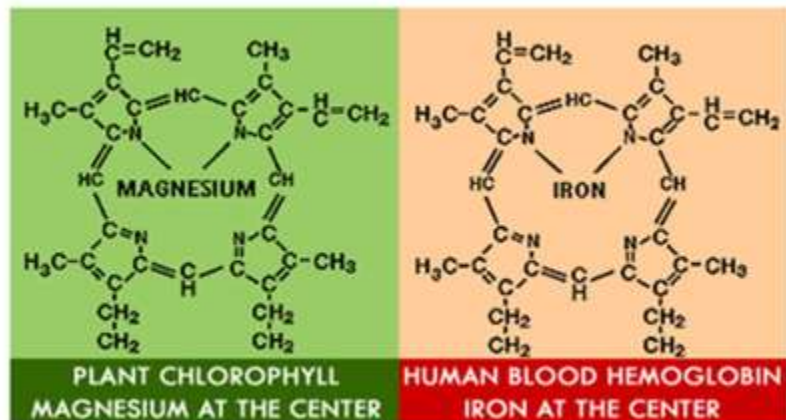


SuperFoods - Going Green with a Nutritious Twist

Since “going green” has proven to be a healthy practice environmentally, why don’t we take it a step further and use the same concept intestinally to improve our bodies with green healthy food, i.e. superfood?

Chlorophyll is as green as it gets. It’s the most health-supporting, green-food phytochemical. The molecular structure of chlorophyll is similar to that of hemoglobin, the protein that makes human blood red.

I know you skeptics out there are saying “Yeah, so what’s the big deal?” Well hold on to your health: here it is! The hemoglobin in our blood captures the oxygen in the lungs and delivers it to the cells.



Chlorophyll is known to have enormous benefits as a cleansing, detoxifying, and healing substance. The molecular structure of both these elements are what make them effective life-sustaining agents. The only molecular difference between the two is that chlorophyll has magnesium at its core while hemoglobin has iron – both are essential minerals.

A Double Dose of Health

Medical practitioners all agree that hemoglobin is essential for good health. In fact, without it, we would die. Since chlorophyll works in the same exact way, why not double the impact on our health by combining the two inside our bodies?

There are perhaps no two more vital elements working in tandem to benefit the body. Chlorophyll is responsible for the release of oxygen. Hemoglobin captures the oxygen in the lungs and delivers it to the cells.

Health experts who have studied chlorophyll as a dietary supplement have found it to provide enormous healthy benefits as a cleansing, detoxifying, and healing substance. It delivers the necessary nutrients to our cells and acts as an antioxidant, giving protection

from free radicals. It is a natural detoxifier, helping eliminate toxins from the intestines and other tissues. Because it is a natural detoxifier, it also aids in reducing bad breath.



Chlorophyll is the first product of light and therefore contains more healing properties than any other substance. All life on this planet comes from the sun.

Only green plants can transform the sun's energy into

chlorophyll through the process of photosynthesis. . Chlorophyll is known as the 'life-blood' of the plants. This important phytonutrient is what your cells need to heal and to thrive

Best Source of Chlorophyll: Alfalfa

Alfalfa is a powerhouse among healthy herbs because it contains the highest chlorophyll content of any plant. It contains a wide variety of minerals including iron, calcium, magnesium, phosphorus, potassium, silicon, and trace elements. It is also a great source of Vitamin E, Vitamin C and Vitamin K, which is necessary for blood clotting.

The alfalfa plant also contains essential amino acids, which are not made by the body but must be obtained from food sources. Because Alfalfa is so easy to assimilate, it is widely used in many vitamin and health food supplements.

Alfalfa is a key ingredient in some high-end "superfoods" because it has properties for:

- Cleansing the blood
- Promoting healthy digestion – thus it's a probiotic
- Reversing tooth decay and re-mineralizing teeth
- Alleviating gout, arthritis pain and even morning sickness
- Facilitating the healthy clotting of blood cells

Alfalfa is used in alternative medicine to reduce cholesterol and blood pressure. Its high concentration of alkaloids make it useful in reducing blood sugar levels.

While some health practitioners rave about the benefits of wheatgrass, alfalfa is a better choice in most cases, wheatgrass in liquid form must be consumed while still fresh

because the juice form loses the health benefits quickly. Alfalfa is gluten-free, just as wheatgrass is.

As you can see, the reasons to include wheatgrass in your daily diet are plentiful.

Time to Have Twins

Since hemoglobin and chlorophyll are almost identical twins with complimentary health and wellness perks, we should have them working closely together to give us a healthier tomorrow.