

Think Green for Every Meal!

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Would You Like Increased Energy, a Strong Lean Body and/or Vibrant Health?

There is a category of foods that most of us Americans neglect to include in our diet. They are so powerful and by neglecting to eat them regularly and in abundance it is compromising our health. Chimpanzees, Cows and even Elephants know what they are! The amazing food that's the secret to vibrant health and energy is...

GREENS!

GREENS Facts:

- Calorie for calorie dark green leafy vegetables, sea vegetables and algae has more nutrient density than any other category of foods.
- Research shows that eating green leafy vegetables on a regular basis supports the endocrine system, the immune system and the digestive system.
- People who eat leafy greens on a regular basis are more likely to AVOID osteoporosis, fatigue and adrenal exhaustion than those who don't.
- Greens are high in protein (spinach is 48% protein), iron, zinc, calcium, and other minerals.
- The antioxidant content of greens is higher than in any other category of foods.
- Greens are high in nutrient and low in calories so you can eat more and shed nasty pounds!

The Best Way to Begin is to THINK GREEN!

Daily eat a big bunch of dark, leafy, green vegetables. Keep recipes simple and try one or two different leafy greens at a time. Start with a small amount (a few leaves) and gradually increase to more greens as you get used to the taste and flavors. Remember, the more greens the better! Variety is key. Try parsley, cilantro, red mustard, green mustard, chards, kale(s), rappini, kohlrabi, endive, green and red lettuce, radish greens, turnip greens, collards, dandelion greens, beet greens, wild greens, spinach...anything green!

Incorporate a heaping handful of dark green leafy vegetables in your lunch and dinner meals. One easy way to eat more greens is to blend them in sweet or savory green smoothies or in raw soups. Include all the botanical parts of the plant (roots, bulbs, stems, leaves, flowers, & fruits) in your meals. It is important to chew and enjoy the flavors of your food. Eating as many varieties of greens is the best way to get all of the nutrients we need to enjoy optimum health.

Rejuvenating Powers of Chlorophyll

Chlorophyll is as important as sunlight! No life is possible without sunshine and no life is possible without chlorophyll. Chlorophyll is liquefied sun energy. Consuming as much chlorophyll as possible is exactly like bathing our inner organs in sunshine. To experience optimal health we need to have 80-85 percent of "good" bacteria in our intestines. Friendly bacteria manufacture many essential nutrients for our body, including vitamin K, B-vitamins, numerous helpful enzymes and other vital substances. Such "good" or aerobic bacteria thrive in the presence of oxygen and require it for their continued growth and existence. That is why if we do not have enough oxygen in the cells of our body, "bad" bacteria take over and begin to thrive, causing an extreme amount of infections and disease.

Chlorophyll carries significant amounts of oxygen with it and thus plays a critical role in supporting the aerobic bacteria. The more greens we eat the more chlorophyll we consume, the better our intestinal flora and overall health will be. With high oxygen content in chlorophyll and high mineral content in green plants, greens are the most alkalizing food that exists on our planet.

Greens Make the Body More Alkaline

Over 75 years ago Otto Warburg was awarded the Nobel Prize for his discovery that cancer is caused by weakened cell respiration due to lack of oxygen at the cellular level. According to Warburg, damaged cell respiration causes fermentation, resulting in low pH (acidity) at the cellular level. Different foods have different pH levels. For example, parmesan has an extremely acid forming pH, while spinach is extremely alkaline. Knowing the pH indexes of various foods can help us balance our personal daily meal plans.

“Bad” cholesterol, lipoprotein (LDL) is made by our own liver in order to bind the toxins and deactivate the acidic waste that comes from certain foods, such as fats and animal protein. Food is not the only factor to affect our pH balance. Any stress can potentially leave an acidic residue in our body; conversely, activities that are calming and relaxing can make us more alkaline. Good alkaline pH balance is easily maintained by consuming large quantities of dark leafy greens.

