



## Fact Sheet

### Deep Green Alkalising Superfood

***“Eat more leafy greens!”*** we’re told... ***“Drink grass juices!”*** is the cry... ***“Eat spirulina!”***

Leafy greens, grass juices and spirulina are the “deep-greens” of nutrition. We know we’re supposed to eat them, but do we know why?

To optimise our health, immunity and energy levels, the ideal balance of food intake is 80% alkaline and 20% acidic. Alkaline forming foods are mainly vegetables and some fruits. Acid-forming foods include just about everything else we eat, including meat, poultry, milk, cheese, bread, pasta, pastries, snack food, soft drinks, and packaged foods.

If you’re falling short of the recommended 5-7 servings of vegetables every day,<sup>2,3</sup> and include processed and packaged food in your diet, you could benefit from Miessence DeepGreen Alkalising Superfood. Just one teaspoonful in water or a smoothie is an easy, quick and simple way to get your daily alkalising greens!

#### ***Why we need deep-greens***

Deep-greens are highly alkalising. They neutralise toxic acids in the blood and tissues caused by eating acid foods, excess stress, excessive exercise, environmental pollutants, drugs, alcohol, coffee, and tobacco.

When our bodies are acidic, bad bacteria, viruses, yeast, and other unfriendly organisms flourish.

When our bodies are slightly alkaline (from eating alkaline foods like raw veggies and green food powders), bad bacteria, cancer, yeast, and viruses can’t survive!

Deep-greens offer major benefits to your entire body. They’re good for your brain, your bones, and your heart, AND they help to prevent cancer, detoxify and alkalise your cells, boost your immune system, and give you more energy.

Now, with Miessence DeepGreen Alkalising Superfood, you can nourish and alkalise your body with the most potent and nutrient dense super-green foods on the planet - quickly, simply and deliciously!

#### ***What are deep-greens?***

Deep-greens are the pigment-rich dark green vegetables, grasses and single-celled algae that form the basis of nutrition for all complex life on earth. These dark green foods contain all the essential nutrients and precursors upon which all other life depends. Deep-green foods are concentrated sources of easily absorbed vitamins, amino acids, chlorophyll, enzymes, phytonutrients, and alkaline minerals.



## ***What's so good about green?***

### ***Chlorophyll!***

Chlorophyll-rich greens have long been used for restoration of health and as blood builders.

Chlorophyll is abundant in all green foods. Chlorophyll's cleansing and healing effects has been documented in a multitude of studies and is known for its ability to detoxify heavy metals from the body.

Chlorophyll has also been studied for its potential in stimulating tissue growth and red blood cell production. Chlorophyll is almost identical to haemoglobin, the red pigment in blood. In fact chlorophyll is a haemoglobin molecule with magnesium at its centre instead of iron! Chlorophyll's ability to support the production of red blood cells is most likely due to this unusual similarity.

According to an article in the Journal of the National Cancer Institute, 1995, Vol 87, No 11, p. 7, chlorophyll fed to laboratory animals reduces absorption of three dietary carcinogens: heterocyclic amines (found in cooked muscle meats), polycyclic hydrocarbons (found in smoked and barbecued foods), and aflatoxin (a toxin produced commonly by mould that infects grains and peanuts).

## ***An abundance of critical enzymes***

Most people don't get enough enzymes because heat destroys enzymes and most of our foods, whether cooked at home or processed, are heated and the enzymes destroyed.

DeepGreen Alkalisng Superfood, with its raw, unprocessed, certified organic algae, grass juices and leafy greens contains an abundance of natural enzymes - the body's spark plugs - that are responsible for digestive processes, cellular energy, supporting immune function, and promoting circulation and detoxification.

## ***DeepGreen and its benefits***

### ***What's in DeepGreen and what will it do for me?***

DeepGreen Alkalisng Superfood contains ONLY certified organic blue-green algae, green grass juices and leafy green vegetables!

