

Today's Best Food

Living in the world today, the tremendous enhancement of science and technology have no doubt changed our lifestyle and transformed our daily life through uncountable conveniences. However, on the human-friendly environment, the earth we are living today is much polluted, this include air pollution, drinking water, radioactive... In addition, stress, working, pressure, unhealthy lifestyle and modification and addition of food preservatives and food toxin in our daily food has threatened our health to a serious extent. So, the technology doing a good favour to humankind or destroying us silently?

All of above unhealthy environment today has made us more nutrients than ever. The sad truth is: the food we are consuming today is either chemically modified, preserved, and having the deadly effect on human after using pesticides and other food chemicals, not only cancelled out all the natural food nutrition but also creating an oxidize element which is called "free radicals" in our body. Free radicals can easily mix and react with other element in our body, destroying our cells in the process. Free radicals are generated in the body to destroy viruses and bacteria but when generated in excessive quantity, free radicals react with the body tissues and cells causing oxidative damage. It also causes the formation of lipid peroxide. Hence, 90% of known illnesses are mediated by free radicals. Under the above circumstance, our body need an "ideal" food to protect and shield us from the above threats; and the definition of "ideal" food is a food that must contain pure and natural balanced nutrients, besides, having the ability to CLEANSE (clean the toxin in our body), ADJUST (balancing the pH level in our blood), and EHANCE (enhance our body with the necessary nutrition).

Green Barley Leaves – is the natural food that has balance nutrition, which we need. It contains live enzymes, which effectively eliminate harmful free radicals in our body and having the effect of anti-aging. The chlorophyll in the barley leaves can neutralize or eliminate toxins in our blood cells and decreases swollen wounds.

In addition, barley leaves is also one of the most alkaline food, which can help adjust the pH level in our blood. Beside, barley leaves is also the best food to supplement nutrition to our body, not only it contained natural minerals, vitamins and proteins, but also provide the necessary amino acids and fatty acids to our body.

Dr. Mary Ruth Swope believes barley leaves is a pure energy food and has stated barley leaves provides more antibodies to protect our body from modern sickness.

According to nutritionist Dr. Mary Ruth Swope from the US and Japanese Professor Hagiwara's years of research and experience, they had discovered barley leaves juice is not only a high nutrition food, but also with high healing power. Thus, barley leaves juice helps in most sickness people suffering today.

- Decrease tiredness, increase energy
- Strengthen immune system
- Improves brown spots and skin problems
- Anti-aging
- Helps in healing wounds
- Eliminates mouth, body odour
- Helps in menopause
- Helps in dieting / adjusting body weight
- Smoothen digestion
- Constipation
- Helps prevent heart attack, cancer, diabetes, and arthritis
- Leukaemia
- Respiration system
- Muscle pain
- Helps healing migraine
- Cell renewal
- Gastric problems
- Smoothen blood circulation

A Profile of Barley

• It is the first grain to ripen in the spring; wheat is next and taken 4-6 weeks longer to mature.

• Because it is hardly and thrives in high altitudes and northern climatic conditions, it is not attacked by bugs, molds, fungi, or worms, which abound later and in warmer climates.

• Barley grain has been shown by chemical analysis to contain 67 percent carbohydrate and 12.8 percent protein; scientists today consider this to be the perfect balance for human nutrition.

• Because of its early maturation and hardiness, barley grass requires no artificial fertilizers, herbicides, or pesticides. Therefore, when we look at green barley as a nutritional supplement, we are looking at the concentrated juice of uncontaminated barley grass.

• Green barley is the perfect solution to our problem with getting enough green leafy vegetables into our daily diet. It is an instant food concentrate available at an affordable price.

• Barley grows in alkaline soil, so the concentrate of its leaves tests out as one of the most alkaline of foods. Therefore, green barley is the perfect provision for counteracting the systematic acid condition plaguing so many Americans today.

• Science is slowly discovering that chlorophyll, the 'green'



found in green barley, may be the perfect, least disruptive treatment for many types of wound and ulcerations. It has no unpleasant or harmful side effects.

• Green barley is an excellent source of the LIVE enzymes we need for perfect health. The American Diet with its predominance of cooked food is increasingly enzyme less.

• Green barley provides a wide spectrum of vitamins and minerals in a nearly perfect balance.

