100 mg) / Regulates the body's water mass

And also: phosphorus, manganese, selenium, zinc, copper ...



PROTEINS (25%)*

- Form a real cellular cement, essential for building muscles.
- Repair muscle micro-lesions



VITAMINS

- **A** (16 mg) / Important for iron metabolism
- **B1** (2.6 mg) / Cardiotonic effect
- **B2 or riboflavin** (20.5 mg) / Antioxidant action, iron metabolism, muscle oxygenation via the maintenance of red blood cells
- **B3** (8 mg) / Anti-fatigue effect
- **B5** (0.8 mg) and **B6** (0.12 mg) / Promote energy metabolism.
- **B9 or folic acid** (0.05 mg) / Facilitates the synthesis of amino acids and alleviates fatigue
- **C** (17 mg) / Promotes recovery and reduces fatigue. Increases the absorption of iron. Stimulates the formation of collagen, a substance that strengthens and develops the skeleton.
- **E** (113 mg) / Protects against oxidative stress and therefore slows down cell aging

And also: B8 (biotin), K...

** Each protein has its specific sequence of amino acids. A distinction is made between non-essential amino acids and the essential ones (9 for children, 8 for adults), which cannot be synthesized by the body.*

Moringa is the only plant capable of providing all of the essential amino acids ...

▲ Indicative nutritional intakes of moringa powder (for 100 g)

Vegetable oils

BEAUTY ESSENCES

Vegetable oils are essentials in natural cosmetics. When they are pure - that is to say 100% natural and unprocessed - they can be applied to the skin and scalp by massaging gently to make them penetrate well, or as a hair mask *. Their action on cellular cement (the protective film of the epidermis), which is also lipid, allows the skin and the scalp to limit their natural loss of water. This lipid-replenishing power is more or less asserted depending on the oils. Beyond that, they each have their specific virtues.

** For better effectiveness of your hair masks, wrap your hair in a warm damp towel during the treatment.*

Normal skins

Jojoba
Camellia
Moringa
Argan
Macadamia
Evening primrose

Fatty / mixed skins

Jojoba
Hazelnut
Sesame
Moringa
Macadamia
Nigella
Sesame
Neem
Rosehip

Dry skins

Argan
Monoi
Olive
Lawyer
Macadamia
Coco
Almond
Moringa
Wheat germ

Mature skins

Rosehip
Argan
Apricot kernels
Borage
Camellia
Moringa
Prickly pear
Grape seeds

Sensitive skins

Irritations (redness, eczema ...)

Almond
Chamomile
Moringa
Orange Blossom
Hemp
Arnica
Calendula

Acne, pimples

Nigella
Neem
Moringa
Jojoba
Grape seeds
Rosehip
Sea buckthorn

Stains, scars, burns

Argan
Rosehip
Sea buckthorn
Moringa
Macadamia
Lawyer
Coco

Stretch marks

Avocado
Camellia
Moringa
Macadamia
Wheat germs
Argan
Chaulmoogra

Unwell, Dull complexion

Carrot (macerate)
Moringa
Buriti
Sea buckthorn
Rose hips



How to perfume naturally?



USING ESSENTIAL OILS

Are you bored of standardized synthetic perfume products? Are the chemicals and other endocrine disruptors they may contain bothering you? Here is a natural and economical solution that respects your skin while preserving the environment: natural essences. Certainly fragile and complex to handle, they are however so authentic and inimitable!

Nothing like a unique and personalized home-made fragrance, which matches your mood, to feel beautiful and good about yourself. Due to their strong odorous power, essential oils are the most effective natural solution for perfume. But be careful because the fact that they are natural does not mean that they are safe.

Indeed, these highly concentrated extracts can be particularly allergenic, photosensitizing or even toxic.

This is why it is recommended to use it sparingly, diluted in a neutral base (vegetable oil), and to

always carry out a skin tolerance test in the crease of the elbow, 24 hours before any use. A priori, the amount of essential oil for 25 ml of vegetable oil is 30 drops (approximately 1 ml). A more concentrated mixture is possible, but it is better not to go beyond 1 ml of essential oil for 10 ml of vegetable oil.

The three notes

The creation of a perfume is based on the rule of the three notes:

-The top note is the first that you feel; quite volatile, it quickly fades.

-Then comes the middle/heart note which persists a little longer; this is the identity of the perfume.
 -Then, the base note that has more hold; it serves as a fixer for the other two. This is the basis.
 Some essential oils belong to two of the three categories (see diagram of the olfactory pyramid below).

Instructions for use and scents accords

Always start with the essential oil mixture at the base. And so on to the top of the pyramid, respecting the structure of the perfume. Test small amounts first, then when the accord is satisfactory, carefully note the dosages in a notebook before reproducing it in a larger volume. Once made, reserve the mixture in a sterile amber vial, protected from light and heat, for three weeks.

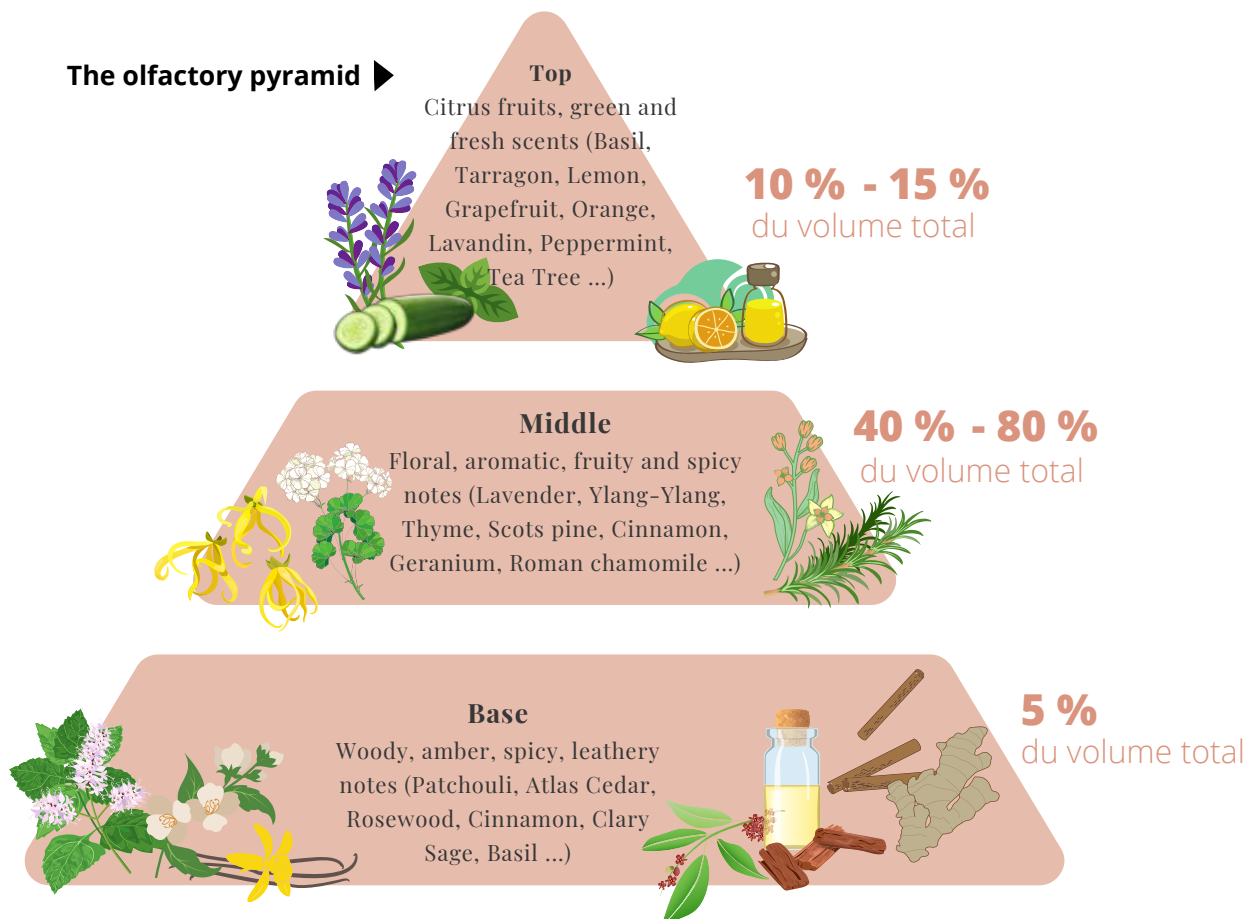
After this waiting time, you can dilute the essential oil mixture in a base. You can use alcohol, but vegetable oil is preferable because it has the advantage of nourishing the skin at the same time.

