

GREEN IS THE COLOR OF HEALTH !

Over 25 years ago someone gave me the book “HERBS AND THE FOUNTAIN OF YOUTH” by Claudia V. James, and when I read the first sentence – “Have you ever contemplated on the miracle of **GREEN?**” It started me on a path of learning that is still going on. So grow, green along with me as I share a few of my findings.

GREEN is the **LIFE COLOR**. All life energy comes from the **SUN**. Plants alone possess the secret of changing this solar energy into the **GREEN CHLOROPHYLL** to nourish man and beast. **CHLOROPHYLL** is the true staff of life and is the blood of the plant, and we exist because of our Creator’s most precious gift of **CHLOROPHYLL**. It is the best source of protein that can be assimilated by our bodies. **CHLOROPHYLL** is a web of carbon, hydrogen, oxygen and nitrogen atoms grouped around a single atom of magnesium and the hemoglobin of human blood is similar except for the atom of iron in the center. Can you now begin to understand why **CHLOROPHYLL** could be the best blood “transfusion” to heal and rebuild your bloodstream. **CHLOROPHYLL** used in abundance could also be your best protection from air pollution, lead and mercury poisoning, carcinogens, radiation and other dangers in our polluted world now.

Be sure to use your **GREENS RAW** to get all the live enzymes which keep the cells oxygenated for health. **CHLOROPHYLL** will produce rich mothers milk and babies should be given **CHLOROPHYLL** instead of cows milk.

Most people have never really learned to use the common **GREENS** that are growing around us and we call them **WEEDS** and try to dig them out of our lawns, and gardens and throw them away. From now on throw them in your salad or “greendrink”. Of course you’ll recognize some of these as good common foods or herbs. **GRASS** itself can be included in the daily diet.

ALFALFA – the name itself means “Father of all Foods” and has most all the known vitamins and minerals. It is rich in iron, magnesium, potassium, phosphorus and calcium in a form the body can utilize. Use sprouts – but grow them until they turn green with chlorophyll and plant some to get the real strong green alfalfa flavor and more potent nutrients, the plant hormones have much the same effect as estrogen.

ALOE VERA – usually known as the burn or skin plant, but when you soak a piece in water and drink that water or eat a small piece each day it can be very healing for ulcers, digestive and circulatory problems, the intestinal tract or other internal disorders and can also have a laxative effect. Use it with beans to eliminate the gas problem.

AMARANTH – known by common name as red root also. Use the leaves in salads. It is very high in protein, calcium, phosphorus, iron, potassium and especially vitamin A, C and some B vitamins. The seeds of the cultivated variety are now being sold and can be used as a cereal grain or ground to use as flour.

BUCKWHEAT – sprout these three-cornered seeds with the brown shells and plant in soil. Cut the buckwheat greens when they are about 6” high to use in salads or sandwiches.

BEDSTRAW OR CLEAVERS – use stems, leaves and seeds to make a tea for reducing. Can be even more effective when used with chickweed. Bedstraw tea will rid the liver, kidney, pancreas and spleen of toxic wastes. Drink daily for lymphatic disorder. Cancer of the tongue has been healed with this tea.

CALENDULA OR MARIGOLD – pick the beautiful orange and yellow petals and decorate your salads. They are high in Vitamin A. Dry them for winter use. Calendula tea has worked wonders for infectious hepatitis. Use the calendula ointment for varicose veins and even cancer of the skin. Has been very effective in athletes foot.

CATNIP – drink tea to help you sleep or for a baby that has colic. It is a natural tranquilizer.

CHICKWEED – a mild delicious tasting green to be used in sandwiches in place of lettuce or just chopped into salads. It has a tiny white star like blossom. They grow big and lush in the spring and fall and can even be found under the snow. Excellent for losing weight.

CLOVER – red, white or yellow clover can all be cut and used in salads. Leaves, stems, blossoms and roots are edible. Red clover tea is used to purify the blood, especially for cancer (but not for leukemia).

COMFREY – is sometimes known as KNITBONE tea because it’s a cell proliferant and so heals broken bones and wounds very quickly. Excellent source of natural calcium and also the much needed Vitamin B-12. Use the leaves, blossoms and roots in salads or in tea. Use to heal ulcers, cancers, asthma and lung conditions, etc. The saying is “a leaf a day keeps illness away”. If comfrey were used for no other reason than to help keep the blood-stream pure it’s worth the effort of getting a root and growing your own plant.

DANDELION – don’t despise this lowly plant that grows in your lawn, but read of it’s virtues and use it every day and not just in the spring. One ounce of greens will give you 7,000 units of Vitamin A. Of course, as it becomes older and a little more bitter, that is because of the minerals which the deep roots are bringing up from the soil. This will be one of your best sources of iron and an excellent blood tonic. It has two outstanding qualities – it will stimulate and heal disorders of the liver and gallbladder. Diabetics should eat up to 10 stems daily. Decorate your salads with the yellow blossoms. Besides chopping the raw roots in your salad – roast the roots and then make tea by simmering these roots for the best coffee substitute available that will have no side effects from caffeine, but will be a mineral rich drink that can keep you in good condition because the liver is the detoxifying organ of the body.

DAY LILIES – tubers, tender stems and leaves, buds and beautiful orange blossoms can all be used. Again the orange color indicates a high Vitamin A content. Since the flowers only bloom one day before they die – we gather all the blossoms each evening to give a festive touch to our salads – and dry the rest to be used in the winter.

