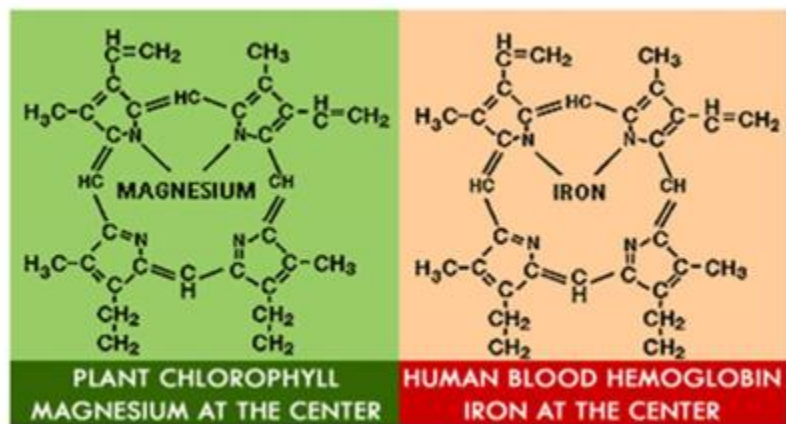


Healthy Foods - Going Green with a Nutritious Twist

By: Joel Saxe

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 internally 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.

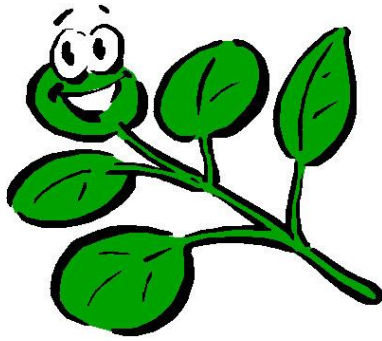
I know you skeptics out there are saying “Yeah, so what's the big deal?” Well hold on to your health: here it is! The hemoglobin in our blood captures the oxygen in the lungs and delivers it to the cells. Chlorophyll is known to have enormous benefits as a cleansing, detoxifying, and healing substance. 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 transforming carbon dioxide and water into carbohydrates and oxygen. Hemoglobin then 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 channels the energy of sunlight into chemical energy through the process of photosynthesis, 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, and that is why it 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

Wheatgrass has been called nature's finest medicine. Wheatgrass has twice the amount of Vitamin A as carrots and is higher in Vitamin C than oranges. It contains the full spectrum of B vitamins, as well as calcium, phosphorus, magnesium, sodium and potassium in a balanced ratio. Wheatgrass is a complete source of protein, supplying all of the essential amino acids, and more.

When it is consumed fresh – either immediately after being turned into juice or later when the powdered form is made into liquid - it has bio-electricity. This highly charged energy source is the essence of wheatgrass. It can even establish better connectivity to one's inner being. Wheatgrass nutrients can aid in preventing DNA destruction, which in turn diminish the effects of pre-mature aging and boost the immune system.

Further, research has shown that wheatgrass also supports a healthy digestive function, combats fatigue, increases energy, and naturally alkalizes and oxygenates the blood.

Some people grow and juice wheatgrass in their homes. As a juice, it must be consumed while still fresh because the juice form loses the health benefits quickly. This is why many people prefer the powdered form. Because wheatgrass juice is extracted from wheatgrass sprouts, i.e., before the wheat seed begins to germinate, it is gluten-free. 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.

About Joel Saxe

Having a deep-seated passion for helping children get started on the road to a healthy life, Joel Saxe has worked hard to become the consummate nutrition expert he is today. He developed a two-pronged service focused on pure quality water and healthy foods. As part of his collegiate studies, Joel spent over a year in Spain where he witnessed the healthy lifestyle maintained by a culture not overrun by junk food. His mission is to replicate that in the United States.

Meta Title:

Meta Description:

Chlorophyll is a critical ingredient of healthy food | it pairs with hemoglobin for maximum nutrition and uses natural sunshine as an energy source

Social Media Summary:

Joel Saxe (getting healthywithjoel.com) of Portland, OR writes that “going green” not only applies to the environment but it can be even more beneficial to us making it part of our eating habits by consuming more green healthy foods. He explains how chlorophyll and our own hemoglobin work together internally to make us healthier and full of energy.