- |                                |  |
|--------------------------------|--|
| <b>Blue-Green Algae:</b>       | Certified Organic Spirulina, Certified Organic Aphanizomenon Flos Aquae, Certified Organic Chlorella   |
| <b>Green Grass Juices:</b>     | Certified Organic Cold-Temperature Dried Alfalfa, Certified Organic Barley, Certified Organic Kamut, Certified Organic Oat, and Certified Organic Wheat Grass Juice Powders. |
| <b>Leafy Green Vegetables:</b> | Certified Organic, Freeze-Dried Pure Vegetable Powders: Certified Organic Kale, Parsley, Certified Organic Collard, and Certified Organic Nettle.                            |



## ***Studies on DeepGreen Ingredients***

**Medical studies on the foods in DeepGreen Alkalisising Superfood have demonstrated:**

Strengthening of the immune system	Improvement in digestive problems
Improvement in mental focus and clarity	Improved recovery after exercise
Increase in energy	Stabilisation of blood sugar level, blood pressure and cholesterol levels
Anti tumor activity	Reduction in symptoms from allergies

## ***Blue-Green Algae***

### ***Certified Organic Spirulina***

*“Algae are packed with a rich broth of nutrients; it could well be that they’re the healthiest foods.”*

—Mitchell L. Gaynor, M.D., researcher and Director of Medical Oncology, Strang Cancer Prevention Center

Algae are an incredible source of densely-packed, broad-spectrum nutrition. They are 60-70% complete protein, which also supplies its own enzymes, so it’s proteins are easily digested and absorbed. Whereas meat is only 20% protein, and the enzymes are deactivated by cooking it.

Algae also contain iron and vitamin B12, making them very beneficial in a vegetarian diet. Algae contain more cleansing and healing chlorophyll than any other source.

Moreover, spirulina, offers an additional blue pigment, known as phycocyanin, which has reported anti-inflammatory and other health benefits.

A variety of other phytonutrients in algae are believed to offer powerful support to the immune system. Spirulina is one of the only food sources of GLA, the essential fatty acid precursor to PGE1.

Spirulina has been shown to be effective in treating certain allergies, anaemia, cancer, hepatotoxicity, viral and cardiovascular diseases, hyperglycemia, hyperlipidemia, immunodeficiency, and inflammatory processes.





## ***Green Grass Juices***

***Certified Organic, Cold-Temperature Dried Alfalfa, Barley, Kamut, Oat, and Wheat Grass Juice Powders***

*“Wheatgrass juice is one of the finest blood builders and body rejuvenators I know.”*

—Dr. Bernard Jensen, clinician, researcher and author of over 20 natural health books

*“..the leaves of the cereal grasses provide the nearest thing this planet offers to the perfect food...”*

— Yoshihide Hagiwara, M.D., an associate professor at the Department of Environmental Toxicology at UC Davis

Grass juices are used as a tonic and energy source. Studies have shown that grass juices are beneficial anti-aging, anti-inflammatory, regenerative and cellular health therapies that are used in advanced healing clinics all over the world.

Grass juices are a rich source of essential nutrients, enzymes and chlorophyll, and contain water-soluble vitamins, vitamin E, vitamin K, betacarotene, and lutein. When grown in mineral-rich, certified organic soil, they provide almost all the minerals and trace elements we need to be healthy.

## ***Grown & Processed with Love and Care***

The environment in which grass grows determines its nutrient content and vitality. Sown in rich, deep, organic soil, our grass seeds burst to life and become a photosynthesis factory. The simple sugars created during photosynthesis are converted to valuable complex nutrients by the enzymes and minerals the plant absorbs through its roots. A substantial root system, crucial to a grass's nutrient density, allows the grass to pull minerals and trace elements up from the soil, which is supplemented with rich organic vegetable compost and seaweed.