DOCK – red and yellow curly dock leaves are rich sources of iron, but of course have a more bitter taste. You will get a good source of calcium and phosphorus and much needed potassium, plus some of the B vitamins. The seeds can also be saved and husked and then ground to use like flour.

ELDERBERRY – elder flower tea has been used for colds and fevers. Carefully pull the tiny white petals off if you want to save the green centers which will develop into the berries. The berries are very high in Vitamin C, A and potassium, so add them to your fruit salads.

FENNEL – looks like dill but has licorice flavor. Used to get rid of worms and will also help to relieve gas. You can eat the leaves and seeds or make tea with both parts.

GARLIC – pick the wild garlic and use green tops and bulbs. Will bring high blood pressure down and will also help to kill worms. It's a natural anti-biotic so use it often. Hold a small wild garlic clove in your mouth and suck it (don't chew it) to heal a sore throat or abscessed tooth.

KALE – be sure to include this green plant in your daily salads for rich nourishment, and no high oxalic acid like spinach.

LAMBS QUARTERS – sometimes called goosefoot because of the shape of the leaf is another green that some say is better than spinach. It's called a deep diver and the root brings up the trace minerals as well as the calcium, potassium and iron but is still a mild tasting green.

MALVA or **MALLOW** (land or marsh) this is another "deep diver" which is an excellent source of many minerals and has been extremely valuable in liver and kidney complaints. Also know as "buttonweed" because of the little seed pods which can be eaten as well as the leaves. This plant has one of the highest known sources of Vitamin A. Has been used to heal gangrene and cancer of the larynx. Soak in cold water only – then warm. Do not make tea with hot water.

PARSLEY – put parsley in every dish you can think of. It has 22,000 units of Vitamin A in one ounce, whereas carrots have only 2,000 units per ounce and so is an eye and skin medicine. Probably the third richest source of Vitamin C and much richer in iron than spinach. Don't throw the garnish away, but tell others how valuable it is. It is also used as a diuretic to keep the kidneys in good condition.

PEPPERMINT – most tasty tea, but eat some of the leaves chopped in your salad to give a delightful change. Can help to drive gas out of the intestinal tract. Will help with nausea and headaches. Use plenty in your "greendrink".

PLANTAIN – both the broad leaf and narrow leaf are valuable for a salad green and can be found all summer growing in lawns. The narrow has been found even in winter. Rub on bee stings, insect bites, snake bites and poison ivy or cuts. It is considered one of the most sacred ancient herbs. It will even heal old open wounds if plantain leaves are used as a fresh poultice every day. It has also been used for disorders of the respiratory organs, whooping cough, T.B., eczema and herpes. The seeds when ripe are as rich in B1 as rice polishings.

PURSLANE – the round fleshy leaves and succulent stalks can be used as a mild salad green. Has few calories and is good for dieting and is high in riboflavin as well as Vitamin A and C. Thoreau stated that men frequently starve when the necessities of life are passed by. Source of Omega-3.

ROSES – use the petals and rose hips (seed pods). Petals have been claimed to help heart troubles and nervous hysteria. They add a beautiful touch to salads. Wild rose petals are best. The white or greenish ends can be snipped off since they are a little bitter – but it is not necessary. You can make a high Vitamin C drink from the hips which is much better than orange juice for you.

SAGE – the name means to save and sage tea drunk frequently strengthens the body. It is said to prevent strokes and aid in paralysis. Sage and lavender can help relieve night sweats. It is blood cleansing, dispels phlegm and helps with intestinal troubles and ulcerated mouth. Use as gargle for tonsillitis and bleeding teeth or put piece of cotton saturated with sage tea in mouth. Small quantities can be used as culinary herb.

SUNFLOWERS – plant the unhulled seeds in trays or pots to grow tasty, tender salad greens. Use the seeds daily. Best way is to soak the hulled sunflower seeds in water overnight so that they begin to sprout, and then eat them the next day. Chew thoroughly to get true benefit for the eyes and to assimilate the iron.

THYME – drink thyme tea instead of coffee in the morning to have enlivened spirits and comfort in the stomach according to the old herbals. It has helped in pneumonia, bronchitis and emphysema as well as paralysis, stroke, multiple sclerosis and even epileptic fits. Thyme mixed with melted butter and spread on whole wheat toast is a great treat. As a nervine drink tea to induce sleep.

VIOLET – use this beautiful flower on top of salads and its leaves are very edible and a very high source of Vitamin C. Poultices have been used for cancerous growth. Said to help quinsy or sore throat and good for heart and nerves.

WHEATGRASS – (ordinary wheat sprouted and grown in soil) – as mentioned before the grasses have something that other foods do not contain and is so close to human blood that we should grow and use some every day. Of course oats, rye and barley grass are all valuable too. The fibers are hard to digest so it's best to make the juice and drink it or add some to the blender to make "greendrink". Smaller amounts can be chopped fine and added to salads.

YARROW – this is the foremost herb for women. It can be used for irregular menstruation or menopause. Pick the white or pink blossoms during bright sunshine and then steep to make yarrow tea. Steep whole plant in cold water overnight then heat next day and use for sitz baths for bedwetting, inflammation of the ovaries and for fibroids. Hot tea has also helped migraines. Old herbals call yarrow "cure of all ills" and have found it helpful for disorders of bone marrow.

These are but a few of the marvelous **GREEN** plants that we should learn to use. Read more about these in the many many books that are available today and remember as long as you're **GREEN** you're **GROWING**.

Healthfully yours,
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