

# SUNSHINE SHARING

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## Chlorophyll: The Green “Blood” of Plants

Chlorophyll is the stuff that makes plants green and allows them accomplish the process of photosynthesis—capturing energy from the sun. By means of chlorophyll, living plant cells can change light energy into chemical energy. In fact, they are able to make sugar molecules by combining carbon dioxide and water. This process also releases oxygen into the air for us to breath.

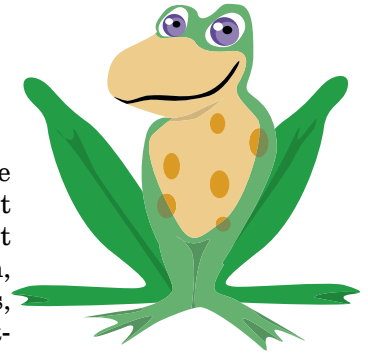
Researchers and clinical experience suggest that chlorophyll has many healing properties. One of its primary properties is its ability to break up agglutination (stickiness) in the blood. Chlorophyll also seems to have a stimulating action on bone marrow, which produces hemoglobin, the compound that carries oxygen in the blood. Chlorophyll helps the blood to carry more life-giving oxygen to our cells, which gives it many healing properties.

Chlorophyll helps to alkalize the body, combat infection, cleanse open wounds, improve bowel elimination, help nursing mothers give more milk and stimulate healthy tissue growth. It has also been used as a natural deodorizer, helping to eliminate offensive body odors. Chlorophyll is also an antioxidant and has been shown to inhibit many cancer-causing agents.

Chlorophyll accomplishes these results speedily and effectively, with no irritating or toxic effects. It is safe for anyone of any age to consume. Chlorophyll is found in all green foods and is also available in liquid and capsule form.

## It's Easy Being Green

Perhaps you've heard the muppet Kermit the Frog's sing, "it's not easy being green..." While it might not be easy being green in color, when it comes to nutrition, it's not only easy to be green, it's also healthy. We're talking about green foods, of course—the stuff we all know we should be eating, but few of us actually are.



Green foods are foods rich in chlorophyll, the amazing substance that makes all life possible on this planet. A protein compound with a magnesium molecule at the center, chlorophyll is able to convert sunlight into chemical energy.

The phrase, “green and growing,” shows the connection the color green has with life-generating powers. Green foods help to build and sustain the both the generative (growing) and regenerative (healing) powers of the body. They provide vital nutrients for tissue repair, enhance the body's ability to recover from chronic and degenerative disease, and enhance energy and immunity.

The most primary green foods are the grasses. Grass is the great blanket over the earth and the foundation of the food chain for most mammals, the class of animals whose physical characteristics most resemble ours. Every land mammal is directly or indirectly dependent on the grass of the field for food. All mammals eat grass, even those who eat mostly meat diets. Those mammals who do eat meat feed on animals who live primarily on grass. Animals whose body structures most closely resemble man such as baboons, gorillas, monkeys and chimpanzees eat grass and large quantities of other dark green vegetation (herbs). Many large and powerful animals such as horses and cows can survive on grass alone.

While it is often tempting to assign all of the positive benefits of green foods to chlorophyll, this simply isn't the case. Green foods contain a host of other valuable nutrients that can build good health, vitamins, minerals, antioxidant compounds and nutritional factors that are still waiting to be discovered. For instance, it has recently been found that animals who are allowed to graze (eating green grass) produce much higher levels of conjugated linoleic acid (CLA) than animals fed commercial feed or fodder. CLA has many healing properties. It helps reduce inflammation, decreases abdominal fat, enhances muscle development, lowers cholesterol and triglycerides, and reduces insulin resistance. Who knows what other benefits to these green foods will be discovered in the future?

We don't need to wait until science has discovered all the benefits to experience them. Turn the page and learn how easy it is to obtain the benefits of “being green.”

