



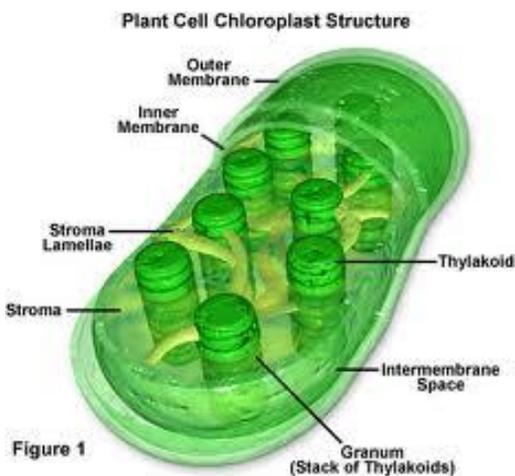
# Green Foods

By Morning: Spirit: Wolf-D.R.M.

These inexpensive, readily available, and often overlooked foods are becoming more and more relevant to protecting us from the sometimes hostile, stress ridden world we live in. Green leafy vegetables such as spinach, Swiss chard, kale, broccoli, asparagus, mustard greens, watercress, arugula, and fenugreek provide high levels of chlorophyll and a powerhouse of nutrients, life force factors and enzymes. Green foods missing from the Modern American Diet are the root cause of most of the dis-ease attributed to city dwellers. Their high nutrient content is ever present in the simple form that gives these plants their green coloring; chlorophyll, and can also be found in huge amounts in wheat grass, chlorella, alfalfa, barley grass, and spirulina. Having recently proven themselves in the scientific world as antidotes for radiation poisoning and other forms of environmental toxicity, cancer prevention, and bacterial infections these cereal plants have been around as supplements since the late 1920's, but with unsupported medical acclaim their significance in health, growth, and reproductive improvements have gone unnoticed by the public.



## Chlorophyll



Chlorophyll is readily absorbed by the body and goes straight to individual cells where it works to thicken and strengthen cell walls, making the cells less receptive and susceptible to bacterial infections. It has been a documented healer since 1940 when doctors used it to treat infection ranging from peritonitis and brain ulcers to pyorrhea of the mouth and skin disorders closing their reports with “discharged and cured”. The chlorophyll molecule bears a close resemblance to one of the fragments of red blood pigment, hematin, and will actually stimulate the formation of red blood cells, thus alleviating the symptoms of anemia. Because it

acts as a strong blood supporter chlorophyll will rid the body of heavy metals, cadmium, PCB poisoning, and the hosts of viral agents that are virulent in blood and tissues. Found as the colorant in all green foods chlorophyll is one of the strongest anti-oxidants in nature.

## **Chlorella**

A tiny, microscopic, single-celled green algae found most abundantly in the seas off the coast of Japan, chlorella contains more chlorophyll than any known plant. Chlorella's microscopic size helps it to be easily assimilated by even the smallest cell of the human body, and its high chlorophyll content is potent against cancer, heart disease, immune disorders, and helps lower blood pressure, decrease harmful cholesterol levels, and prevents cancer from forming.



## **Alfalfa**



Chlorophyll is mainly derived from alfalfa, a lentil, not a grass, one of the world's most nourishing greens due to its deep root system that reaches far into the earth; it is able to derive more vast quantities of nutrients than any other plant of its kind. Alfalfa's virtual treasury of nutrients contains 20,000 IU of vitamin K per 100g, which contributes to proper blood clotting and to the formation of strong bones and teeth; along with generous amounts of vitamins D and E. Its protein content is higher than that of beef, eggs, or milk and it also contains calcium, iron, magnesium, potassium, essential fatty acids, and coloring substances that help prevent cardiovascular ailments and cancer with strapping anti-tumor activity. As one of the foremost sources of organic calcium this simple green is one of the essentials to helping the kidneys pH balance blood fluids for lowered blood pressure, less bacterial transport, and cholesterol lowering capabilities. Because of its alkalizing properties coupled with high minerals alfalfa will also help all stomach ailments (including ulcers), control bleeding disorders, boost appetite, relieve gas, and act as a natural diuretic and laxative.



## **Wheat Grass**



Sprouted first from whole wheat berries, then planted in tight weave tray or soil the resulting wheat grass is rich in vitamins A, C, and K, and has the most complete source of an incredible supply of major and trace minerals - 90 in all. It has a wealth of iron, putting it in a league of its own, more protein per individual unit than meat or dairy products, and more colon cleansing fiber than abundant chlorophyll. Due to its extremely high content of laetrile (B17), a cancer preventing compound, and using the Standard Ames Test, it has been shown that when an extract of wheat grass was applied to known chemical mutagens, it

decreased their cancer causing ability by up to 99%. Sprouted wheat or wheat grass, both products of the hard red winter wheat berry, will with the help of thyme remove any type of radiation from the body.



## **Barley Grass**



One of the oldest cereal grains, traced back to 3000 B.C., the juice of the grass grown from the whole grain holds a stunning variety of benefits for disorders such as asthma, obesity, skin disorders, anemia, arthritis, ulcers, gastrointestinal problems, diabetes, heart disease, and hepatitis. Its proteins will help pancreatitis, inflammation in the oral cavity, and lacerations or lesion in the stomach or small intestines. Possibly the most important benefit of barley grass and its juice is that it will repair injured DNA in cells, contributing to prevention of changes that can lead to cancer, and prevents rapid aging and cell death. The active ingredient in barley grass, believed by scientists to be a gluco-protein, has the strongest anti-inflammatory action. It has high amounts of anti-oxidizing agents known as vitamins C and E, and beta-carotene A, along with blood purifiers.



## **Spirulina**



This water algae is rich in a number of carotenoids, including phyco-cyanin, the pigment that's responsible for its blue-green coloring and its properties also increase lymphocyte (immune) activity. Spirulina is high in chlorophyll and sulfolipids that are protective against cancer, HIV, AIDS, and other immune deficient diseases. Another one of its key ingredients is a phyto-chemical substance called phycobillins, just another of its cancer fighting properties, along with

properties that scavenge free radicals, lower elevated cholesterol, reduce high blood pressure, and eliminate heavy metals.

The more we know about the health benefits of these green foods the more obvious it becomes that we include their properties in our day food habits. Since it is estimated that not more than 10% of American people consume daily foods that have enzymatic and high nutritive properties, even the addition of one of these green food sources might make the difference between life and death.