Jojoba oil or fractionated (deodorized) coconut oil are excellent for this use because they are stable and do not (or very little) alter the fragrance of essential oils.

Caution

When dealing with natural essences, strict hygiene rules must be scrupulously observed. This basically involves disinfecting equipment, utensils and containers with alcohol or boiling water before use. Wash hands beforehand to avoid contaminating the preparations and, if possible, wear gloves when handling. Sometimes it may be necessary to wear protective glasses. Finally, preparations should be stored away from light and heat in dated, labeled vials, out of the reach of children. At the slightest suspicious change in color, texture or smell, discard the preparation.

The olfactory pyramid ►



Hesperidia	Aromatic	Floral	Spicy	Wooded
<i>With their citrus notes, they bring freshness and lightness.</i>	<i>They are familiar to us because they are also generally used in the kitchen.</i>	<i>Feminine and bewitching, they evoke lush gardens.</i>	<i>A simple drop is all it takes to inject spice and daring into your juice.</i>	<i>Synonyms for luxury, manly, they have power and intensity.</i>
Grapefruit Goji berries Lemon Mandarin Orange Clementine	Tarragon Ajowan Pepper mint Basil Rosemary Dill Lavender	Tiara Lilac Ylang ylang Geranium Jasmine Pink Orange Blossom	Black pepper Cinnamon Ravintsara Ginger Nutmeg Clove	Atlas cedar Rosewood Douglas fir Birch Cypress Amarys
Green	Oriental	Powdery	Fougères	Fruity
<i>Smell of fresh grass, moss or morning dew, the green note evokes nature.</i>	<i>Heady, sensual and suave, they go well with spices.</i>	<i>Opulent and delicate, they envelop us in a glam and vaporous softness.</i>	<i>They refer to the mythical male perfume "Fougère Royale" (created in 1882).</i>	<i>Apart from citrus, these notes are rare in natural perfumery.</i>
Cucumber Bamboo Fig tree Galbanum	Patchouli Vanilla extract	Iris Mimosa Helichrysum Violet Tonka bean	Lavender Geranium Vetiver Bigarade	Blackcurrant bud Osmanthus (apricot) Bergamot Bitter Almond