## Ann Wigmore: Green Pioneer

Nutritionist Ann Wigmore was a pioneer in discovering the incredible healing value of green foods, especially cereal grasses like wheat grass and barley grass. Ann Wigmore has done considerable research on the subject of grass as food. In her book, *Why Suffer? The Answer? Wheat Grass God's Manna*, she tells how she was involved in an accident as a child which caused her to develop gangrene in her feet. The doctors wished to amputate her feet, but she refused. Her grandmother, who raised her in Eastern Lithuania, had used herbs for healing, but now that she was in America she did not know any herbs to use.

She asked her uncle, who had come to America with her, to find her some herbs, but he was afraid to do so, because he thought he might accidentally bring her some poisonous ones. So instead, he placed her in the yard each day before he left for work. In the yard she filled her belly with grass, flowers and leaves. Much to the surprise of the doctors, her gangrene completely healed. This sent Ann Wigmore on a quest to learn more about healing and grass in particular.

In her investigations, she discovered that there are no poisonous grasses. She was told by an expert on grasses, "that grass is the only vegetation on the face of the earth that will healthfully support an animal from birth to old age." This same expert commented that "I am surprised that more attention has not been given to this kind of vegetation as a food for human beings. There is an attorney in Kansas who, with his wife and three small children, lived for over three years exclusively on grass."

After some study to determine which grasses were most nutritious, she narrowed them down to a few major species: wheat, oats, rye, etc. She then let animals decide which of the grasses to consume and found that they picked wheat. Wheat, she concluded, was the most nutritious of all grasses.

Ann Wigmore, began growing wheatgrass and juicing it. She found that drinking wheatgrass juice helped many people to recover their health and vitality. She claims that wheatgrass is the "King of Grasses" and contains every one of the 103 minerals, vitamins, trace elements and other nutrients needed by the human body. Barley grass has similar properties. The chlorophyll found in wheat and barley grass (and other green, leafy vegetables) has been called the "blood" of plants and has many healing qualities. Among other things, it is a natural blood builder, deodorant and disinfectant.



## The Nutritional Benefits of Chlorophyll

Chlorophyll is typically extracted from alfalfa, a chlorophyll-rich plant, using a variety of solvents. Natural chlorophyll is not a water-soluble substance. It is a fat soluble substance (just think of grass stains). In order to make chlorophyll water soluble, the magnesium ion at the center of the chlorophyll molecule has to be removed and replaced with copper and sodium to form sodium copper chlorophyllin.

Unlike alfalfa, **Liquid Chlorophyll** is not a rich source of trace minerals. It is also not a source for magnesium, although it is a good source of copper. Still, it has many therapeutic benefits. It helps relieve agglutination and oxygenate the blood. It can be used to reduce body odor (a property especially useful during a cleansing program). This property has led to its use by nursing homes to reduce odor in fecal matter and perspiration.

It can be added to drinking water to improve the taste and offer a quick pick-me up. It enhances energy, especially if a small amount of Vitamin C Ascorbates and Herbal Punch are added to the drink. Liquid chlorophyll can be applied topically to wounds to fight infection and promote healing.

The small amount of peppermint oil added for flavor also makes liquid chlorophyll a healthy beverage for reliving indigestion, bloating, and intestinal gas. It can even be used in enemas.

Liquid chlorophyll is a very valuable supplement for pregnant and nursing women. It is also a great beverage to serve children as a healthy alternative to sodas and other sugary drinks.

Natural chlorophyll, with the magnesium still present is also available in gel caps. It has all of the properties of liquid chlorophyll, but is also a good source of magnesium to relax muscle spasms. It has a very soothing and mildly laxative action on the colon, making it an excellent supplement for people with spastic bowel conditions.

Because of these and other benefits, chlorophyll has been included in many herbal programs. It is a safe, completely non-toxic remedy.

## Growing Wheat or Barley Grass

To grow wheat or barley grass, soak the wheat or barley seeds for about fifteen hours, then drain off the water and let them sprout for an additional fifteen hours. Prepare a pan or tray of some kind by filling it at least one inch deep with soil. Adding some soaked peat moss to the soil will make it more porous. Spread the seeds over the soil so they are barely touching each other and cover them with about eight layers of wet paper. Cover the whole tray or pan with plastic to hold the moisture in. At the end of three days remove the coverings and place the tray in a sunny area. Water the tray as needed and harvest the grass when it is about seven inches tall.

