

Dark Green Leafy Foods –vs– Radiation Fallout

Dark Green Leafy Foods:

There have been many studies which say that chlorophyll has wonderful radiation protection properties.

Eating fresh and raw dark green vegetables is the best way to get the chlorophyll.

There are liquid chlorophyll in bottles, but the water soluble are chemically changed and not like raw plant sources.

Raw chlorophyll is a dark green product.

Raw uncooked chlorophyll encourages new cell growth, rapidly speeds up healing, and much more.

Raw uncooked chlorophyll is a rich source of vitamins A and E.

Start eating more dark green veggies every day (broccoli, chard, spinach, beet greens, asparagus, turnip greens, etc., raw and uncooked).

Most sea weeds are green and high in chlorophyll too.

Sea weed and algae soaks up a lot of sunlight and is rich in lots of trace minerals.

Raw uncooked chlorophyll protection the body in many ways!

Chlorophyll is absorbed and assimilated easily into the body.

Raw uncooked dark green leafy foods are “Green Magic” to our bodies.

Chlorophyll is “Therapy” and “Antidote” to Radiation exposure, like from Japan.

Surviving the Radiation Fallout, eat lots of dark green leafy foods to help stay alive.

Raw uncooked chlorophyll reduces side effects of radiation.

Be ready for the Radiation Fallout, from Japan or anywhere.

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Need to store non-perishables foods, such as grains, legumes, seaweed (natural iodine), algae (natural iodine), and sea salt without iodine (man made chemical) can be kept for many years.

We can sprout grains, beans, lentils, seeds, and the grasses from wheat, rye, barley, oats, alfalfa, mustard greens, alfalfa, and etc will give us nourishing green chlorophyll to help protect us from Radiation Fallout.

Other foods high in chlorophyll are spirulina, chlorella, and wild blue-green algae.

Wheatgrass juice stops cravings for sugar and chocolate.

Raw uncooked chlorophyll has been used as a treatment for problems as diverse as anemia, pancreatitis, radiation poisoning, and many more problems.

Wheatgrass juice helps the liver remove toxins from the body.

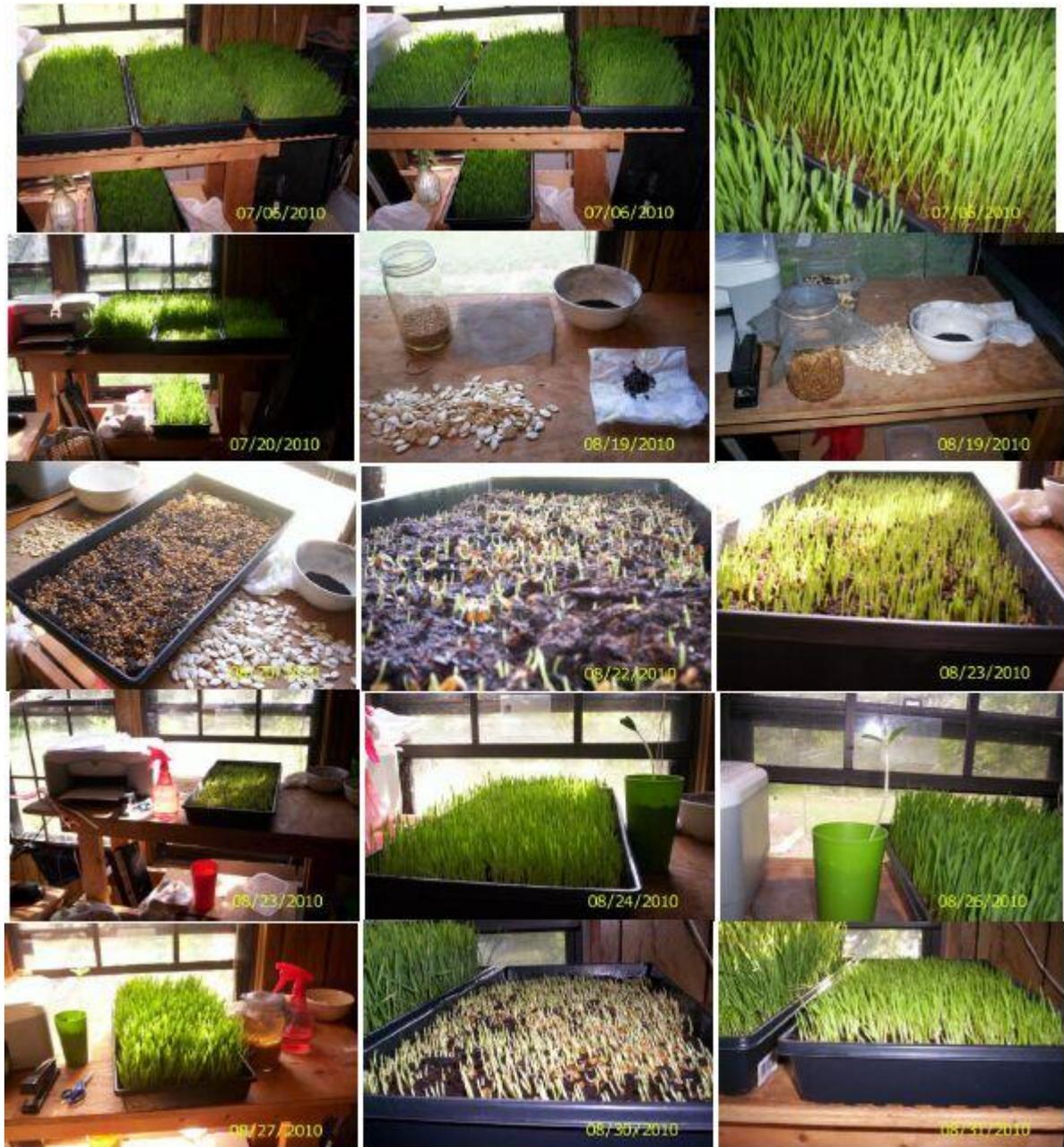
Chew wheatgrass to get the juices out and when no more juice, spit out the fiber.

Check out Dr. Ann Wigmore on the Web, she has recognized the value of wheat grass juice in our lives for great health and peace of mind.

1. Chlorophyll is the best aid in gastrointestinal problems and cleans the digestive tract.
2. Chlorophyll Promote formation of hemoglobin and red blood cells.
3. Chlorophyll treats bad breath and body odor.
4. Chlorophyll has antioxidants and anti-inflammatory properties.
5. Chlorophyll detoxify toxins that cause cancer and is an anti-carcinogenic.
6. Chlorophyll assimilates calcium and other heavy minerals.
7. Chlorophyll fights infections and control germs and antiseptic.
8. Chlorophyll contains vitamin K, C, folic acid, iron, calcium, protein and much more.
9. Chlorophyll enhances energy.

This data is from many web sites...

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EAT GREEN AND LIVE

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