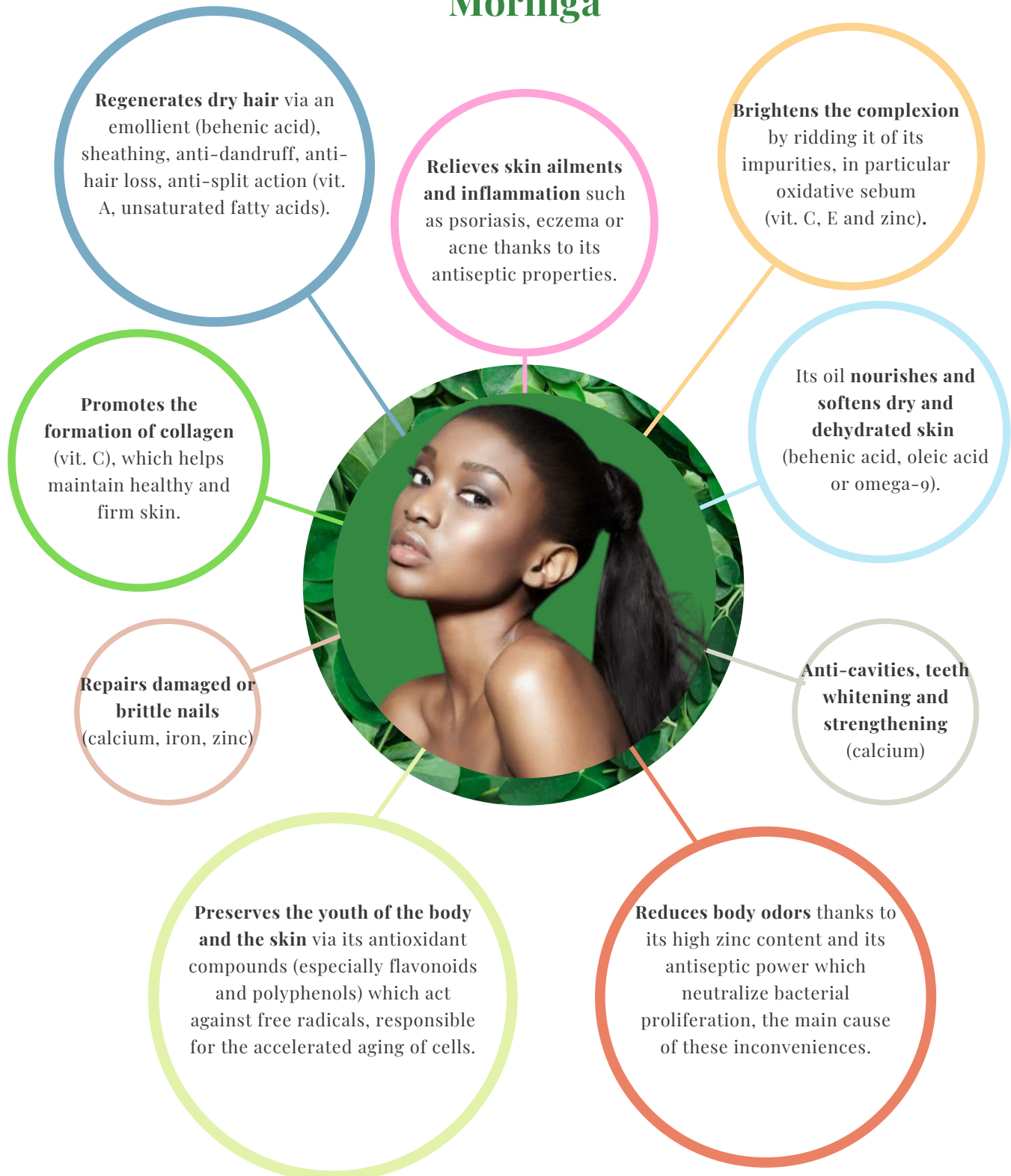
▲ Some families and olfactory facets *

* In traditional perfumery, there are 7 families of essences (aromatic, woody, chypre, floral, fern, citrus, oriental) and multiple facets (musky, amber, leathery, spicy, fruity, gourmet ...).



▲ How to perfume yourself according to your dominant dosha

Nutricosmetic and hygienic properties of Moringa



2

MIND

Find your place in the world



Work as a source of accomplishment



CHALLENGES AND PERSPECTIVES

Historically, work has always been a way for people to feel socially "useful". Nothing is more normal than to act in reciprocity with the community. This is why, moreover, not being able to work or losing one's job are exclusionary social factors that generate suffering for anyone who goes through these ordeals. But nowadays, it is not enough just to work to achieve fulfillment. Other, more complex criteria are at play.

There was a time when employees held their position for life, usually without any real prospect of career development. Since then, times have changed a lot: mobility is essential in most sectors of activity, aspirations are no longer the same ... A (good) salary to live comfortably is good. But with added meaning or purpose, it's even better!

Finding meaning

Indeed, in a world undermined by major issues such as global warming or social inequalities, more and more people are looking for a meaningful work.

Overall, it is about feeling in tune with your own values, feeling like you are leaving a positive mark, and feeling pride in doing your job.

If, for a long time, suffering at work was most often linked to the arduous or dangerous nature of the tasks, today it is more the result of cases of conscience and ethical questions.

Am I really up to anything for profitability or productivity? Do I have to sacrifice my dignity and my values so as not to be confronted with precariousness? So many questions that undermine the assets of the new generation.



Self-entrepreneurship (becoming your own boss and undergoing your own law) as well as the new nomadic forms of work (teleworking, desk sharing), made possible by the rise of digital technology, are part of this effort to get rid of the trap and pressure from the working world.

Unique expériences

The coronavirus crisis has only confirmed this trend of questioning old professional patterns that no longer satisfy neither workers nor companies, which are themselves determined to support this revolution and to act in a more responsible manner.

Because they consider the quality of life at work as a lever for competitiveness, some companies are innovating in this direction: they set up places of conviviality in their premises in a “start-up” mode (games, relaxation, sport, etc.), provide services to their employees (nursery, concierge, etc.), engage in collaborative actions to create more links (carpooling, collective vegetable garden, cooking workshops, after-works, and so on.), etc.

However, such initiatives are still unusual. For many workers, necessity rules. The specter of unemployment and precariousness lurks: you have to resign yourself, endure your dissatisfaction. When the need for self-fulfillment is too strongly repressed, rupture occurs. Unfortunately, this very often results in cases of burnout, or suicides at work.



— “ —

**Choose a job you love
and you won't have to work
a day in your life.**

Confucius

— ” —

Challenges to take up

However, we must not forget why we like to work. Besides feeling useful, it is also a way to socialize, to identify with a group and therefore to satisfy the human herd instinct. To this must be added the need to be recognized (for your know-how, your skills, your creativity) which greatly contributes to self-esteem and the feeling of personal accomplishment that everyone is looking for. Recognition is in itself a form of symbolic (which does not mean "worthless") retribution.

Sometimes alienating, sometimes emancipatory, work is the place of contradictory tensions linked to its multidimensionality: the doing (to work is to produce useful goods and services), the having (to work is to enrich oneself and to provide the means to meet one's needs) and the being (to work is to exist, to assert oneself socially). The balance and harmony between these three dimensions condition our well-being at work.

But today more than ever, the tensions between these three levels, which are interdependent, are exacerbated: the workers' quest for meaning is far from being satisfied (producing has no longer interest); salaries are insufficient to cover the most basic needs (eating, dressing, housing, etc.); and many workers do not cope with what they "are" through their work, as their ethical demands conflict with reality.

These are the great challenges that today's man must overcome in order to fulfill his potential again in work.





The 10 commandments of a top-performer

FROM ORGANIZATION TO STATE OF MIND, PROFESSIONAL EFFECTIVENESS IS PLAYED OUT IN SEVERAL ASPECTS.



1

HAVING A PLEASANT WORKSPACE

Start by tidying up your workspace. You'll spend less time digging through piles of files that are piling up (or a messy toolbox) ... and you'll be more motivated to work. A clean, tidy and uncluttered workplace is the key to an efficient routine. Tip: a green plant brings a very appreciable natural touch.

2

FOCUS ON ONE TASK AT A TIME

Organization and planning are the key words here. Do not disperse; this is counterproductive. Establish priorities according to the urgency, scale and / or importance of each task. List them, starting with the most important, and set deadlines. If you have a very large project, break it down into several stages: it will seem less "heavy" to manage. For the rest, all you have to do is avoid distraction and waste of time sources: personal calls, extended breaks and even endless meetings.

3

DELEGATE AS MUCH AS NEEDED

As the previous point demonstrates, you are not Shiva. You can't do everything. To recognize this is to save yourself a lot of frustration and disappointment. Rely on your colleagues or employees who will feel both valued and grateful for the trust you place in them. Dispatch the tasks according to the skills of each; it is not about putting anyone in trouble with unrealistic demands or goals. Finally, keep communication open and objective: for example, let your manager know if you've enlisted the help of others (you just aren't going to keep all the laurels to yourself!). When the time comes, do not hesitate to offer your help in return.

4

BE AWARE OF YOUR LIMITS

This goes along with the second "commandment" on this list. You want to be reliable, autonomous and responsible: no challenge scares you. In short, you are the ideal collaborator. This is good, but it also makes you feel more stressed than others, on the verge of overwork. Prevention is better than cure. If you are feeling overwhelmed, don't wait until the day before the deadline to request additional time. If possible, set limits. Your boss is submitting a new file to you when you already have ten others on the go? State the situation calmly and ask him to define the priorities clearly: is this new project now the most urgent? How to manage the delay that this will necessarily cause on other projects already in progress? Etc.

