

## **HEALTH PROPERTIES OF GREEN FOODS**

### **SPIRULINA:**

- The first life-forms on earth three and one half billion years on this planet encoded in their nucleic acid (part of the DNA). Supplies that burst of primal essence that manifested when life was in its birthing stages. Exist on the edge between plant and animal kingdom.
- More chlorophyll than any other food. Only Chlorella and wild blue green algae has higher amounts. Higher sources of pure protein, beta carotene, and nucleic acid (for repairing DNA) than any animal or plant food.
- Nurturing, tonifying, useful in overcoming deficiencies
- Used with those with weakness and poor assimilation, easy to digest and absorb.
- The protein is predigested, especially good for people with digestive problems
- It benefits those with problems resulting from excessive consumption of animal protein
- Good for over weight, diabetes, hypoglycemia, cancer, arthritis or similar degeneration problems.
- 10 to 15 grams/day reduces cravings for animal protein.
- 20 grams of spirulina might be equivalent to several ounces of meat due to superior assimilation
- ½ gram is often effective in controlling sugar cravings.
- Protects kidneys from prescription medication.
- Slightly salty flavor, cooling.
- The blue colour in spirulina (phycocyanin) promotes astringent, a drawing together. In the brain it draws together amino acids for neurotransmitter formation, increasing mental capacity.
- One of the richest sources of GLA (Gamma linolenic acid) also contains omega 3
- The cell walls are composed entirely of mucopolysaccharides and contain complete digestible nutrients, instead of indigestible cellulose.
- Good for fast energy needs of the exercising person and athlete.

### **WHEAT AND BARLEY GRASS:**

- Barley is a little easier digested than wheat grass
- Just behind the Spirulina in chlorophyll and vitamin A
- Protein levels are 20% about the same than meat.
- Can pick up more than 90 minerals out of the estimated 102 found in rich soil.
- Unique digestive enzymes not available in such concentration in other foods.
- High in anti-oxidant enzyme SOD and the special P4D1 and the chlorophyll all of which increase anti-inflammatory properties.
- Grasses are more cooling and quicker cleansing than spirulina.
- Strong digestive action. Traditional uses include the treatment of arthritis, bruises, burns, cancer, constipation, emphysema, gangrene, rheumatism. More recent application: hypertension, cholesterol, anemia, hepatitis, obesity, diabetes, peptic ulcer, hypoglycemia, fatigue, hemorrhoids, prostate difficulties, premenstrual symptoms, muscle debility, toxins from heavy metals.
- External use: a cloth soaked in the juice or a poultice of crushed grass pulp, as well as taken internally, will hasten healing.

### **ALFALFA:**

- Alfalfa means “The Father of all Foods”. The Arabs claim it improves their health and strength.
- Has a deep rooting system capable of extending 25 feet in the soil, extracting valuable minerals often not found in other plants.
- High in minerals and vitamins especially, calcium, potassium, silica, magnesium, vitamin B, A, E, D, C, and K.
- It contains 8 enzymes for proper food assimilation.
- It aids stomach ailments, gas, pain, ulceration conditions, and pain and stiffness of arthritis
- High in iron and just enough copper for its absorption.
- Fat burning and normalizes digestion.
- May also help in eliminating retained water.
- A source of complete protein. 18.0 % protein equal to beef. Good for vegetarians.
- Contains the nine essential amino acids.
- It contains pectin a digestive enzyme, protecting the cell, especially from radiation.
- Effective buffer of too acid condition in the digestive tract.
- Helps digest animal proteins.
- Is a head remedy for conditions such as itchy scalp, irritable eyes and sniffly nose of hayfever sufferer’s chronic catarrh of the throat and the acid taste of the tongue in older people.
- Helps people who react badly to insect stings and bites.

#### **CHLORELLA:**

- Little less protein, just a fraction of the beta carotene, more than twice the nucleic acid and chlorophyll than spirulian
- The tough cell wall has been found to bind heavy metals, pesticides, and carcinogens and carries them out of the body safely.
- The cell walls contain polysaccharides, which have anti tumor and immune enhancing properties, and strengthen our own cellular structure.
- Chlorella growth factor (CGF) offers superior quality of RNA/DNA
- Chlorella is the least cooling, most cleansing and tonifying of all algae and safe for deficiencies.
- Chlorella Growth Factor improves growth patter in children, maintaining health in old age, healing injuries and is of help in degenerative conditions like Alzheimer, sciatica, seizures, multiple sclerosis, nervousness and other nerve disorders, as it contains phytochemicals helping to rebuild nerve damage.
- CGF promotes normal growth of cells, but not the growth process of tumor cells.
- The protein is predigested and helps smooth out blood sugar imbalance.
- Highest levels of omega 3 of all the algae

**REFERENCE: “Healing with Whole Foods” by Paul Pitchford**