Cut the grass and eat it in salads or juice it with a hand juicer (available at many health food stores). You can also blend it up in the blender with some fruit juice or water, then strain and drink, but this oxidizes and destroys some of its nutritional value. Go easy with wheatgrass at first, because it is a very potent source of nutrition and can precipitate what natural healers call a "cleansing crisis."



# Growing Healthy with Greens

In our busy modern lives most of us don't have the time (or the motivation) to grow our own wheat or barley grass, but we can still obtain the benefits of green foods by turning to powdered greens that can be taken in capsules or mixed into drinks. Here are some of the green friends we can easily invite into our lives to improve our health and well-being.

## Wheat Grass

The value of wheat grass was discovered by Ann Wigmore (see sidebar on front page). Wheat grass is considered the most nutritionally dense of the cereal grasses. It has been used as a general tonic to overcome many kinds of chronic and degenerative disease, and as a supplement to enhance energy and immunity. It is an ingredient in *Ultimate GreenZone* and **Super Algae**. It is also found in **Herbal CA**, a mineral rich herbal formula for tissue healing, **THIM-J**, a combination for enhancing the thymus gland and immune system, and **Defense Maintenance**, an antioxidant blend for the immune system.

## Barley Grass

The juice of young barley grass is extremely nutritious. It is reported to contain 16 vitamins, 23 minerals, 18 amino acids and hundreds of active enzymes. It contains 30 times more vitamin B-1 than milk, 6.5 times more carotene (a vitamin A precursor) than spinach, 11 times the calcium of cows milk, nearly 5 times the iron of spinach, 15 times the protein as an equivalent amount of milk and nearly 7 times the vitamin C in oranges. It also contains 80 micrograms of vitamin B-12 per 100 grams, a vitamin nearly impossible to obtain from plant sources.

Barley grass has an alkalizing effect on the body, helping to reduce lactic acid build-up and sore muscles. It has also been used as a general tonic in chronic illness, as a food to

reduce intestinal inflammation, and as a digestive aid. **Concentrated Barley Juice Powder** is available in capsules. Barley juice powder is also an ingredient in **Defense Maintenance**, an antioxidant formula designed to enhance immunity, and **ENRG-V**, an energy-enhancing combination. It is also a component of **Ultimate GreenZone** and **pH GreenZone**.

Grasses aren't the only green foods we can benefit from. Algae are also rich sources of chlorophyll and other important nutrients.

## Spirulina

Spirulina is an algae that was harvested from Lake Texcoco by the Aztecs for centuries and served as one of their main sources of protein. Spirulina is highly nutrition, and one of the best sources of vitalized amino acids (protein) on the planet. It is also a rich source of vitamins and minerals. It has been the focus of many studies in Japan and Europe and has been shown to enhance the immune system and lower cholesterol. It has been beneficial in people suffering from anemia, cataracts, diabetes, gastrointestinal disorders, glaucoma, fatigue, hypoglycemia, liver disease, ulcers, and hepatitis. **Spirulina** is available in capsules, and is an ingredient in **GABA Plus**, a combination that helps balance neurotransmitters in the brain, and **MetaboMax**, a formula for weight loss. It is a key ingredient in **Super Algae**, **Ultimate GreenZone**, and **pH GreenZone**.

## Blue Green Algae

Blue-green algae is a chlorophyll rich algae harvested from Klamath Lake. It is a rich source of protein, B vitamins and beta-carotene. Blue-green algae has many of the same health benefits as spirulina. It has antiviral properties, lowers blood cholesterol, and reduces blood clotting. It is an important ingredient in **Super Algae**.

*Continued on page 4*

## Get in the GreenZone

Who isn't concerned about their health and a good diet? It seems like everyone recognizes the importance of it. With so many demands being placed on our bodies health conscious people need all the help they can get.

