

# GREEN FOODS WITH A PUNCH

**In this fast paced, stress-filled society, our bodies are constantly being drained of energy, active enzymes and other nutrients. The foods we choose to refuel our cells and organs are usually enzyme-deficient and laden with pollutants and toxins. We're constantly on the run, and eating three square meals a day is difficult, if not impossible. We eat few, if any, fresh foods. The U.S. Department of Agriculture says that on any given day, 50 percent of us eat no vegetables, 70 percent eat no vegetables rich in vitamin C, and 80 percent eat no vegetables rich in carotenoids. In fact, fewer than 10 percent of Americans eat two servings of fruits or three servings of vegetables per day. Something must be done!**

Green foods with an enzyme-rich energy punch can be the solution. Laden with the sun's energy, green foods—such as alfalfa, barley, chlorella, kelp, spirulina, fresh vegetables and wheat grass—contain power-packed chlorophyll, wondrous enzymes, minerals, and vitamins. Yes, these dynamic green foods can be used morning, mid-day, or night to fight the frustrations of fatigue, stress and a poor diet.

Green foods are green because they're rich in chlorophyll – the green pigment involved in photosynthesis. Chlorophyll has many health-giving features including its ability to detoxify the body, fight free radicals and inflammation, and increase the formation of oxygen-carrying red blood cells.

The chlorophyll contained in green foods is a natural detoxifier, eliminating intestinal toxins, as well as those found in other tissues. Because it is a natural detoxifier, it also aids in decreasing unpleasant mouth odors. Green and gorgeous chlorophyll is used in many products designed to fight bad breath. Chlorophyll also acts as an antioxidant and an anti-inflammatory. In fact, it is used topically in deodorants and in products that improve the healing of skin lesions.

Green foods are also rich in natural enzymes. Most foods we eat are processed and cooked, and therefore, stripped of all active enzymes.

However, we can obtain active enzymes from raw, fresh foods including green foods. Green foods are excellent sources of hundreds of these active enzymes — just as nature intended.

## **ALFALFA**

Farmers love what alfalfa does for their animals, and wouldn't consider growing vegetables without using alfalfa to enrich the soil. Still, until very recently, alfalfa was overlooked as a valuable human food.

But in 1935, researchers discovered vitamin K – the nutrient most known for aiding blood clotting – and alfalfa began to attract scientific attention. It has more than 20,000 International Units (IU) of vitamin K. Upon probing more deeply, researchers were amazed by alfalfa's broad vitamin and mineral content. For example, dehydrated alfalfa grass, from that grown in the open field, contains a minimum of 8,000 IU vitamin A (per 100 grams) as compared with 7,500 IU for apricots and 9,000 IU for beef liver. Its protein content can be as high as 40 percent of the dried grass, which is higher than that of beef or soybeans. Alfalfa is one of the rare vegetable sources of vitamin B-12. Alfalfa has more natural chlorophyll than any other land-grown vegetable. Alfalfa is nutrient-rich because its roots reach down to an average depth of 38 feet. This enables alfalfa to absorb and utilize precious elements from the earth.

## **CHLORELLA**

Chlorella is a whole food that is rich in nutrients such as protein, enzymes, vitamins, minerals, and, of course, chlorophyll. It contains vitamins B1, B2, B6, B12, C, E, and K, as well as beta-carotene, biotin, choline, essential fatty acids, folic acid, inositol, niacin, and pantothenic acid. Chlorella is used to improve bowel function, stimulate the growth of healthful bacteria, and regulate cholesterol. It supports immune system function, has potent anti-viral and anti-tumor activity, and can repair DNA. It possesses a unique group of substances that may help repair damaged organs and tissues. This substance is called Chlorella Growth Factor (CGF). In addition, the materials in chlorella's cell wall may have the capacity to promote normal peristalsis and to detoxify intestinal poisons.

## **BARLEY GRASS**

Barley grass one of the most highly researched green foods and may be the ideal "fast food." This is probably because the juice of young barley plants contain so many nutrients, including minerals (such as sodium, potassium, calcium, magnesium, iron, copper, phosphorus, manganese, and zinc), as well as enzymes and chlorophyll. Barley grass is reported to support a variety of conditions, including arthritis, asthma, skin problems, obesity, anemia, constipation, impotence, high blood pressure, diabetes, heart disease, and kidney problems.

According to barley grass expert Dr. Yoshihide Hagiwara, barley grass contains all the necessary enzymes for biological activities. He believes there may be over 3,000 enzymes in barley grass, including superoxide dismutase, cytochrome oxidase, catalase, peroxidase, fatty acid oxidase, and transhydrogenase among others. A study conducted by Professor Takayuki Shibamoto, Ph.D. (chairman of Environmental Toxicology, University of California, Davis) found that a

natural antioxidant compound contained in barley leaves, called “2-0-GIV” (2-0-Glycosylisovitexin) is as potent as any other natural antioxidant, including beta carotene, vitamin C, or vitamin E.

