

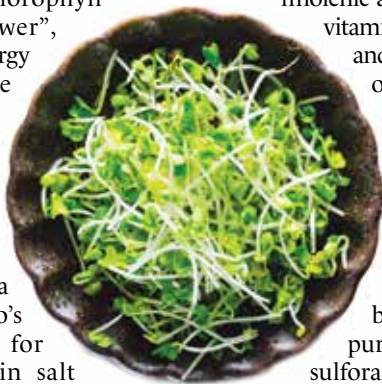
# Drink your greens

**Want the plant power that gives gorillas and elephants their energy? Give greens a go!**

Chlorophyll is the plant pigment that gives greens their colour, and it is richest in raw spinach, kale, broccoli, broccoli sprouts, chlorella, spirulina and wheatgrass. These green goodies are all alkalising, detoxifying, regenerating, antibacterial, anti-inflammatory and deodorising. Dr Birscher called chlorophyll “concentrated sun power”, because it increases energy and immunity while decreasing free radical damage linked to disease or ageing.

## Sip spirulina

This spiral-shaped blue-green algae has been a superfood since Mexico's Aztecs chewed it for sustenance. Grown in salt water or fresh water, spirulina is nature's superior supplement with over 100 nutrients – an average serve has more antioxidant and anti-inflammatory activity from phycocyanin than five servings of fresh fruit and vegetables - so, if your diet isn't ideal, spirulina can fill



the space. It also satisfies your stomach when taken an hour before meals.

Spirulina is the best buddy for vegetarians or vegans, providing three times the protein of meat and three times the calcium of milk. Popeye thrived on spinach, but spirulina would have been better because it provides 58 times more bioavailable iron than spinach. Iron and protein are perfect for repair, strength, endurance and immunity. With twice the chlorophyll of wheatgrass, spirulina supports clear skin; it is also 25 times richer in betacarotene than carrots and is the highest food source of gamma linolenic acid. Spirulina's content of vitamins B, E, and K, magnesium and selenium all support optimal health. Spirulina is safe for pregnant woman, children, coeliacs and animals.

## Munch broccoli sprouts

Broccoli sprouts are being touted as a premier purification food, due to a sulforaphane compound which is 10 to 100 times higher in sprouts than broccoli. Broccoli sprouts' sulforaphane has been touted to have cancer-fighting, antimicrobial, anti-inflammatory and neuroprotective properties. Grow them in a sprouter for your own mini-garden of goodness.



## Spirulina Smoothie

### Blend together:

- 1 cup coconut milk
- ¼ cup goji berries
- ¼ cup raspberries
  - 1 apple
  - 1 cup spinach
- 1 tbsp Organic Road Raw Honey
  - 1 tsp lemon juice
  - 2 tsp Green Nutritionals Mountain Organic Spirulina




## Graze on grass

Wheatgrass got the green light in the 1930s when chemist Charles Schnabel discovered that it not only restored sick chickens to health, but doubled their egg production. In the 1980s, holistic healer Ann Wigmore popularised wheatgrass in 'The Wheatgrass Book'; Dr Bernard Jensen also promoted wheatgrass for its ability to be digested immediately, using minimal energy. Wheatgrass is safe for coeliacs because it doesn't contain gluten, which is only found in wheat seeds.

Wheatgrass juice, powder, capsules and tablets all provide a high dose of vitamins A, B6, C, E, and K, plus zinc, iron, selenium and manganese. The antioxidant, anti-inflammatory, and antibacterial agents in wheatgrass assist arthritic pain, heart disease and infections. Wheatgrass has been nicknamed 'green blood', because its chlorophyll content increases red blood cells, thus easing anaemia. Wheatgrass is a wonderful colon cleanser, easing digestion and flushing the bowels, while the thylakoids in wheatgrass increase satiety and weight loss.

Seek advice from your health care provider prior to taking greens if you have thyroid issues, take blood thinners or are pregnant.

## Chug chlorella

This emerald-hued algae is similar to spirulina, although it is smaller, spherical, and contains more chlorophyll and less protein. Chlorella provides protein, betacarotene, lycopene, vitamins B12, C and K, iron and omega-3s, making it an amazing antioxidant supplement to improve eyesight, skin and immunity. It also contains chlorella growth factor, which repairs connective tissue and boosts collagen production. Chlorella binds to heavy metals and toxins, such as aluminium, cadmium, lead and mercury. Studies support chlorella's ability to lower LDL ('bad') cholesterol, reduce blood pressure and balance blood sugar. The prebiotic fibre in chlorella triples probiotic gut bacteria, supporting optimal digestive health. 

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