Abundance of Proteins in Greens

An essential amino acid is one that cannot be synthesized by the body, and therefore must be supplied as part of the diet. Humans must include adequate amounts of nine amino acids in their diet. The Recommend Daily Allowance for protein is greatly overestimated. Studies of the diets of chimpanzees compared to that of humans confirm the same truth. The amino's that are low in one plant are high in another. If we maintain a variety of greens in our diet, we will cover all essential amino's in abundance.

It is far easier to benefit from the protein in vegetables than it is from the protein in meat or cheese, because the protein in vegetables is freshly made by sunshine and chlorophyll, and easy to absorb. The protein in meat and cheese is complex and has already been through another animal's system. The ironic result of consuming this imperfect source of protein, (animal protein), is that many people develop deficiencies in essential amino acids.

Are You Eating Enough Greens?

If you are eating them at EVERY meal the answer is YES. Usually, this is not the case. What about breakfast? Breakfast is one of the most important meals to eat greens. Ever heard of a green smoothie?

Green Smoothie Benefits

After 3 months of converting to a completely raw foods diet, I was beginning to see some major improvements in my health. Digestion and elimination became better, but the gas and bloating did not go away. And then one day, a discovery was made.... green smoothies. Green smoothies are better than green juices since the fiber is still abundant in the drink and goodness knows we all could use more fiber in our diet! It's also easy to add super greens and fermented rice protein to increase the nutritional value of your green smoothie. Check out www.MBSpirit.com for additional products.

More Green Smoothie Benefits Include:

- Highly nutrient dense meal
- Easy to digest
- Alkalizes the body since greens are rich in chlorophyll
- Assists the body to regain its own proper hydrochloric acid (HCL) in the stomach
- Masticates the greens rupturing the cells for better nutrient absorption
- Greens are high in protein
- Increased energy and vitality
- More youthful appearance
- Subsides cravings for sweets, nuts, heavier foods and unhealthy foods
- Overall improvements in health
- Easy way to get a variety of greens in your diet and fun to make for the whole family
- High in insoluble fiber
- Lessens the possibility of infection and parasites
- Heals allergies
- Improves eyesight
- Sleep better
- Lowers cholesterol
- Fabulous for weight loss plans
- Stabilizes depression and mood disorders

Drink slowly and chew your smoothies. You can try sprinkling a small amount of nuts and seeds (sunflower, flax, sesame, etc) on your smoothies to encourage chewing, chewing and chewing! Check out the [Green Smoothie](http://www.MBSpirit.com) recipe at: www.MBSpirit.com

The Significance of Stomach Acid (HCL)

Low stomach acidity (hypochlorhydria) is a condition that occurs when the human body is unable to produce adequate quantities of stomach acid. Low stomach acidity inevitably and dramatically impacts digestion and absorption of most nutrients necessary for health. If stomach acid is insufficient, there is no barrier against parasites and other unwanted visitors.

Blending is similar to chewing. Eating blended food can make a dramatic improvement to our health. After being broken down in a high-speed blender, pieces of food become the perfect size for assimilation. As a result, the body doesn't keep the food in the stomach as long but sends it right into the small intestines, allowing the body to produce less hydrochloric acid. Consequently, consuming blended foods saves us energy and keeps us youthful.

Many people with digestive problems are able to greatly improve their assimilation by adding blended greens to their diets. While cooking makes the food softer and easier to digest, most essential vitamins and enzymes in the food get destroyed in the process of heating. Blending is a lot less harmful than cooking because it saves all the vital nutrients in the food.

Greens possess more valuable nutrients than any other food group, but all these nutrients are stored inside the cells of plants. These cells are made of tough material. To release all the valuable nutrients

from within the cells, the cell walls need to be ruptured. To rupture these sturdy cells is not easy. This is why eating greens without chewing them thoroughly would not satisfy our nutritional needs. In simple words, we need to chew our greens to a creamy consistency in order to get the benefits. But after many decades of eating mostly heavily processed foods, modern people have lost their ability to chew normally. In order to digest the released minerals and vitamins, hydrochloric acid in the stomach has to be very strong, with a pH between 1 and 2.