The grasses are all harvested when the tender shoots are at their peak of nutritional potency, enzymatic activity, and chlorophyll content, in the early morning when the dew is still on the blades, and taken to the organic processing facility just minutes away. The freshly-cut young grasses are immediately cooled, washed and juiced at 2°C (35° F) to protect and preserve all the enzymes, chlorophyll and other valuable constituents.

***Over 30 kilograms of certified organic grass juice is concentrated into one potent kilogram of grass juice powder.***

Nearly all other grass powders on the market are devoid of the above health-supporting benefits. They are processed and dried by using standard methods, including spray drying, which damage and denature the enzymes, chlorophyll and nutrients with high heat and oxygen exposure, and the grass juice powder is often diluted with maltodextrin (processed sugars) and other non-nutritive, cheap fillers.

It is only through the special juicing and extremely gentle, low-temperature drying process that fully releases and protects all of the precious plant-cell nutrients in the grasses that the unique, health-promoting plant-cell phytochemicals can be kept entirely in their natural state for absorption into our bodies.





## ***Not Grass... Juice!***

Importantly, we only utilise grass juice powders in our formula, not the pulverised grass powders that are completely useless for humans! Unlike cows or horses, we cannot digest the cellulose in grasses, therefore all the nutrition remains “locked” in those fibres. Only grass juice powders contain easily bioavailable nutrients we can absorb.

## ***Leafy Green Vegetables***

***Certified Organic, Freeze-Dried, Pure Vegetable Powders: Spinach, Kale, Parsley, Collard, and Nettle.***

*“Vegetables give us life and should be the main focus of any health-promoting diet.”*

—Joseph Pizzorno, N.D., founding president of Bastyr University and editor-in-chief of Integrative Medicine journal

*“Vegetable” comes from the Latin vegetare, “to enliven or animate”. There is a large and growing body of research indicating that vegetables can prevent, and treat, many diseases, including chronic degenerative diseases such as heart disease, cancer, diabetes, cognitive decline, vision deterioration, arthritis, and advanced aging. Imagine if they created a pharmaceutical drug to do all of that?*

*Our leafy green vegetable powders represent a technological breakthrough in processing. Using an exclusive low-temperature-drying process, we are able to capture and retain the fragile nutrients and phytochemicals in the fresh vegetables - and they are 100% organic leafy greens—no isolated extracts, no additives, no carriers.*

*Dark green leafy vegetables are amongst the most concentrated source of nutrition of any food on the planet. Today, with our diets high in salt, meat, and processed food, we absolutely need the alkaline minerals found in the leafy greens. These minerals act as a buffer to neutralise excess acid. If not present in sufficient quantities, the body “steals” these much mineral needed buffers from our bones, and such deficiencies are thought to be a leading cause of osteoporosis.*

— American Journal of Clinical Nutrition 2000, Vol 73, pp. 118-122.



## ***DeepGreen Alkalising Superfood is...***

- Extremely concentrated and dense - 1 teaspoon of powder is equivalent to over 60ml (2 fl.oz) of fresh green juices.
- 100% RAW, VEGAN and CERTIFIED ORGANIC.
- A concentrated source of super nutrition.
- A natural source of alkalising minerals.
- Formulated without fillers – no rice bran, no flax seed, no beans or legumes... just pure DeepGreens!
- Great for those on low carbohydrate diets.
- Perfect for convalescents or those with weak digestive systems who are unable to obtain enough green foods through their diet.

Deep-greens offer major benefits to your entire body. They're good for your brain, your bones and your heart, AND they help to prevent cancer, detoxify and alkalise your cells, boost your immune system, and give you more energy.

Add a teaspoon or more of DeepGreen Alkaliser to water or fresh juice. It can also be added to smoothies, sprinkled over foods, and used in salad dressings.

DeepGreen Alkaliser is organic food, and is therefore non-toxic. It can be taken in larger amounts if intense cleansing and nourishment are desired.

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***See over the next few pages for 122 medical studies supporting the amazing health benefits of the ingredients in DeepGreen Alkalising Superfoods!***



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