

The Miracle of Alfalfa

The Father of Foods

<http://www.rawfoodrecipes.com/view-by-tag/alfalfa-juice-powder/>

Centuries ago, the Arabs used nutrient-rich Alfalfa as feed for their horses, because they claimed that it made the animals swift and strong. They eventually became so convinced of its benefits to their own health that they named the grass "Al-Fal-Fa", which means "Father of Foods".

Alfalfa, considered a legume, is a member of the pea family. It is a versatile plant that will grow in virtually any condition, and is harvested in just seven days.

Alfalfa sends its roots down over hundred feet into the ground and brings up the minerals that are not available on the surface.

Alfalfa grass is a super food, rich in vitamins, minerals and enzymes, which serve a wide variety of health benefits. A person with a weakened immune system can reap great rewards from drinking organic alfalfa juice powder, which provides a concentrated form of the alfalfa plant.

Arabs used the alfalfa plant in past centuries, claiming that it made

their horses stronger and faster. They began to incorporate it into their diets and noticed significant health improvements. Those who ate alfalfa were generally healthier than those who did not, and so the plant inherited its name: “Al-Fal-Fa” which means “father of all foods.” Its wide array of health benefits suggests that the name does, indeed, fit quite well.

Alfalfa is rich in all vitamins, including vitamins A, B6, B12, C, D, E and K, along with trace minerals such as calcium, iron, potassium and phosphorus, as well as eight of the body’s most essential enzymes. It is also rich in fiber, so it acts as an excellent natural laxative. People have reported having more energy after drinking alfalfa juice. In addition, it contains natural fluoride, which promotes good dental health.

Alfalfa grass has the highest level of antioxidants of any vegetable. Antioxidants help to stabilize free radicals. The presence of unstable free radicals in the body can cause the breakdown of tissues and have been associated with cancer and autoimmune disorders. Alfalfa juice is even better than the plant itself, because it allows the body to skip the digestion process, enabling it to absorb more nutrients. Alfalfa is typically grown in nutrient-rich soil, which accounts for its extensive variety of healing properties.

The plant has been used by the Chinese as an herbal remedy for many ailments, including: anemia, asthma, arthritis, diabetes, kidney stones, and treatment for hair loss. It is also used to prevent strokes and heal whooping cough. It efficiently breaks down carbon dioxide and other toxins. Because it is rich in minerals, which aid in detoxification, alfalfa juice powder is great for people who are recovering from drug or alcohol addiction and need a healthy way to push the toxins out of their system faster.

Alfalfa contains chlorophyll, which is an excellent blood cleanser. It is also a great alkalinizing agent. What that means is that it helps to raise the body’s pH to more basic, or alkaline, levels. Many medical

conditions are caused by an acidic bodily environment, and drinking alfalfa juice can help to neutralize harmful acid in the body.

Alfalfa juice reduces the accumulation of arterial plaque and LDL cholesterol in the liver, helping to prevent heart and liver diseases. It also reduces blood sugar levels and may be helpful for diabetics. People with vitamin K deficiencies can consume alfalfa to help heal nosebleeds and bleeding gums.

Almost anyone can benefit, in one way or another, from consuming organic alfalfa juice powder. This plant has a very impressive variety of healing properties that can both prevent and treat disease. A refreshing, energizing drink, which cleanses the body in multiple ways, alfalfa juice is the perfect ingredient in any series of home detoxification methods.

Sources:

http://www.homeremediesweb.com/alfalfa_health_benefits.php

<http://ibetyoudidntknow.org/?tag=organic-alfalfa-juice-powder>

<http://www.livestrong.com/article/260382-what-are-the-benefits-of-alfalfa-juice/>

What Are the Benefits of Alfalfa Juice?

Diabetes Help

Consuming alfalfa juice on its own or mixed with another juice, such as carrot, can help reduce blood sugar levels associated with diabetes, according to HomeRemediesWeb.com.

Kidney Stones

The combination of vitamins found in alfalfa juice can help dissolve kidney stones, says HomeRemediesWeb.com. Kidney stones are small masses that form in the urinary tract, and are eventually passed out of the body through your urine, which can be extremely painful.

Free Radical Damage

According to Juicingforhealth.com, alfalfa juice has the highest levels of antioxidants among all vegetables. Antioxidants work to stabilize free radicals within the body, according to the National Cancer Institute. Free radical damage has been associated with higher rates of cancer and other diseases.

Faster Nutrient Absorption

When you juice alfalfa sprouts rather than eat them, your body is able to absorb more nutrients because the digestion process is bypassed, according to the Best of Juicing website. Juicing provides the most easily absorbed and concentrated source of alfalfa nutrients you can get.

Hair Loss

Hair loss and problems with thinning hair can be frustrating for men and women. When alfalfa juice is combined with equal amounts of both carrot and lettuce juice and consumed daily, it can prevent hair loss and may grow new hair, according to HomeRemediesWeb.com. Choose darker lettuces like romaine for higher nutrient content.

LDL Cholesterol

LDL, or low-density lipoprotein, is also known as "bad cholesterol."

LDL plays a big role in the formation of plaque on artery walls, which may lead to heart disease and stroke. According to JuicingforHealth.com, alfalfa juice is able to lower the accumulation of LDL inside the liver.