• Green barley provides protein in the form of 'polypeptides', one of the most easily digestible of all proteins.

• Barley brought rejuvenation and renewal to the health of the ancient people whose winter diets were meager. It will do the same for us today.

Green Barley

A Storehouse of Active Ingredients

Dr. Hagiwara discovered that green barley was not only an excellent source, but also one of the richest sources, of the entire broad spectrum of nutrients required by man for growth, repair and well-being. Green barley contains surprisingly great amounts of active components such as enzymes, chlorophyll, antioxidants, minerals, vitamins and proteins. These essential nutrients are vital in maintaining health.

The ancient Chinese Sage of Medicine, Shin Huang-ti, noted: **"It is diet which maintains true health and becomes the best drug."**

The ancient Greek physician, Hippocrates, said over 2, 000 years ago: **"Let food be your medicine and medicine be your food."**

Enzymes

One of the unique characteristics of dried barley leaves is their hundred of **LIVE** enzymes. Enzymes are the body's lab our force in performing all chemical and biological processes in the body.

and will attack any molecule in our body, damaging many of the components of a cell, including DNA. Besides, SOD acts as a cellular anti-oxidant, protecting against radiation and chemical free radicals from pollution, as well as acting as an anti-inflammatory agent and preventing cellular damage following heart attack.

Chlorophyll

One of the most powerful components of dried barley juice is its rich chlorophyll content. It has 66 times more chlorophyll than spinach. Chlorophyll is the green colour in plants and is designed to function as the **BLOOD** of the plant.

Similarity between chlorophyll and the red pigment in blood, chlorophyll helps in stimulating red blood cells in connection with blood supply and improves anemia conditions. Based upon research study conclusions, chlorophyll is shown to be effective in treating bad breath, and all body odors even those caused by colostomies, severe burns, bone infections, perspiration, etc.

Chlorophyll is a good detoxifier. It helps to counteract toxins. Chlorophyll has also proven to be a wound healer, help in eye, ear, nose and throat problems, in chronic sinus and ulcer cases and many more. It was shown to be most effective of 11 different agents (including sulfa drugs, penicillin, etc.) in healing bedsores.

Lastly, chlorophyll seems to provide specific help in allergies and inflammatory diseases like arthritis. The way it does this is still in the realm of that their health has been restored through the inclusion of daily servings of green barley concentrate.

Minerals

Minerals such as potassium, magnesium, calcium are essential to maintain health. For example, potassium is contained inherently in the cells of a living organism to become a source of life activity. Potassium is an especially important mineral because it has a very high ionizing tendency. It is consumed incessantly within our bodies in the process of energy metabolism.

The King of Alkaline Foods

One of the important functions of minerals in our bodies is to maintain the balance between acid and alkaline. The scale indicates acidity from 0-7.0 and alkalinity from 7.0-14.0.

Barley grows very well in alkaline soil, so it comes as no surprise that the green leaves of barley tests, in the laboratory, as one of the most alkaline of all natural foods. It is well known in medical circles that many diseases thrive in an acid medium; only a few can survive an alkaline pH. Recently an



M.D. made the statement that the pH of the average American is 5.4 instead of the ideal 7.35-7.45.

Our systemic acid condition may be attributed to our high intake of meat (beef, pork, veal, chicken, turkey, etc.), high sugar and soft-drink consumption and excessive consumption of preserved foods.

Vitamins

Vitamins impart activity to enzymes within the body, thus promoting metabolism. Vitamins also assist the body in maintaining health against a variety of well-known diseases and conditions. Nutritional science has well documented these specific conditions and the quantities of vitamins required for effective prevention.

Hypervitaminosis, caused by excessive vitamin ingestion, is almost always associated with synthetic vitamin preparation, hardly ever with natural vitamins. Green barley is an excellent source of live, natural vitamins and is sufficient which can be taken for long period of time without risk of side effect.

Proteins

Young barley leaves are an excellent source of all the essential amino acids. (From these the body can make all of the other amino acids.) According to Dr. Hagiwara, green barley leaves is more than 40 percent protein by weight, which is about 90 percent usable. Green barley provides protein in the form of 'polypeptides', smaller proteins that can be directly absorbed by the blood, where they promote cell metabolism.