5

TAKE REGULAR BREAKS AND GET ENOUGH SLEEP

A fruitful hour is better than two sluggish hours. When we are tired we are less sharp, slow in thinking and, above all, irritable. Nothing good can come of it. Not to mention the embarrassing situations you might find yourself in, such as snoring in the middle of a meeting or sending an email to the wrong recipient. So listen to your body and give yourself the necessary rest time to recover and regain vitality. And don't rely too much on coffee, because in high doses it increases stress and anxiety; which prevents you from thinking calmly.

6

MEDITATE TO RELIEVE STRESS

Speaking of stress, allow yourself a few minutes of meditation every now and then. Not only is it ideal for regaining serenity and relaxation, it is also a good mindful way to deal with your emotions.

Sometimes, in certain unpleasant circumstances (disagreement with a collaborator, a client or a superior; difficulty to accept criticism ...), we can be overwhelmed by frustration, anger or shame ... A few deep breaths will help you channel this emotional overflow.



7

THINKING POSITIVE MAKES YOU MORE EFFICIENT

A positive attitude is a real source of motivation on a daily basis. Put pleasure in what you do: listen to a good mood playlist while working (with headphones so as not to disturb others), reward yourself for each success or each project completed (watching a movie, an hour of massage, a little shopping, a drink with girlfriends). Ending the day on an exciting note, crossing off the list of what has been accomplished, will put you in good shape for the next day.

8

EXPRESS YOUR CREATIVITY

Creativity is one of the most popular soft skills in business. Several methods allow it to be developed (brainstorming, sketchnote, mindmapping, etc.). The main thing is not to suppress your ideas as you often do with "yes but ...". Instead, adopt a "yes, and ..." strategy to see where the idea takes you. Compile everything that inspires you (photo, quote, etc.) in a notebook or on a board and check your "collections" regularly. Occasionally, step out of your comfort zone; leave the office, take a meditative stroll while thinking about your project. This change of scene will stimulate your thinking.

9

HAVE QUALITATIVE INTERACTIONS

It may sound obvious, but you are not alone at work. So you can't lock yourself in your bubble: you have to socialize, have a team spirit. However, in this case too, quality is much better than quantity. You need to be fully in the conversation and listening: no rhetorical questions or derogatory attitudes (such as pointedly checking your smartphone or watch).

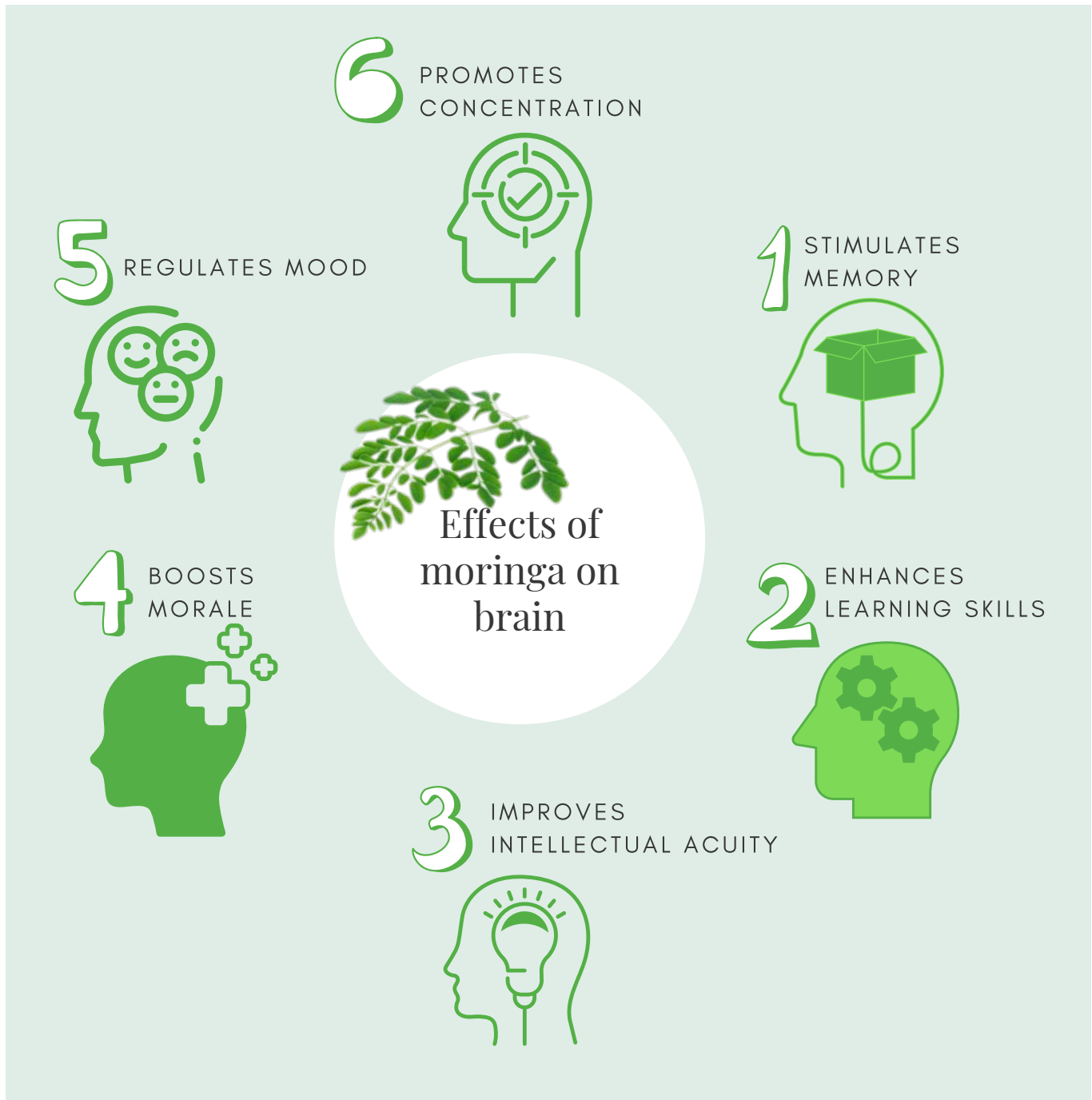
If you are not available for the exchange, politely postpone it to a later, more convenient time. Be pleasant and show yourself benevolent; your collaborators will do the same with you.