### **KELP**

Kelp is high in enzymes and minerals including calcium, iodine, magnesium, and potassium. Kelp is used to reduce cholesterol; support gastrointestinal, respiratory, and genitourinary disorders; and lower blood pressure. Ninety-two nutritional elements have been identified in sea vegetables. Researchers noticed an increased incidence of breast cancer in Japan over the past few decades. By comparing different lifestyles, they determined that women living in rural areas whose diets still included seaweed had lower breast cancer incidences than those Japanese women eating a modern diet, without seaweed.

### **PHYTONUTRIENT VEGETABLES**

Phytonutrients, the biggest health discovery of the decade, are natural compounds found in all plants. Some phytonutrients have such powerful disease prevention capabilities that drug companies are trying to synthesize and patent them. You can have these natural benefits for free, just by consuming more vegetables. Phytonutrients are natural components in vegetables that are thought to give them their nutritional powers.

There are hundreds of different phytonutrients. Some are essential to hormone regulation; others trigger the release of various neurotransmitters critical to emotional and mental well-being. Some protect your DNA from being damaged. Many are anti-carcinogenic, anti-mutagenic, anti-oxidative, and anti-inflammatory. The phytonutrients in vegetables are one reason various health agencies are spending millions of dollars to get Americans to double their intake of vegetables.

### **GREEN FOOD EXTRACTS:**

- **Are potent antioxidants.**
- **Aid the body’s immune system.**
- **Reduce inflammation.**
- **Are beneficial for circulation.**
- **Help the body defend itself against impurities.**
- **Play an important role in overall health maintenance.**
- **Can make you feel energetic—without caffeine.**
- **Can help detoxify the body.**
- **Contain a diversity of synergistic nutrients.**
- **Assist in balancing an acidic stomach (green foods are naturally alkaline).**
- **Can help rebuild the intestine’s healthy flora.**
- **Naturally support regularity.**
- **Are safe for children.**

### **SPIRULINA**

Spirulina is a green food that is cultivated in certain warm weather climates. Spirulina is rich in vitamins, minerals, enzymes, proteins, and essential amino acids. It is also rich in essential fatty acids, especially gamma linolenic acid and is a good source of beta carotene. In addition, the iron found in spirulina is easily absorbed. Recent research studies indicate that spirulina may be able to improve immune function, decrease serum cholesterol levels, support liver function, and increase beneficial bacteria in the gastrointestinal tract, when eaten regularly.

### **NATURES HERBS**

Standardized and adaptogenic herbs are extremely rich in antioxidants, phytonutrients, bioflavonoids and other natural, nutritionally supportive properties. These herbs offer a complete nutritional profile from 100% natural sources, to provide the nutritional factors that are commonly missing in today’s synthetic supplements.

### **WHEAT GRASS**

Wheat grass contains many nutritional factors including natural antioxidant enzymes, superoxide dismutase, catalase, and glutathione peroxidase. It is also rich in chlorophyll, amino acids, and bioflavonoids. Wheat grass is an excellent natural source of minerals (it is especially high in magnesium, calcium, and potassium) and antioxidant vitamins A (as beta

carotene), C, and E. Wheat grass is believed to protect the body against degenerative challenges, support blood circulation, and promote liver function. Green foods such as wheat grass have historically been an important part of the human diet.

### **BEST WAYS TO TAKE GREEN FOODS**

Green foods are most effective when taken on an empty stomach between meals so that any foods you consume will not compete with the digestion and absorption of green food nutrients.

- Mix the green food products with cool or room temperature liquids. Avoid mixing with hot liquids since heat destroys active enzymes.
- Mix the green food products with water or non-acidic juices.
- Drink the liquid within 10-15 minutes after mixing.
- Overdosing is almost impossible (could you overdose on green salad?).
- Green foods can serve as a wonderful meal replacement if you are on a weight-loss program. Substitute green foods for one meal during the day.
- When fasting, green foods are great. They supply essential nutrients without many calories.
- Store your green food products in a cool, dry place protected from sunlight, moisture, and heat.
- Make only what you will drink in 10-15 minutes of mixing. Fresh is best.

Green foods, with their abundance of vitamins, minerals, enzymes, and other important nutrients, are a quick and easy way to get many of the nutrients your body needs. Green foods can give you more energy throughout the day, improve digestion and elimination, fight free radicals, and improve your overall health. Fight today’s no-time, stress-filled, fast food frenzied life with green foods—the green energy in a bottle! Taken morning, noon, or night, green foods are the 21<sup>st</sup> century’s fast food naturally!