



All About Greens

Broccoli Greens

In 1992, researchers at Johns Hopkins University Medical school isolated sulphoraphane, a compound found in broccoli and other brassica family vegetables, Sulphoraphane stimulates a cell's reproduction of certain protective enzymes that resist tumour growth. Broccoli sprouts have the greatest potential in healing colon and stomach cancers. Rich in fibre and a good source of minerals especially potassium and sulphur and vitamins C, E and A. They have a drying and binding faculty that makes them effective for inflammations and hot swellings.

Buckwheat Greens

Buckwheat is actually not a wheat at all but a herb, which is good news to those of you with wheat allergies. It is quite big, 4- 5 inches tall and rich in B-Vitamin factors like choline and inositol. Buckwheat is an excellent source of rutin which strengthens and increases the efficiency of the small blood vessels, capillaries and arteries and may assist in improving circulation. Buckwheat is also high in lecithin which helps clear clogged arteries and lowers high cholesterol.

Radish Greens

Radish Greens actually produce more BTU's of heat than the mature radish bulb. They clear mucous from the respiratory tract and thus are wonderful for such ailments as colds, sinus congestion, bronchitis, whooping cough and for the long term improvements of asthma. Radish is wonderful for the entire intestinal tract from the nose to the anus. Its heat producing action stimulates the elimination of excess mucous and thus starts a cleansing process which can include expelling worms. Intestinal flora like it. It is anti-putrefactive and anticeptic. Sprouted radish is excellent nourishment during cold weather. It is an effective diuretic and restorative for troubles of the urinary tract, bladder and kidneys.

Green Pea Greens

Even a common food like green pea has medicinal benefits. Because Peas are legumes, they are rich in protease inhibitors that prevent certain viruses and chemicals that promote cancer. As rich sources of fiber, they are useful in reduction the LDL (bad) cholesterol in the blood. They also help control blood sugar thus making them a good food for diabetics. Peas have also been linked to a reduction in the occurrence of appendicitis and may decrease high blood pressure.

Sunflower Greens

Sunflower is rich in the following nutrients: phosphorous and calcium, excellent for bones and teeth, fat and carbohydrate digestion, muscle and tissue tone and the nervous system; Iron, for healthy red blood corpuscles; Copper, necessary in minute quantities for the utilization of iron; Iodine, mostly found in sea vegetables; Potassium, predominant in brain tissue and necessary for proper functioning of the nervous system; magnesium, for muscle tissue brain and lungs. Contains as much as 30% protein and is a good source of niacin, the skin vitamin. It contains 92 USP units of Vitamin D, rarely found in vegetables. The seeds are extremely nourishing and enhance endurance.

Wheatgrass

Fresh wheatgrass juice is 95% structured water and 2% predigested protein. Grass has 11 times the calcium of cow's milk, 5 times the iron of spinach, 4 times the vitamin B1 of whole wheat flour, 7times the vitamin C in oranges, as well as an abundance of the elusive vegetarian vitamin B12 (80mcg/100g). Researchers also found unidentified growth factors that enabled large animals to survive on a 100% grass diet, while they failed on a diet of carrots, broccoli, cabbage and spinach.