10

OVERCOME IMPOSTOR SYNDROME

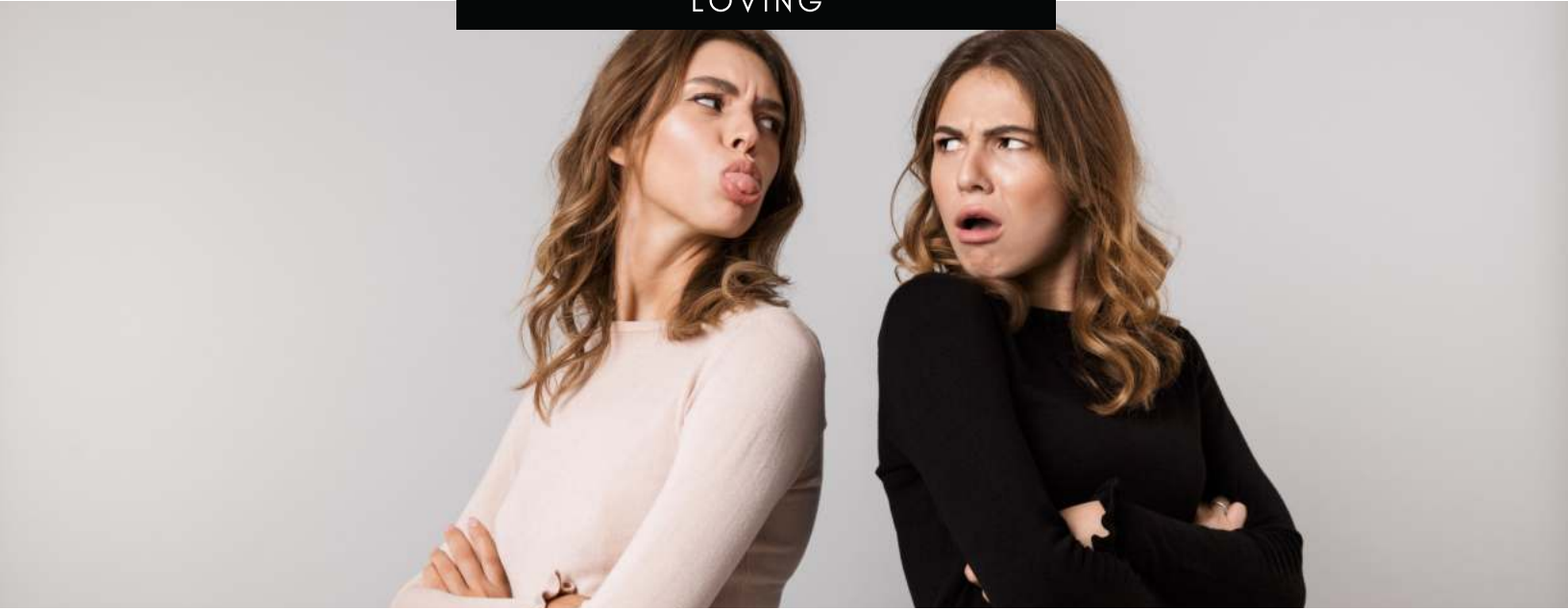
In other words, be confident enough to accept compliments from your client or the promotion offered by your boss. If you are where you are at, it's because you deserve it. Failure can happen of course (no one is perfect!), but it shouldn't compromise everything else. Conversely, you must use it to put things right, take initiatives to reassure your hierarchy and demonstrate that it was just a mishap. In all cases, take responsibility for your mistakes without discarding yourself on others. This responsible attitude will earn you the respect of others.

How does moringa boost intellectual performance?





LOVING



Love, friendship, family ... Stop toxic relationships!

"Hell is other people" wrote Sartre (Huis clos, 1944) to express how difficult it is to escape the often unfavorable judgment of other individuals. This is especially true when dealing with toxic people. Some loved ones, through their negative behaviors, literally weigh you down, preventing you from fulfilling and being fully you. In their gaze, you never feel valued. It's unfortunate to say so but these relationships are not worth the investment you put in them. For your own good, it is time to free yourself from it and move on. Here are five profiles of negative people to avoid at all costs.



THE GRUMPY / SULKY

He/she is the eternally dissatisfied, the one who always has something to complain about. Nothing ever suits him/her and it's never his/her fault. So don't ask him/her to question him/herself! Variant: the plaintive, less vehement and more whiny, is a real Calimero. He/she pumps all your energy. Nothing is going well and whatever you do to cheer him/her up, it's never enough. Run away!

THE DRAMA QUEEN

With this person, everything takes on exaggerated proportions. He/she overreacts to the slightest annoyance and forces you to walk on eggshells all the time. Serenity ? He/she doesn't know what it is. Either he/she is extremely elated (and already you dread the fall which will inevitably be vertiginous), or he/she is completely down (how much more "down" can one be?). An emotional lift that exhausts those around him/her.



THE BULLY

Always aggressive, never gentle, he/she multiplies treacherous allusions and vicious attacks. Convinced of his/her superiority, he/she seeks to make others uncomfortable or to place them in difficulty in order to reveal their weaknesses or flaws. His/her presence alone is enough to spoil the mood of a room, especially as he/she imposes it without really trying to fit in.

THE PASSIVE-AGGRESSIVE

His/her weapon is indifference. He/she shows himself detached when expected to be involved, retreats into silence when asked to speak. His/her passivity and opacity force those around him/her to decipher him/her (without success!), to analyze the slightest smirk or raised eyebrows. By thus avoiding verbalization, exchange, even confrontation, he/she pushes others to the limit.