Many Americans seem to have the wrong idea about protein. In their minds is the idea that we need **MEAT** to grow big muscles with great strength and great endurance-ability to work long hours at hard jobs and without much fatigue. This is not at all true. Plant proteins are excellent at achieving the above goals as long as they are properly combined and consumed at the same meal. For example, rice and beans make a protein that will achieve the same body function as meat, if eaten in the right quantities.

Many studies have shown that vegetarian diets, which incorporate adequate amounts of grains, legumes, nuts, sprouts, etc., produce healthy people. In recent years, the 9 years study of Seventh day Adventists done at Loma Linda University comparing these vegetarians with an equal number of the general population of California who were omnivores showed the Adventists significantly ahead of the other group in every test. They have less degenerative disease and were more productive in their work. Vegetable proteins are **most utilized** by the body and have the added advantage of adding **no fat** and **no cholesterol** to the diet.

Barley Grass

"Barley grass is one of the most incredible products of this decade. It improves the skin texture and the dryness associated with aging." ~ Dr. Howard Lutz.

Of all the grasses, Barley grass has probably been researched more, due to the efforts of Dr. Yoshihide Hagiwara, President of the Hagiwara Institute of Health in Japan. Hagiwara reports that he researched over 150 different plants over a period of 13 years. He found that in barley was the most excellent source of nutrients that the body needs for growth, repair and well-being.

A biologist named Yasuo Hotta from the University of California, La Jolla, found in barley grass a substance called P4D1. This substance not only has strong anti-inflammatory action but was shown to actually repair the DNA in the cells of the body. This aided in the prevention of carcinogenesis, aging, and cell death. He reported in a Japan Pharmacy Science Association meeting that P4D1 suppresses or cures pancreatitis, stomatitis, inflammation of the oral cavity, and dermatitis, and also lacerations of the stomach and duodenum. He found that barley juice is much stronger than steroid drugs but has fewer if any side effects.

Dr. Howard Lutz, who is director of the Institute of Preventive Medicine in Washington, D.C., has said this about barley grass: "(Barley grass is) one of the most incredible products of this decade. It improves stamina, sexual energy, clarity of thought, and reduces addiction to things that are bad for you. It also improves the texture of the skin, and heals the dryness associated with aging."

Some people who try grass juice find that they just cannot tolerate wheat grass juice. It is extremely detoxifying and makes some people nauseous every time they drink it. These people may find that they can tolerate barley grass juice. It is milder, although quite bitter, compared to the sweetness of wheat grass juice.

Barley grass is very high in organic sodium. People who have a tendency towards dehydration need more organic sodium. People with arthritis have used celery juice for years because of the organic sodium it contains. According to Hagiwara, in his book, Green Barley Essence, barley grass has 775mg. organic sodium per 100 grams. This contrasts with 28mg. sodium per 100 grams in celery. Organic sodium keeps calcium in solution in the bloodstream and also dissolves calcium deposited on the joints. (For this reason alone, it should be very calming to the nerves.) It also replenishes organic sodium in the lining of the stomach. This aids digestion by improving the production of hydrochloric acid in the stomach.

Besides chlorophyll and a myriad of vitamins, minerals and enzymes, barley grass is said to have 30 times as much vitamin B1 as in milk, 3.3 times as much vitamin C, and 6.5 times as much carotene as in spinach, 11 times the amount



of calcium in cow's milk, nearly five times the iron content of spinach, nearly seven times the vitamin C in oranges, four times the vitamin B1 in whole wheat flour, and 80 micrograms of vitamin B12 per 100 grams of dried barley plant juice. This analysis was done by the Resource Research Association, Office of Science and Technology, and Japan Food Analysis Center.

This same food analysis center which did research on the dried barley grass juice, found that it contains per 100 grams: 775 Na, 8,800 K, 1,108 Ca, 224.7 Mg, 15.8 Fe, 1.36 Cu, 534 P, 7.33 Zn. Closest to it is spinach: 25 Na, 490 K, 98 Ca, 59.2Mg, 3.3 Fe, 0.26 Cu, 52 P, --

Many people have claimed that regular supplementation with green barley juice stimulates weight loss, which research says is due to the enhancement of the cytochrome oxidase enzyme system which is essential for cell metabolism.

