Women's Health Library

Greens - the Super Foods

Dr. Patricia Beckstead
Founder

Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D or**
- **Liquid Cal-Mag-Zinc**

These supplements may be purchased on Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

These days, many do not have time to cook and prepare vegetables for well-balanced, healthy meals. If you are on the go everyday and want a boost of colorful nutrition, consider a greens food supplement packed with vitamins, minerals and phytonutrients to help maintain health. Some green foods such as spirulina, alfalfa, wheat grass, barley grass, or kelp come in supplement form, making them convenient to take any time of the day.

Their 'greens' namesake comes from the pigment chlorophyll. Using the energy from the sun, chlorophyll provides the green color and produces various phytonutrients. As a natural blood builder and detoxifier, chlorophyll-containing foods offer multiple benefits for human health.

Spirulina-Is a blue-green algae rich in vitamins A, B12, B1, B2, iron, chlorophyll, mixed carotenoids, antioxidants, trace minerals, and a healthy source of vegetable protein. As the highest source of vegetarian vitamin B12 (essential for healthy nerves), spirulina provides vegetarians with this important nutrient often lacking in a meat- and dairy free diet.

Alfalfa-Considered a legume and green herb, alfalfa is naturally high in chlorophyll. The leaves of the alfalfa plant contain minerals and nutrients including calcium, magnesium, potassium, and carotenoids.

Wheat Grass and Barley Grass-The chlorophyll present in barley and wheat grass play a beneficial role in the body. Barley and wheat grasses are multi-nutrient supplements providing protein, insoluble dietary fiber, carotenoids, vitamins B6, B12, E, and folic acid, calcium, and iron. Studies show they enhance immune function by stimulating macrophage activity and may also support the heart.

Kelp-High in minerals (particularly calcium, iodine, potassium and magnesium), kelp (*Laminaria*) is a brown seaweed/algae many use as a way to obtain iodine.

The next time you find yourself short on green veggies, try including a greens foods supplement in your diet.

Try our ***Greens n' Things*** **-** a USDA certified organic greens powder containing a combination of fruits, vegetables, flax and greens such as spirulina, wheat grass, and barley grass providing antioxidant vitamins and trace minerals for overall health.

100% Organic Spirulina – Is a whole food concentrate providing a naturally rich source of vitamins, trace minerals, mixed carotenoids, antioxidants, protein, and essential fats, pectin, and digestive enzymes.