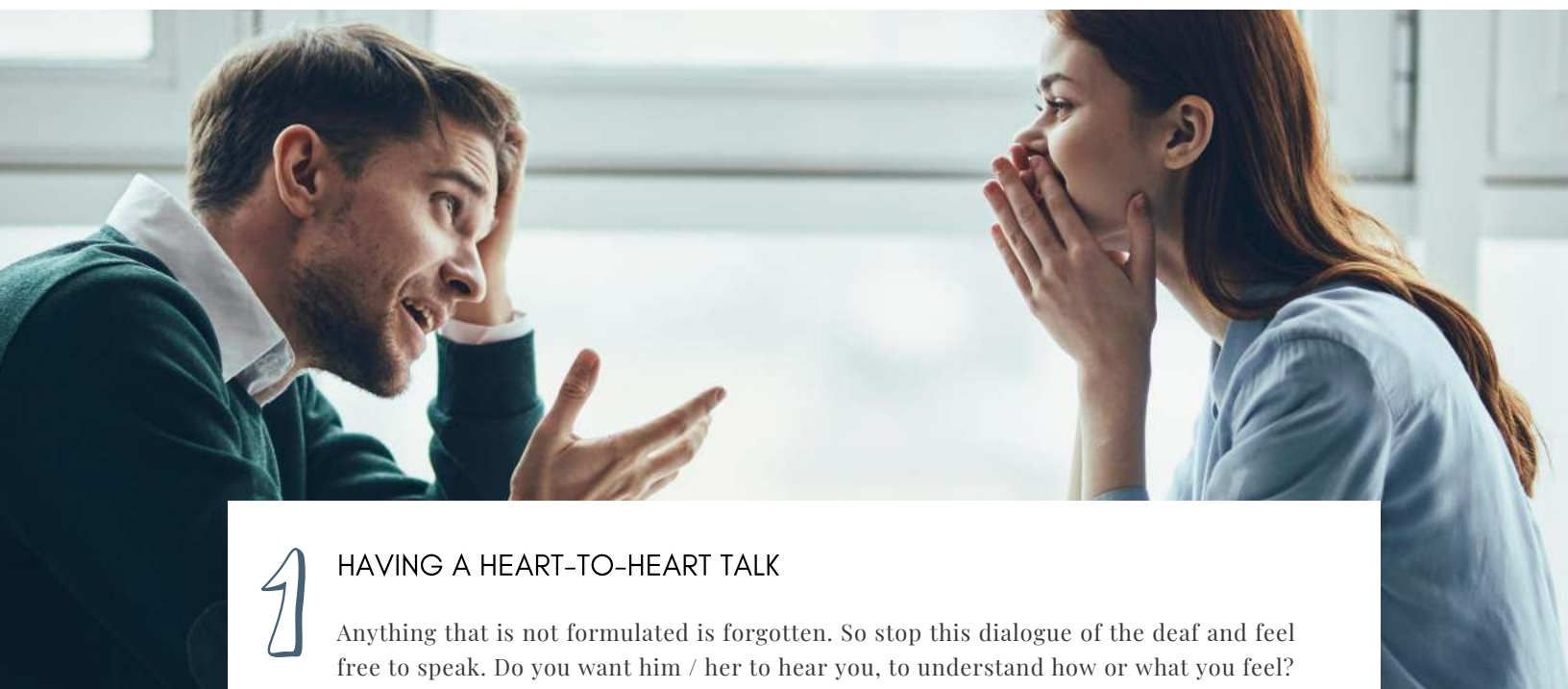
THE SLANDERER

His/her favorite pastime is spreading gossip. And most of the time, his/her words are malicious and therefore hurtful. Convinced that by revealing the shortcomings and faults of others, he/she will be even more well regarded, he/she delights in gossip. His/her bad faith has no limit because he/she will always claim to act for the common good, while his/her banter is only an outlet for his/her own frustrations.

5 tips for defusing a crisis in the couple

Misunderstandings, unsaid, frustrations, infidelity, jealousy, everyday wear and tear ... Couple life is not a long calm river. Even in a strong and deep relationship, causes of tension are inevitable and can take precedence over what makes the bond.

Here are some ideas to find a possible way out of the problem.



1 HAVING A HEART-TO-HEART TALK

Anything that is not formulated is forgotten. So stop this dialogue of the deaf and feel free to speak. Do you want him / her to hear you, to understand how or what you feel? So speak up! Express your feelings: even you might have forgotten why and how much you love him. Besides, it's just as healthy to express your frustration and anger as to express your love. Because repressed, these emotions are real time bombs.

Of course, you have to do it with manners and choose the right moment - beware of words that are beyond our thought and which we have all the trouble in the world to take away once they have been spoken! Empathy, the cement of any social relationship, requires that we begin sentences with "I": "I am sad about ...", "I feel hurt ...". This is so as not to be in judgment.

There is no need to remind you that if you speak up, you also must let the other person do the same and pay attention to what he / she is saying.



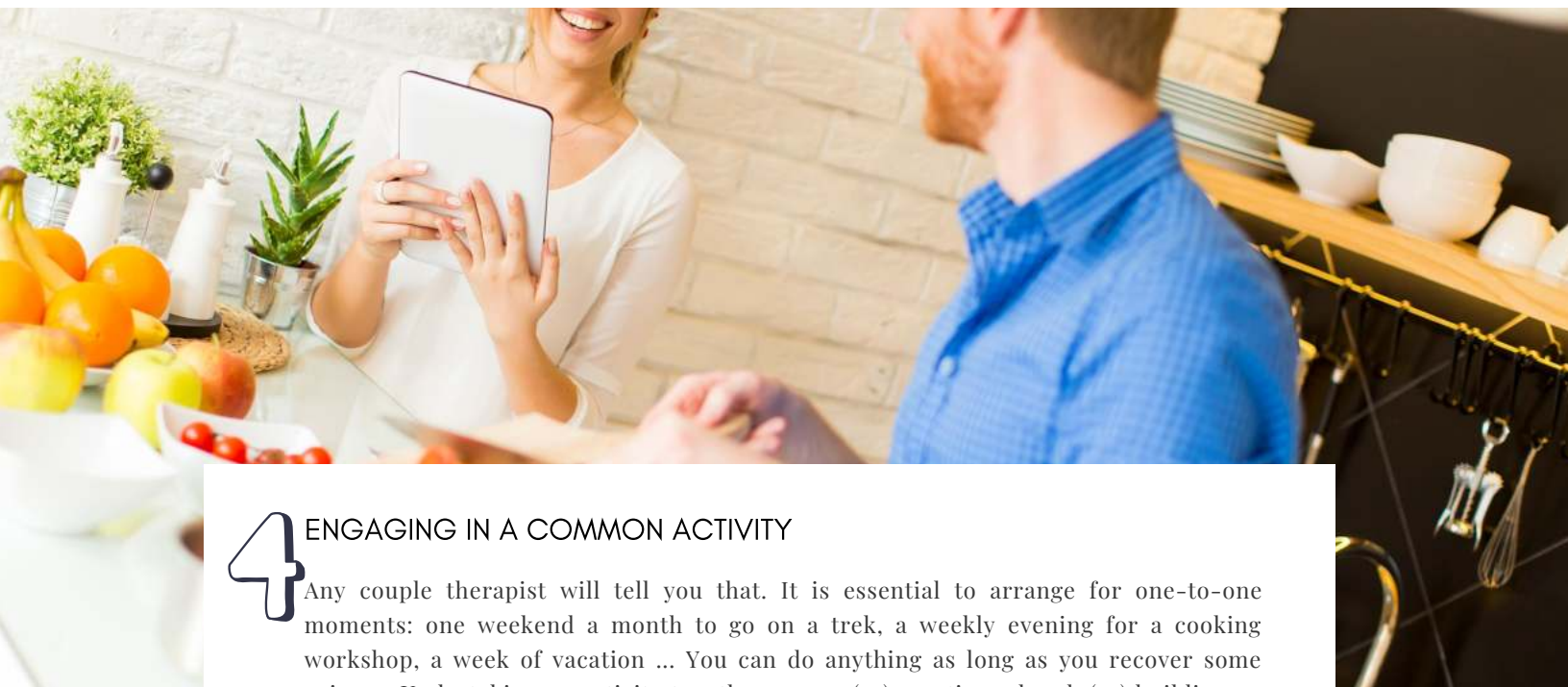
2 MEDITATING TOGETHER

One of the biggest pitfalls in love is when you expect others to meet your expectations. We have a whole bunch of requirements, formulated or not, to which we would like to see him / her comply. With meditation, we stop projecting our own existential anxieties (which moreover have flown away) onto the other and above all, we accept him / her as he / she is. In short, meditation improves the ability to listen and the management of feelings (our own as well as those of others), two essential qualities for a serene and fulfilling relationship.