Another enzyme contained by barley grass is superoxide dismutase (SOD), a powerful antioxidant which protects the cells against toxic free radicals which are thought to be a primary culprit in aging and many other diseases.

"It has been my experience, after growing both wheat grass and barley grass and providing juice for people, both in my green house and in juice bars, that people who tend to be arthritic do better with barley grass juice because of its high sodium content. Many people using it have found relief from pain with a week or two." - KK Fowlkes

We have Ann Wigmore to thank for her research on wheat grass and Yoshihide Hagiwara to thank for our knowledge about barley grass. In addition Hippocrates, the father of medicine advised, "Let your food be your medicine," and Shin Huang-ti, said "It is the diet which maintains true health and becomes the best drug."

Barley Grass (Hordeum Vulgare)

Barley grass is one of the green grasses - the only vegetation on the earth that can supply sole nutritional support from birth to old age. Barley has served as a food staple in most cultures. The use of barley for food and medicinal purposes dates to antiquity. Agronomists place this ancient cereal grass as being cultivated as early as 7000 BC. Roman gladiators ate barley for strength and stamina. In the West, it was first known for the barley grain it produces.

Astounding amounts of vitamins and minerals are found in green barley leaves. The leaves have an ability to absorb nutrients from the soil. When barley leaves are 12-14 inches high, they contain many vitamins, minerals, and proteins necessary for the human diet, plus chlorophyll. These are easily assimilated throughout the digestive tract, giving our bodies instant access to vital nutrients. These include

potassium, calcium, magnesium, iron, copper, phosphorus, manganese, zinc, beta-carotene, B1, B2, B6, C, folic acid, and pantothenic acid. Indeed, green barley juice contains 11 times the calcium in cows' milk, nearly 5 times the iron in spinach, 7 times the vitamin C in oranges, and 80 mg of vitamin B12 per hundred grams.

Barley also contains a -glucan, a fiber also found in oat bran and reported to reduce cholesterol levels. The root contains the alkaloid hordenine which stimulates peripheral blood circulation and has been used as a bronchodilator for bronchitis. Barley bran, like wheat bran may be effective in protecting against the risk of cancer.

Part Used : Grain, left when barley hull is removed.

Common Use : Barley is widely cultivated grain used as a food and in the brewing process. It is an additive for human and animal cereal foods. It also makes a flavorful flour for use in baking breads and muffins.

Care : It is a very hardy plant and can be grown under a greater variety of climatic conditions than any other grain, and a polar variety is grown within the Arctic Circle in Europe.

Barley Juice And Anti-aging

by Brenci Werner

A research pharmacologist from Japan, Dr. Yoshihide Hagiwara, M.D., may have discovered in young barley leaves what Ponce de Leon thought he found in Florida—the Fountain of Youth. Dr. Hagiwara's nutritional and pharmacological research, ideas, and creations have brought honors and awards from the Osaka governor, the Invention Association and Pharmaceutical Society of Japan, and most recently, Japan's Science and Technology Agency Director's Award for 1987.

What is this that has brought Dr. Hagiwara such attention and is the subject of much research on aging? The pure juice from young barley leaves in powdered form, extracted when the plants are no more than 12 inches high. At this age the leaves are the brightest green color, indicating high amounts of minerals, vitamins enzymes, chlorophyll and protein. The young barley plants are grown without chemical fertilizers, herbicides or pesticides. After extraction the juice is spray-dried within seconds at room temperature, thus keeping all the enzymes alive and active.

Millions of Japanese have benefited from this powdered barley juice since its introduction there in 1970. In 1980, Dr. Hagiwara brought his discovery to the U.S., where the supplement seems to be an ideal "fast food" for our typical American diet. It is alkaline, helping to balance our acid pH resulting from consuming too many processed foods. Marketed in this country as Barley Green, it is high in potassium, helping to balance our high sodium diets. It is high in calcium and low in phosphorus while our high meat and soft drink diets are high in phosphorus and low in calcium. The supplement is high in chlorophyll which helps to neutralize and remove

toxins from our bodies. Cooking and heat destroy enzymes. Powdered barley juice is a natural raw food, with thousands of live enzymes that aid in digestion and metabolism.

Barley contains a multitude of vitamins and minerals. Its juice is seven times richer in Vitamin C than an equivalent weight of oranges, five times richer in iron than spinach, ten times richer in calcium than milk, is a significant source of Vitamin B-12, and contains 15 times as much protein as an equivalent amount of milk.

