

**Nature's Healing Gifts**  
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GREEN VEGETABLES

Green vegetables have become the focus for natural health and healing. Living constituents of plants, and most importantly the chlorophyll, are receiving much attention today. They have become health giants and are recognized universally as necessities, not accessories. These jewels of nature are consumed by all of the species of animals, birds and fish in one form or another. Whether leaf or seed or sea plants each has a purpose to nourish, cleanse and detoxify its environment both before and after consumption. Fortunately, the varieties designed for humans are varied in their flavor and texture so that just about anyone can find one or more to enjoy.

The National Research Council has always recommended what any nutrition text book will tell you, YOU NEED ONE SERVING DAILY OF A DARK GREEN LEAFY OR DEEP YELLOW VEGETABLE. So let me ask you, how many servings of kale, collards, turnip greens, mustard greens, spinach, beet tops, carrots, pumpkin, squash or sweet potatoes have YOU had this week? You needed seven!

It's a problem! We don't like deep green leafy and yellow vegetables. We don't eat them and increasingly we can't even find them where we're doing most of our eating. Consequently, we are no longer getting enough deep yellow and dark green foods ( and especially not enough raw greens) to stay healthy.

Why do we need a serving of deep green leafy vegetables every day? It is due to their unique nutritional contribution to the body's requirements for health. Green vegetables are excellent sources of complex carbohydrates (the best kind), dietary fiber (so good for colon health), beta-carotene, chlorophyll and anti-oxidant activity. They are usually low in fat and high in minerals and vitamins. They also contain phytochemicals that lower our risk of cancer.

One special virtue of these veggies is their green color - chlorophyll. Chlorophyll in plants can be compared to the blood supply in humans. " Life is in the blood" and the life of plants is in the chlorophyll.

A recent discovery adds more importance to our daily need for green vegetables. When man (or animals) eats green plants, the blood molecules of the plant can become the blood molecules of man by a process biochemists call porphyrin biosynthesis. This then is the clincher. God in His infinite wisdom provided perfectly for the self-repairing, self-rejuvenating, self- energizing of the physical man through chlorophyll - the blood of the plants.

So think of this, without plants there would be no animal or human life on earth! Chlorophyll, the kind found only in green vegetables, is absolutely essential to life. And we need one-half of a cup daily to meet our need for health.

One last thought. There is no substitute in nature for chlorophyll. Your daily diet should include foods such as: turnip greens, collard greens, mustard greens, beet tops, dandelions, broccoli, kale, deep green lettuce leaves, parsley and other greens. If your diet is low on these foods, then you need to add a chlorophyll sources such as [AIM's BarleyLife](#) and [AIM's LeafGreens](#). These two sources of concentrated chlorophyll will meet your body's needs. They are the chemo-protectors, the chemo-preventors, chemo-attackers, chemo-reversers, yes, chemo-healers.

If you fail to eat green foods, you are failing to protect, reverse sickness or heal your body's cells. Is that what you want? Only you can decide.

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