



Nourish & Flourish

WHY YOU SHOULD EAT MORE GREENS!

Most people do not eat enough green leafy vegetables. Their nutritional value however, is immense.

Here are some interesting facts about greens:

- Greens contain more beta-carotene than carrots
- Greens contain more vitamin C than oranges
- Greens contain more Vitamin E than whole grain wheat
- Greens contain more vitamin B2 than dairy milk
- Greens contain a complete amino acid profile (protein)
- Greens provide the best source of the alkaline minerals: calcium, magnesium, and iron as well as many others. These alkaline minerals create the perfect environment for health by cleansing your body of bad bacteria, parasites, yeast, etc.
- Greens also provide minerals that help control blood sugar, which reduces sugar cravings from low blood glucose.

By eating and including greens in your diet every day, you will experience:

- A huge boost in your thinking power
- A healthier heart
- Better mood
- A healthier body weight
- Supply vital chemicals into your blood stream that can unclog arteries
- Strengthen your body's ability to stem off the flu, other viruses and bacteria and stimulate your body to make more killer cells to ward off infection.
- Reduced stress
- Increased vitality

Honestly, I could go on, but the fact of the matter is, there are so many benefits, but it would be impossible for me to name them all.

Let's take a look at a few of the biggies:

Chlorophyll - The Blood of the Plant:

Just like hemoglobin is the blood in the human body, so chlorophyll is the blood of plants. The only difference between the two is the nucleus. The nucleus of hemoglobin is iron while the nucleus of chlorophyll is magnesium. Eating greens daily is like giving your body a transfusion, only a healthy one that won't harm you. This in turn will increase your energy and vitality. There is a saying in the health industry, 'Eat green veggies for minerals and eat fruit for vitamins.' Although fruit contain some minerals, they do not contain as much as greens (which includes sea veggies as well). So eat fruits for their vitamin content and for fuel and eat greens for their high alkaline mineral content.



Nourish & Flourish

Alkaline Minerals - Calcium, Magnesium and Iron:

All vitamins, minerals and other nutrients complement or interact with each other in the human body. This interaction can either help or hinder absorption.

Here's an example: the interaction between calcium and phosphorus. Calcium is an alkaline-forming mineral and phosphorus is an acid-forming mineral. The two are needed in the human body but they need to be in balance, this is very important.

When not in balance, if there is more phosphorus in the diet than calcium, then the body will start to rob the bones of calcium to compensate. Again this is because phosphorus is an acid-mineral and the body will do whatever it has to do to maintain an alkaline state, including the robbing of vital minerals from other parts of your body. When the body can no longer stay in an alkaline state, disease sets in and eventually, if things are not fixed, there can be terminal results.

I cannot stress enough how important it is to keep your body in an alkaline state.

Ensuring That You Get Enough Minerals In Your Diet

In order to get enough minerals in your diet you need to consume lots of greens. You would never be able to eat enough greens to get these minerals even if you ate them all day long, but you can drink far more than you can eat, right? This is where blended greens come in. Blended greens are so easy to make. The blending process ruptures the cell wall and makes the greens completely ready for your body. All you have to do is mix (this is sometimes called chewing without using your teeth) it with your saliva, and down it goes. Your teeth could never do as good a job as a blender, and remember your stomach doesn't have teeth. Eating a variety of greens is also important. I find that most people stick to only one or two types of greens, be adventurous! Here are some different greens you should be eating: Kale, broccoli, mustard greens, collard greens, all types of lettuce, spinach, wild greens like lamb's quarters, leafy celery, chickweed, etc.

"So what about oxalic acid?"

First, let's look at some facts that we can see.'

- Herbivores (certain animals) eat a tremendous amount of greens every day.
- They are not suffering from mineral deficiencies; in fact they are very strong
- Their bones are not brittle due to minerals binding in their body from too much oxalic acid
- They are not iron-deficient; do you see them sleeping all the time? No! You see them running around with a tremendous amount of energy. When green leafy veggies which are high in oxalic acid are cooked, the heat alters (changes) the oxalic acid, which causes it to bind with calcium in the body as well as interfere with iron absorption. When these same raw greens are incorporated into a green smoothie, then these oxalates are metabolized properly by the body.



Nourish & Flourish

Green Fact of the Day: In a one quart serving, you get anywhere from 10 to 15 servings of fruits and vegetables, not to mention all the calcium, protein, vitamins, and minerals you can imagine!

Berry Licious Smoothie Recipe

1 cup water

1 cup strawberries

2 bananas (frozen if possible)

1 tablespoon agave

2 handfuls baby spinach

Blend first 4 ingredients in the order listed. Blend until creamy and then add the baby spinach. Add more water if you like a thinner consistency.

Antioxidant Green Smoothie Recipe

1 cup water

1 cup blueberries

2 bananas (frozen if possible)

3 medjool dates (be sure to take the pit our first)

2 handfuls kale

Blend first 4 ingredients in the order listed. Blend until creamy and then add the kale.

Add more water if you like a thinner consistency.

****References:** Monique Bastien, Tracy Neely (Nourish & Flourish) and Victoria Boutenko (www.therawfamily.com)

The Healing and Cleansing Seminar is for educational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease. We recommend that you always consult a healthcare professional before participating in any Cleanse to determine if you can do so safely without adverse effect.