3 RE-COLLECTING THE GOOD MEMORIES

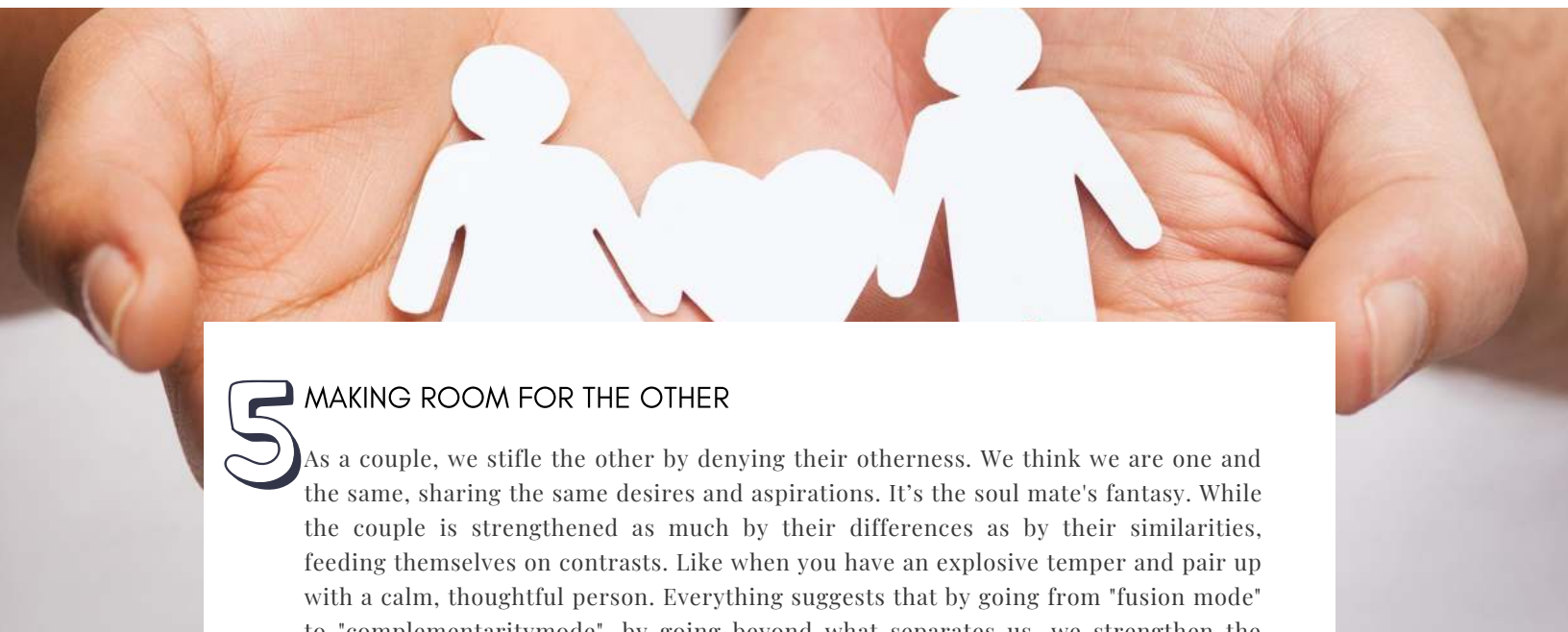
Leaf through old albums together, watch family movies, remind each other of the highlights of your history... In times of crisis, a couple easily forgets their beginnings, those moments when everything was still cloudless. Remembering those moments of the past, becoming aware of the road traveled, can however put into perspective (and play down) the current discord.



4 ENGAGING IN A COMMON ACTIVITY

Any couple therapist will tell you that. It is essential to arrange for one-to-one moments: one weekend a month to go on a trek, a weekly evening for a cooking workshop, a week of vacation ... You can do anything as long as you recover some privacy. Undertaking an activity together means (re) creating a bond, (re) building an emotional base that stabilizes the couple.

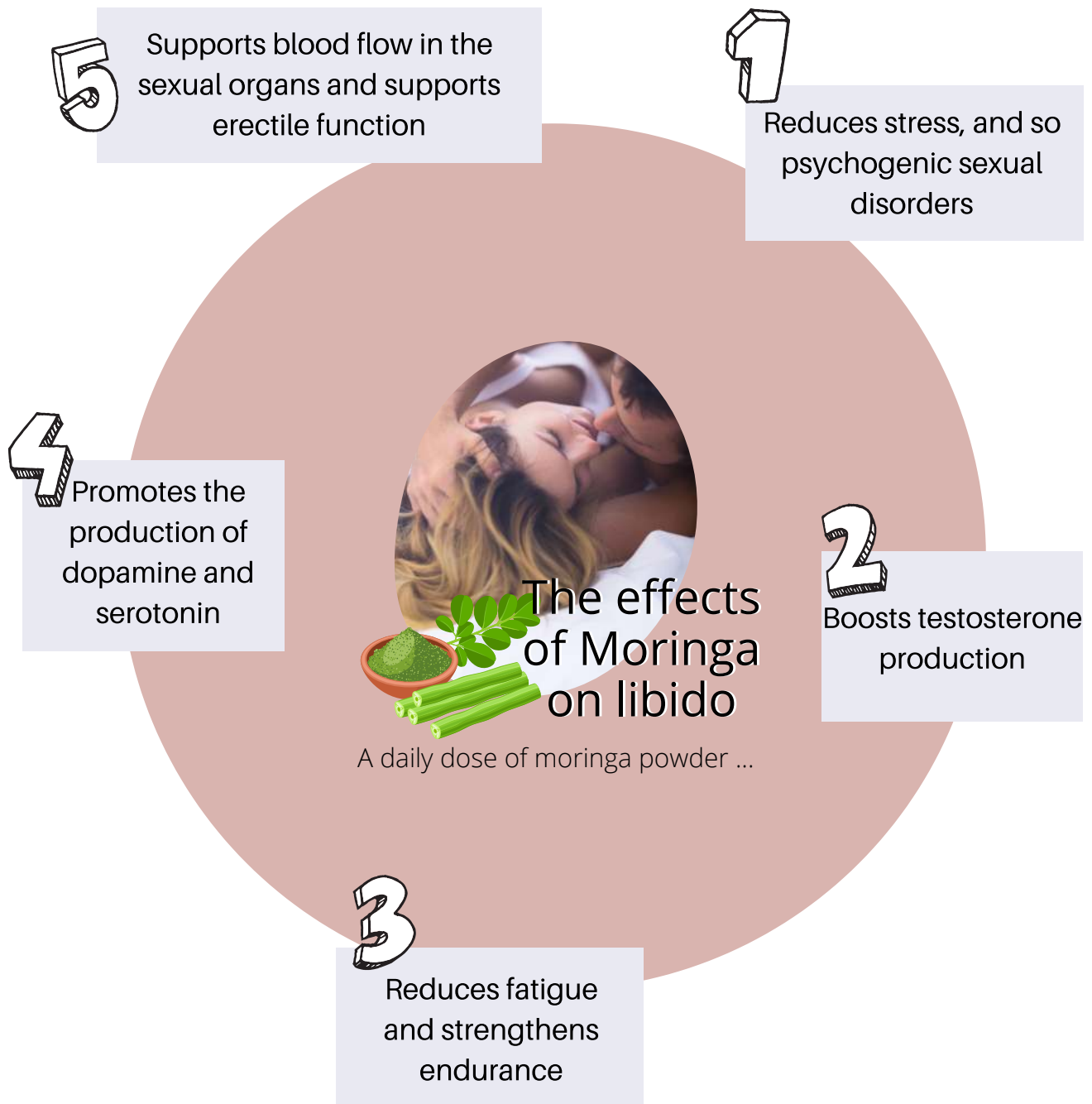
But beware, if sharing a passion with the chosen one of your heart is a good thing, it is important not to sacrifice yourself. Sacrifice is a form of blackmail: one expects to be rewarded for it and the other is always seen as ungrateful.