Whole food supplementations, such as "green drinks" are becoming a way of improved health for numerous people throughout the country. **Ultimate GreenZone** and **pH GreenZone** are whole food supplements, in powder form. They provide balanced nutrition following the 40-30-30 principle; 40 percent of calories come from carbohydrates, 30 percent from proteins and 30 percent from fat. This balance helps maximize the body's fat-burning and energy-releasing mechanisms.

These food powders contain green foods like spirulina, chlorella, alfalfa, and barley grass along with nutrient dense foods like amaranth, bee pollen, flaxseed and millet. They also contain a variety of herbs and food powders for promoting general good health.

**Ultimate GreenZone** makes the best meal replacement for general good nutrition, while **pH GreenZone** is more suitable for people who are seeking to recover from chronic health problems and overacid pH. While the ingredients differ, both formulas supply vital nutrients in whole food form.

The benefits from these whole food or "super-food" products are difficult to enumerate. The chlorophyll, amino acids, enzymes, vitamins and minerals found in the **GreenZone** formulas are beneficial for everyone. They support the immune system, strengthen connective tissues, provide the body with the benefits of cleansing and detoxification, and offer valuable nutrition that supports energy, endurance and stamina.

Mix one heaping tablespoon of **GreenZone** into six to eight ounces of water or your favorite fruit or vegetable juice. This makes a convenient "instant" meal replacement packed with nutrients. Begin with one serving daily for three days, and then working your way up to two to three servings per day as desired.

## Growing Healthy w/Greens

Continued from page 3

### Chlorella

Chlorella is another green algae that contains chlorophyll and vitamins E, B2, and B12. The famous nutritionist Dr. Bernard Jensen wrote an entire book on the healing benefits of chlorella. Entitled, *Chlorella: Jewel of the Far East*, the book details chlorella's healing benefits for the immune system, the liver, cardiovascular system, and the glands. He tells stories of how chlorella has helped conditions such as rheumatism, nephritis, eczema, ulcers, cirrhosis of the liver, diabetes, AIDS, and allergies. Chlorella is an ingredient in **Super Algae**, **Ultimate GreenZone**, and **pH GreenZone**.

### Other Greens

There are a number of herbs and foods that are also great ways to get green. **Alfalfa** is a very nourishing plant, loaded with trace minerals, chlorophyll, and protein. Stinging nettles are another great green herb that are loaded with nutritional value. Of course, green foods like chard, spinach, kale, beet greens, and so forth should be consumed regularly as part of a healthy diet.

With all these choices, there's simply no excuse why we shouldn't all be benefiting from these healthy green foods.

## Super Algae

Algae has been a source of food for many people from the beginning of time. The Aztecs gathered algae from the great lakes of Central Mexico, dried it and made cakes from it. The Kanembu's, a group from Africa, used algae from the lake Johann as a spicy soup or bread. In times of drought, people have always turned to algae for food.

Algae is an excellent source of nutrition—providing more vitamins, minerals and protein per gram than any other known food. No wonder science fiction writers often depict algae as a basic source of food in their futuristic worlds.

The formula Super Algae contains three different forms of algae commonly used as supplements: Spirulina, Klamath Lake blue-green algae, and Chlorella. This combination provides vitalized protein for the nervous and immune system, increases energy, promotes muscle gain, and helps stabilize blood sugar levels.

Super Algae aids the organs of digestion and enhances the immune system. It has antiviral properties, and some studies suggest that algae could be a useful treatment for AIDS and cancer. Super Algae is an excellent food supplement for the elderly, who often have a hard time assimilating other forms of protein.

## Sources

For more information about the benefits of chlorophyll and green foods, talk to the person who gave you this newsletter. His or her name should appear below. You can also consult some of the sources listed below for additional information.

Chlorophyll, *Sunshine Sharing*, Vol. 4, No. 3, 1990

*Chlorella: Jewel of the Far East* by Bernard Jensen

*Whole Food Nutrition* by Tree of Light Institute

*Why Suffer? The Answer? Wheat Grass God's Manna!* by Ann Wigmore

### Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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