Dr. Hagiwara believes that the key to the nutritive value of this supplement is not just the nutrient content of the concentrated extract, but its biochemical form which promotes more effective assimilation. What really sets this powdered barley juice apart from other food supplements, he says, are the thousands of live enzymes. The anti-aging enzyme superoxide dismutase (SOD) is one of these. SOD aids in digestion and metabolism by helping to disperse vitamins and minerals into the blood stream to be absorbed by the body. Dr. Richard Cutler, a biophysicist at the National Institute of Aging has shown that the life span of many mammalian species, including man were found to be directly proportional to the amount of SOD contained in the cells. The animals with the longest life spans and man were found to have the highest levels of SOD. SOD acts as a cellular anti-oxidant, protecting against radiation and chemical free radicals from pollution, as well as acting as an anti-inflammatory agent and preventing cellular damage following heart attacks.

Dr. Hagiwara in Japan and Biologist Dr. Jasuo Hotta, a specialist of gene engineering at the University of California

at La,Jolla, found that when powdered barley juice was added to damaged cells, the DNA within the cells repaired itself twice as quickly as DNA in cells receiving none. Current theories are that both cancer and aging result when genes fail to repair themselves.

Moreover, when the barley juice supplement was added to cells before they were subjected to radiation and a carcinogen, Hotta says the repair rate was easily three times as fast as normal." Thus, Dr.Hagiwara claims, the findings

may eventually help to prevent cancer, aging, or both. Experiments showing the ability of powdered barley juice to repair damaged cells, neutralize the effects of carcinogens and radiation, and retard the aging process have all been done on laboratory cell cultures and animals. While many people report improvement in a wide variety of physical problems, no controlled tests have been done on humans. The improvements noticed are the effects o [detoxifying the body and providing the proper nutritional elements in a form readily absorbed by the body.

Constituents of Green Barley Leaf Extract

Macronutrients			
	Protein 12.7 g/100 g	Carbohydrates 71.0 g/100 g	Fat 3.0 g/100 g
Micronutrients			
Minerals	Vitamins *	Enzymes ***	Amino acids
Boron	Beta carotene	Aspartate aminotransferase	Alanine
Calcium	Biotin	Catalase	Arginine
Chloride	Choline	Cytochrome oxidase	Aspartic acid
Chromium	Folic acid	DNase	Cystine
Copper	Niacin	Fatty acid oxidase	Glutamic acid
Iodine	Pantothenic acid	Hexokinase	Glycine
Iron	Vitamin A	Malic dehydrogenase	Histidine
Magnesium	Vitamin B1	Nitrate reductase	Isoleucine
Manganese	Vitamin B2	Nitrogen oxyreductase	Leucine
Nickel	Vitamin B6	Peroxidase	Lysine
Phosphorus	Vitamin B12**	Peroxidase catalase	Methionine
Potassium	Vitamin C* **	Phosphatase	Phenylalanine
Selenium	Vitamin E	Phospholipase	Proline
Sodium	Vitamin F**	Polyphenoloxidase	Serine
Sulfur	Vitamin K	RNase	Threonine
Zinc	Vitamin P**	Superoxide dismutase	Tryptophan
Trace amounts of more than 50 other minerals		Transhydrogenase	Tyrosine
			Valine

* Some United States chemical associations recognize only 13 vitamins. However, the International Union of Pure and Applied Chemistry (from the International Union of Biochemistry) has identified 19 vitamins, and the Japanese Vitamin Academic Society has identified 17 vitamins.

** Vitamin P and Vitamin F are considered citrus bioflavonoids and essential unsaturated fatty acids, respectively. Vitamin B12 is generally believed to come only from animal sources; however, independent analyses from Irvine Analytical Laboratories, as well as from the Resource Research Association, Office of Science and Technology, and Japan Food Analysis Center, indicate that green barley leaves contain B12.

*** There is not a standard method to analyze enzyme activities. Superoxide dismutase (SOD) has been used to measure enzyme activities. Lab analyses indicate that green barley extract contains active SOD. The presence of active SOD in green barley extract may indicate that other common green grass enzymes are found in active conditions.