5 MAKING ROOM FOR THE OTHER

As a couple, we stifle the other by denying their otherness. We think we are one and the same, sharing the same desires and aspirations. It's the soul mate's fantasy. While the couple is strengthened as much by their differences as by their similarities, feeding themselves on contrasts. Like when you have an explosive temper and pair up with a calm, thoughtful person. Everything suggests that by going from "fusion mode" to "complementarity mode", by going beyond what separates us, we strengthen the couple. Does your sweetheart have a different opinion from yours? Well, if it's not about essential topics (the ones you feel are non-negotiable), then it's not such a big deal.

How does moringa improve sex life?







How to be appreciated and respected

IN MEETINGS, YOU ARE CONSTANTLY CUT OFF. IN PUBLIC TRANSPORT, YOU LET YOURSELF BE PUSHED AROUND WITHOUT FLINCHING. YOUR DARLING TAKES ADVANTAGE OF FAMILY MEALS TO SLIP DEROGATORY REMARKS ABOUT YOU. AND YOUR FRIENDS KEEP LAUGHING AT YOU. YOU DO NOT FEEL APPRECIATED AT YOUR FAIR VALUE AND YOU SURELY TELL YOURSELF THAT IT IS TIME TO FINALLY GET RESPECT ... WELL, ARE YOU SURE YOU WORTH IT?

Yes, because respect's got to be earned! Most people take it for granted, as a given. They are totally wrong. To be respected, you have to be "respectable". In other words, to have the look and attitude that inspires respect.

Making a good first impression

Respect is like charity, it begins at home. If others treat you badly, they probably feel entitled to it in some way. It starts with body language. If you always have your head down, your shoulders hunched and your eyes looking shy, you give others a hold over you, which allow them to humiliate you permanently ... On the other hand, keeping your head up and your back straight allows you to gain a certain confidence that leaves the others little room for denigration.

— “ —

**Above all things, respect
yourself.**

Pythagoras

— ” —

Dress and overall look are just as important in this regard. If you have an impeccable bet, whatever your style, it is certain that you will impose more than a slovenly person with scruffy appearance.

Being "authentic" in your relationship to others

Your behavior should then confirm the first positive impression your appearance made. In society, relationships are codified by rules, implicit or not, which guarantee the harmony of exchanges and relationships between individuals. Politeness, courtesy, are the elementary bases of this code.

Thus, good manners help to avoid missteps, whether at work, with family or with friends. It's not trivial if we teach our children that "please" and "thank you" are "magic" words! Politeness and tact add fuel to the social cogs. Missing them out means ignoring others.

However, it is not about feigning politeness just to be appreciated. The sycophancy (a sort of obsequious politeness) or any other approach that lacks sincerity (such as showing bad faith or constantly lying), create doubt about your intentions and discredit you with your interlocutors.





— “ —

Follow the three R's:

- **Respect for self.**
- **Respect for others.**
- **Responsibility for all your actions.**

Dalai Lama

— ” —

Giving respect to earn it

Indeed, a character trait particularly valued in respectable people is the fact that they only have one word and that their actions conform to the principles they display; in this they are reliable.

On the contrary, let us take the example of the political class which inspires so much mistrust, if not contempt, because of the gap between its discourse, full of good intentions, on the one hand and, on the other hand, its lack of integrity, revealed by legal scandals.

Finally, remember that respect and esteem are part of a reciprocal relationship, other people acting towards us the same way we act towards them (mirror effect). In short, treat others as you would like to be treated yourself: with respect, with dignity and without pretense. You will then see your respectability skyrocket!

(Re)building self-confidence



OR HOW TO GET FREE FROM THE JUDGMENT OF OTHERS

Self-confidence is above all knowing and assuming who you really are. It means acting freely, in complete harmony with yourself, without worrying about obtaining the approval of others at all costs. But this is not always straightforward and requires real questioning.

Thanks to Carl Gustav Jung, we know that it is inevitable for humans to pass judgment on one another. The human brain categorizes, classifies constantly in order to represent the world and this is what builds our living experience.

By "mirror effect", we recognize in others what is listed in us. The same process happens when you pass judgment on another and notice their flaws. It is in fact, unconsciously, your own shortcomings, exacerbated or not, that you "recognize" in this way.

So what you think is the opinion of others is actually a projection of your own opinion.

Empathy for yourself

Therefore, what counts is not so much the judgment that others have of you as the credit that you give to their judgment. This is where self-esteem and confidence come in. But most of the time, we are very hard on ourselves; we lack indulgence and benevolence towards ourselves.

Here is an advice: if you blame yourself, for whatever reason, talk to yourself and imagine you're speaking to a friend, a child or any other person you would like to protect.

This test is uplifting and allows us to see how much more uncompromising we are spontaneously towards ourselves than we should be. Therefore, the first step to building your self-confidence is admitting your imperfections and flaws. You must be able to say "I'm not perfect and it's not that bad."

A work of introspection

Who says ego injury says childhood injury. Unconsciously or not, many situations in childhood (taunts from comrades in the playground, a punishment experienced as injustice, the humiliating remark of a teacher, the abandonment of a parent with the feeling of betrayal and the guilt that accompanies it...) brand us.

During these situations, we have not received the unconditional love that every child desires - an unrealistic desire since parents, teachers, or other children themselves are necessarily imperfect. It is in order not to relive these situations that we then develop certain behaviors which reveal our

perpetual need to be approved by those around us and which testify to a form of emotional dependence: demanding too much attention from friends, being of an unhealthy jealousy as a couple, being unable to speak in public, not daring to say no, constantly feeling null ...

That's how we end up leading an existence that does not suit us at all.

Becoming a best version of yourself

Because we all have childhood wounds, we all have to do some work on ourselves to identify and fix our ego cracks. This way we gradually forge our self-confidence. It means, first of all, taking stock of what we really want (and no longer what others want for us) and then, step by step, without doing violence to ourselves, changing to finally be in harmony with ourselves.

You can decide to change your wardrobe, decoration, diet, career, friends or spouse ... The process is more or less painful depending on your choice but always very beneficial. Because when you are self-confident, you become a better version of yourself, which means you become a better spouse, better parent, better colleague, better manager, better friend ...

