



## Green Drink Benefits

Green drinks are a great source of varied vitamins, minerals, chlorophyll, micronutrients and antioxidants. Being highly alkaline, they also help to boost the body's energy levels and remove toxins from the lymph system whilst encouraging new cell growth.

The following shows the ingredients of many *green drink* products and highlights some of the benefits of each element:

- **Kamut Grass** - Can decrease cholesterol levels, lead to weight loss and add protein to the diet.
- **Alfalfa Sprouts** - Also helps to lower cholesterol, shift weight, and is also a source of protein and folate.
- **Broccoli** - Strong anti-cancer ingredient. Also helps to cleanse and strengthen the blood, boost the immune system and improve digestion. Broccoli helps to lower cholesterol and adds vitamins c, a, b6 and b2, and the minerals folate, iron, potassium and magnesium!
- **Dandelion Greens** - Excellent at warding off cancer, strengthens the immune system and also helps with weight loss and cholesterol levels. Great source of iron and calcium.
- **Kale** - Also anti-cancer, strengthens blood, strengthens immunity, lowers cholesterol, contributes to weight loss and contains Vitamin C, A, Iron, Calcium, Potassium, Magnesium.
- **Kelp** - Strengthens the blood and immune systems while lowering cholesterol! Importantly, also assists in breakdown of protein and regeneration of blood cells. Also a source of folate, Iron, Calcium, Magnesium and Iodine.
- **Okra** - Anti-cancer, Strengthens blood, Strengthens immunity, Improves digestion, Lowers Cholesterol, Weight Loss, Source of Fibre, Vitamin C, B1, B6, Folate, Iron, Calcium
- **Parsley** - Anti-cancer, Strengthens blood, Strengthens immunity, Lowers Cholesterol, Weight Loss, Vitamin C, A, Folate, Iron
- **Spinach** - Anti-cancer, Improves blood pressure, Strengthens blood, Strengthens immunity, Improves digestion, Lowers Cholesterol, Weight Loss, Source of Fibre, Vitamin C, A, B2, B6, Folate, Iron, Calcium, Potassium, Magnesium
- **Tomato** - Anti-cancer, Strengthens blood, Strengthens immunity, Lowers Cholesterol, Weight Loss, Vitamin C, A, Folate, Iron, Potassium
- **Watercress** - Watercress has strong cancer fighting capabilities and can also help to reduce cholesterol and aid with weight reduction. It is a good source of vitamins A and C.
- **Oat Grass** - As with watercress, but also contains a high level of fibre, iron and magnesium.
- **Soya Bean** - Soya bean is a great source of protein and gives the immune system an almighty kick!
- **Sprouts** - Sprouts contain literally hundreds of condensed vitamins, minerals and micronutrients.
- **Celery** - Lowers Cholesterol, Weight Loss, Source of Fibre, Vitamin C, Folate

- **Cabbage** - Anti-cancer, Strengthens blood, Strengthens immunity, Weight Loss, Source of Fibre, Vitamin C, Folate
- **Bilberry Leaves** - Improves blood sugar control in diabetics, Lowers triglycerides, Strengthens capillaries, Protects against atherosclerosis, and blocks E. coli bacteria
- **Boldo** - Helps indigestion, Protects the liver from toxins, has anti-inflammatory and anti-microbial properties
- **Goldenseal** - Anti-fungal and Anti-bacterial properties
- **Lecithin** - May lower cholesterol, may protect liver
- **White Willow** - Anti-inflammatory
- **Slippery Elm** - Aids irritable bowel syndrome, gastritis, heartburn, and haemorrhoids
- **Marshmallow Root** - Good for digestive and respiratory problems
- **Turmeric** - Anti-inflammatory, works on indigestion and gall bladder disease
- **Peppermint** - Treats colicky pain, irritable bowel syndrome, indigestion, gall stones, candida, yeast infections, and relieves mucus congestion
- **Corn Silk Diuretic** - rich source of potassium, helps disorders of the kidneys, bladder and urinary tract, and liver
- **Couch Grass** - Improves sore throats, difficult urination and kidney stones
- **Pau d'Arco** - Immune stimulant, effective against bacterial, fungal, viral, parasitic, and yeast infections
- **Rosemary** - Potent antioxidant, antiseptic, and antispasmodic. Used for nervous disorders upset stomach, headaches, pain, strains and bruises
- **Thyme** - Antiseptic, treats respiratory problems such as asthma, allergies and coughs, as well as digestive problems and headaches
- **Black Walnut Leaf** - Anti-fungal and anti-parasitic, relieves constipation, and may help eliminate warts. Helps balance blood sugar levels, burn toxins and fatty deposits, and has anti-cancer effects.
- **Wintergreen** - Helps headaches, arthritis and muscle pain. Reduces inflammation and stimulates circulation
- **Celery Seed** - Reduces blood pressure, eliminates arthritis, gout and kidney problems. Diuretic and antioxidant properties
- **Dandelion Diuretic** - cleans blood and liver, increases bile production, improves kidney, spleen, pancreas, and stomach function
- **Lemon Grass** - Aids in digestion, reduces fevers, flu, headaches and intestinal irritation
- **Meadowsweet** - Tightens tissues, promotes elimination of excessive fluids, anti-inflammatory. Works on colds, flu, nausea, digestive disorders, diarrhoea, muscle cramp and ache
- **Papaya** - Aids digestion, eliminates heartburn, indigestion and inflammatory bowel diseases
- **Plantain Diuretic** - treats indigestion and heartburn
- **Sage** - Stimulates central nervous system and digestive tract
- **Rosehips** - Antioxidant properties, fights inflammation, bacteria and fungi. Relaxes stomach, stimulates circulation and digestion, and detoxifies the liver
- **Parsley** - diuretic, anti-cancer effects, stimulates digestion, helps kidney, liver, stomach, lung and thyroid function.