Taste, Texture and Smell of Green Barley Leaves Juice Powder

Being a completely natural product the taste, texture and smell of green barley leaves may vary from batch to batch . This can be as a result of weather during growing time, the amount of rain, sunshine, seasonal changes, harvest time

ect. The volume of green barley leaves may also vary slightly from batch to batch depending on the size of the juice granules.

Frequently Asked Questions About Barley Grass

How is barley juice powder processed?

Barley grass is organically grown without using any chemical pesticides, herbicides or fertilizers. The plants are harvested when the leaves contain the widest spectrum of nutrients, and low temperature processing is used to convert the barley grass into concentrate juice powder.

Is there anyone who should not use barley grass?

Barley grass is a natural whole food concentrate and is safe for consumption for most people. People with severe medical problems or complications should consult a health practitioner before taking it.

Can I take barley grass while taking medication?

As long as your health practitioner has not forbidden you to eat salads or green vegetables, you can consume barley grass.

How to consume barley grass?

It is advisable to consume 1 teaspoon (3g) twice a day 30 minutes before a meal as barley grass works best on an empty stomach. For those who are ill it is advisable to increase the amount to 1 teaspoon 3 times a day and for people with quite severe illness this can be increased the serving size depending on your needs and state of health. Take either cold or room temperature water and consume it immediately or it will lose its nutrients due to oxidation.

Why do we need to use room temperature or cool water?

Because the barley grass has 'live' enzymes and other nutrients that will be destroyed by using hot, warm or iced water.

Why should we consume barley grass on an empty stomach?

To enable the nutrients can be assimilated easily without the presence of other foods.

Who is barley grass good for?

Everyone can benefit from the nutrition of barley grass. It is an excellent food for people of all ages from young children to the elderly. Pregnant women who eat barley grass provide their unborn child with excellent nutrition.

If I take barley grass, should I also take other supplements?

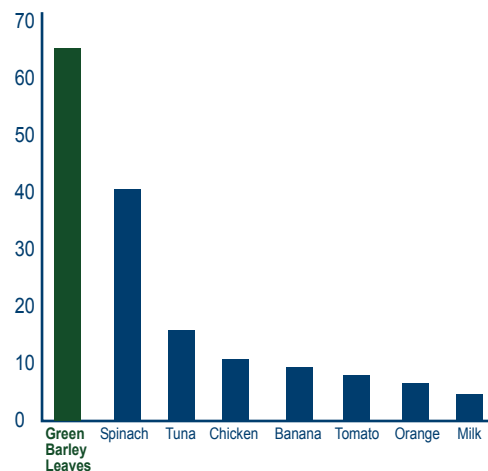
There is no need for you to take other supplement because barley grass provides the wide range of essential nutrients and is so finely balanced.

I started taking barley grass and I feel worse. Why?

When you begin taking barley grass, your body often goes through a cleansing known as detoxification. This can manifest itself in fatigue, rashes, headaches, nausea, vomiting, diarrhea, insomnia or constipation depending on the state of your health or your diet. It is your body flushing out toxins and will soon pass. For more information, see the Detoxification data sheet.

Why are green barley leaves known as the 'King of Alkaline Food'?

The comparison of green barley leaves and other foods



For cells to regenerate and organs of the body to function smoothly an alkaline diet is necessary. Green barley leaves contain a super level of alkalinity and are ideal for this purpose.

What are the benefits of the chlorophyll in green barley leaves?

Chlorophyll in green barley leaves has a similar molecular structure as hemoglobin and is easily absorbed into the blood. Known as 'Green Blood' chlorophyll is able to control the growth of pathogenic disease, help our bodies to secrete toxins and the production of blood and revitalization of cells.

Extract from:

• Green Barley Essence: The Ideal Fast Food, Dr. Yoshihide Hagiwara, Keats Publishing Co., New Canaan, CT.

• Green Leaves of Barley: Nature's Miracle Rejuvenator (3rd Ed.), Dr. Mary Ruth Swope and David A. Darbro, M.D., Swope Enterprises, Lone Star.

• The Spiritual Roots of Barley, Dr. Mary Ruth Swope with Miriam Champness, Swope Enterprises, Inc.

• www.nutritionlifestyles.com/aging.htm

• www.kcweb.com/herb/barley.htm

• www.bvj.com/barleygreen/constituents