The Roseburg Study

Victoria Boutenko and Doctor Feiber conducted a test in Roseburg, Oregon where 25 participants with low hydrochloric acid levels (HCL) drank one quart of green smoothie every day for 30 days, at which time another HCL test was taken. One person dropped out in the middle of the study due to nausea. Out of the other 24 participants, 16 of the group showed vast improvement in their own production of HCL.

Fiber: "The Magic Sponge"

Without fiber, complete elimination is nearly impossible, if possible at all. Almost all the toxins from every part of the body, including millions of dead cells, end up in the colon. Insoluble fiber, found in greens looks like a sponge, and indeed it serves us as a miraculous sponge, because every piece of it can absorb many times more toxins than its own volume.

If we do not consume fiber, toxic waste accumulates in our bodies, which causes a range of problems: Our skin tries to take on the elimination "job" and as a result the skin becomes rough and bumpy. When our bowels are clogged, our body attempts to excrete more mucus, through our eyes, nose, and throat. We sweat a lot more, and the body uses every possible channel to eliminate, but it's like pushing the garbage out through the window screen instead of the door. By consuming enough insoluble fiber, we can eliminate toxins from the body the easy and normal way.

Is it Possible to Crave Greens?

Definitely! Over the last few centuries our body's delicate balance has been compromised with toxicity from processed foods and other unhealthy foods where we actually began to crave things like sugar, breads, pastas, soda, coffee, chocolate, ice cream, etc...

Once you restore your body to a healthier homeostasis it is possible to restore your ability to enjoy and crave healthy foods. You can learn to live on a natural, healthy diet, even though you may have developed some powerful, unnatural cravings.

Other Ways to Eat More Greens

One way we include more greens into our daily lifestyle is by lightly steaming them. We use a variety of kales, dandelions, mustards, beet greens, chards and collards. When shopping at the COOP or health food stores we first buy what is in season rotating between the various greens. After steaming them for about 10 minutes or less it ruptures the cell walls for easier digestion. A [steamed greens](#) recipe is located on the www.MBSpirit.com website.

Sea Vegetables are another way to eat high mineral foods. Dulse flakes are great sprinkled on salads and steamed greens providing incredible flavor. Wakame is a sea vegetable that requires soaking and

is a great addition to your soup. Arame does not require cooking, but does need to be soaked for about 15 minutes before you eat it. It is a good addition to a garden fresh salad. Hijiki is referred as the "beauty vegetable" by the Japanese. Once soaked, hijiki makes a nice accompaniment to vegetable dishes and goes well with fish. Kombu is a great addition to any soup. It will add a nice salty flavor and softens as it cooks. Kelp is typically sold in the form of kombu. Irish Moss can be used as a thickening agent for any liquid. Simply heat it in the liquid and allow to cool. Nori is another convenient sea vegetable because it can be purchased as flat sheets and used like a tortilla. Agar Agar is amazing when used as a thickening agent for puddings or gelatins.

Try Foraging!

Wild food scavenging has been a way of life for centuries, foragers have depended on plants, berries, and fungus for sustenance and the practice is still very much alive today. Wild edibles often contain more vitamins and minerals than commercially marketed plants. . Check out www.Ecopolitan.com for foraging retreats.

Definitely Eat Organic – Why?

Excluding the last few decades, organic agriculture has been the only form of agriculture practiced on the planet. Under its simplest definition, organic agriculture is farming without synthetic chemicals. Chemical and energy intensive industrial farming degrades the soil, pollutes the environment, and destabilizes the climate with CO2, methane and nitrous oxide greenhouse gas pollution. Food produced with agri-toxic chemicals loses its nutritional value, while organic farming replenishes the soil, sequesters climate destructive greenhouse gases, and produces food, which is safer and far more nutritious. Forty years of field trials and research have clearly demonstrated the superiority of organics.

How Do You Really know if you are Buying Organic?

The product code begins with the number "9". **ALWAYS** check your food against your receipt to make certain you are getting what you are paying for. If it doesn't ring up beginning with a number "9" in the product code, it is NOT organic.

Get into the habit of thinking GREEN for every meal and you will transform your health in a very short period of time!