Read more:

<http://www.livestrong.com/article/260382-what-are-the-benefits-of-alfalfa-juice/#ixzz2BvMgribK>

Alfalfa specific benefits include:

- * Curing kidney problems,
and relieving fluid retention and swelling.*
- * Curing auto-immune disorder.*
- * Healing arthritis.*
- * Nourishing the digestive, skeletal,
glandular and urinary system.*
- * Cleansing the blood, liver and bowel.*
- * Lowering cholesterol levels.*
- * Preventing strokes.*
- * Healing whooping cough.*

Top 10 Ingredients For A Green Food Supplement

<http://ibetyoudidntknow.org/?tag=organic-alfalfa-juice-powder>

There are ten major green food supplement ingredients that should be included in your green food powder if you want to optimize the benefit of using them as a health food. To include the following ten, in the right quantities and manufactured correctly, is costly; however, if you find a company that includes them, you at least have a good starting point for a powerful, potentially life-changing green food supplement.

The ten key ingredients to make the best green food supplement are: Soy lecithin powder, organic alfalfa juice powder, organic barley juice powder, organic red beet powder, organic soy sprouts, organic green kamut juice powder, organic Hawaiian spirulina, high pectin apple fiber, brown rice germ and bran, and sprouted barley malt.

Before briefly describing each ingredient, I must point out that the best products use dried grass juice powders, manufactured without using heat or solvents. The dried juice grass is far more nutrient dense than just drying the leaves and using the entire plant, which is what most manufacturers do. Products made with the entire plant are mostly fiber, not nutrients. It is much more expensive to produce the juice powders. However, doing so provides a more nutrient dense product – often ten times as dense – so it is important that you understand the difference.

Soy Lecithin Powder from non-genetically modified soybeans contains choline, a powerful fat emulsifying compound found in every cell in the human body. Choline solubilizes fats and

cholesterol in the blood stream, helps maintain cell membranes, and plays a pivotal role in brain neurotransmission. It also helps to regulate hormones, protein, bone, fatty acid, amino acid, glycogen, and nerve and energy metabolism.

Organic Alfalfa Juice Powder is the “father” of all foods. The root system of the alfalfa plant reaches down over 100 feet, absorbing a high level of nutrients and minerals, especially calcium. It is rich in chlorophyll, beta carotene, vitamins A, D, E, B6 and K, as well as numerous enzymes known to improve digestion and absorption. It has been used as a stand-alone product for treating vitamin K deficiencies.

Organic Barley Juice Powder is rich in vitamins including beta carotene, the B complex vitamins, and vitamin C, as well as numerous minerals. It contains mucopolysaccharides which play a major role in maintaining the structural integrity of body tissue. It contains up to 1000 of the 3000 known enzymes, including some of the most powerful antioxidants for protecting your cells, such as S.O.D., peroxidase, cytochrome oxidase, and dehydrogenase.

Organic Red Beet Juice Powder facilitates digestion, stimulates the kidneys, lymphatic system, liver, gall bladder and spleen, and improves bowel movement. Highly alkaline, it is a tremendous aid in reducing stomach acid. It is also proven to help build red blood cells, increase the cellular uptake of oxygen, and boost the immune system.

Organic Soy Sprouts possess naturally occurring isoflavones, including the much studied genistein found almost exclusively in soy. A potent antioxidant, they appear to interfere with the enzymes that convert normal cells into cancer cells. Soy sprouts also contain a vast array of vitamins and minerals, as well as the most important antioxidants to protect the body from destructive free radicals. They

also contain a rich source of sterols and sterolins, proven to reduce cholesterol and boost your immune system.

Organic Green Kamut Juice Powder is an ancient grain from the rich Nile region of Egypt. Compared to normal wheat grass, Kamut has 29% more protein, 27% more lipids, and is higher in eight of the nine minerals found in wheat. It is also higher in 16 of the 18 amino acids essential for the human body. Kamut has a 40% higher antioxidant capacity than wheat and has endurance, energy, and health enhancing properties. It is a true superfood and key component of a green food supplement.

Organic Hawaiian Spirulina is the most famous of the blue green algae. It is one of the most nutritious foods known, containing up to 65% highly digestible protein. It is one of the world's highest sources of B12, contains ten times more beta carotene than carrots, and has amounts of the cleanser chlorophyll. In addition, it is one of the only foods to contain the essential Omega-6 fats, as well as high levels of vitamins, minerals, and enzymes.

High Pectin Apple Fiber is a rich source of pectin with strong antibacterial and fungicidal properties which have been proven to lower cholesterol. It slows the rate at which sugar and fat enters the blood stream, and by forming a gel, helps to increase fecal bulk. Fiber also feeds the healthy flora in the intestinal system, helping to improve the immune system.

Brown Rice Germ and Bran has been found to lower triglycerides and blood cholesterol in humans. An excellent source fiber, it decreases insulin response after a high carbohydrate meal, helping to prevent constipation and improving transit time thru the colon.

Sprouted Barley Malt aids in the production of aerobic (oxygen using) bacteria, thus normalizing bacterial colonization of the colon. This reduces the risk of infection from toxic bacteria and fungi.

Those are the top ten ingredients you will find in only the very best green food supplement. I have tested and tried dozens, and followed up with several of the manufacturers. If you find one made with the above ingredients you will want to take about ten grams a day.

One of the manufacturers I interviewed was Barrie Carlson, the founder and President of Enerex. Their product, Greens Rx, is the best one I have found yet. (You can find dealers through EnerexUSA, their U.S. distributor.) www.enerexusa.com

Greens Rx is guaranteed to have the highest nutrient content per gram of any green food powder. Since it is competitive price-wise with other brands that do not have the same quality, it is the one I use for my athletes. Enerex also includes a few other ingredients that truly make this the best green food supplement currently on the market. You can also get great deals from an online retailer www.herbalintegrity.com

visit www.herbalintegrity.com for the best pricing and service.