

HERBALIST

Super Greens

Powders based on green, nutrient rich plants (wholefoods) make excellent supplements for energy, vitality and overall good health and well being.

They contain a great range of vitamins including beta carotene, B complex, B12, C, D, E, K, inositol, folic acid. They also contain minerals such as calcium, copper, iron, magnesium, potassium, phosphorous and zinc.

Most of these easily digestible powdered greens contain good quantities of plant proteins and are also valuable in improving the acid/alkaline balance of the digestive system and body.

The list of positive benefits includes the anti-aging benefits of antioxidants, anti-inflammatory action for arthritis sufferers, blood building and immune boosting, cholesterol lowering, detoxifying, improved physical stamina, promoting cell growth/repair and improved digestion.

All green plants and algae contain chlorophyll (from the Greek words chloros meaning green and phyllon meaning leaf). Chlorophyll is the property that gives a plant its individual green colour which is kept when dried and concentrated into powder. Chlorophyll assists to increase the haemoglobin (oxygen binding) capacity of the human blood resulting in the blood being healthier and more oxygen rich.

Three popular green wholefoods include Alfalfa (*Medicago sativa*) a member of the pea family also popular as a salad sprout with good alkalizing properties.

Barley Grass (*Hordeum vulgare*) considered to be one of the most nutritious of the green grasses and often taken as a juice.

Spirulina (*Arthrospira platensis/maxima*) a blue-green spiral shaped water based algae well known for its energy giving benefits.

Dependent on personal taste, green powders can be included in cooking, mixed into smoothies, taken with vegetable or fruit juices. A fantastic addition to your daily diet.



Karen

Dip. Herb. Med.

Member of NZ Association of Medical Herbalists

Manufacturing Herbalist for Zealand Health

Manufacturing Limited (Creams & Liquids Dept Manager and part of the R & D Team)