

UDO'S CHOICE® BEYOND GREENS

What are 'greens'? We refer to 'greens' as the diverse population of salt and fresh water plants (algae), land plants, and land plants that have returned to aquatic environments, all of which are green in colour. **'Greens' are the basic foundation of human health and regeneration** and have been an endless food source for living creatures as far back as it goes.

Biologists believe that land plants evolved from one-celled aquatic organisms and did not colonise the land until about _ a billion years ago. Plants and their green ancestors are rich in magnesium-containing chlorophyll, the green pigment found in chloroplasts of plants. Chlorophyll is what absorbs the light energy from the sun that drives photosynthesis, making Earth the green planet.

Where do we find 'greens'? 'Greens' dominate nearly all terrestrial communities. They are found in gardens and woods; fields and meadows; on mountains; in valleys and oceans; on our windowsill (sprouted from seeds); or in a pot in the house. They include grasses, leaves, herbs, algae, seaweeds, broad-leafed plants, trees, mosses, lichens, ferns, shrubs, weeds, and many more.

What are phytochemicals? In the Greek language, the word 'phyto' means plant. Phytochemicals are, by definition, any biologically active compound derived from plants. They function as the plant's immune system, defending against exposure to diseases and viruses; determine plant colour and taste; and aid the many biological tasks plant organisms must carry out to survive.

Thousands of phytochemicals are found in plants, and humans have only recently begun to study the molecular structure of these valuable food compounds. Examples of phytochemicals are carotenoids, flavonoids, plant sterols, polyphenols, lignans, sulfides, curcumins, saponins, coumarins, terpenoids, phthalides, and many more. On-going research continues to provide new insights into what they are and how they aid in the preservation of human health.

Phytonutrients are plant chemicals used as foods. *Phytomedicines* elicit biological responses in the body systems of mammals that consistently reduce the risk of one or more diseases of chronic nature. Phytochemical-rich 'greens' and other plant parts have been used, since as long as man has been alive, to improve the health of those who consume them.

- **Why do we need 'greens'?** Greens are our most important foods because they provide us with all of the essential components of health. *They are our foods, as well as our medicines.* Where green plants cannot grow, we cannot live. Greens: Have been making the **oxygen** we need to breathe for about 3 billion years (blue-green algae were the first photosynthesizers);
- Provide us with **water** and hold water in the soil;
- Dissolve and then absorb the **minerals** from rocks and make them useable for us;
- Manufacture the **vitamins** that are essential to our life;
- Manufacture amino acids and **proteins**, as well as essential fatty acids and **fats**;
- Make sugars and starches, which are **fuel** for our cells;
- Provide **fibre** and, if raw, provide **digestive enzymes** as well as **probiotics**;
- Are our greatest source of **antioxidants**;
- Provide **phytonutrients**, nature's medicines;
- **Alkalinise** our body into a healthier state; and

- Produce our steaks (a cow is made from grass)!

Greens improve health and can slow, prevent, or reverse degenerative diseases. Natural products made from plants are inexpensive and safe (largely without adverse side effects), compared to conventional, synthetic medicines.

How should we use greens? Almost every health problem will benefit from the use of green foods. *Fresh organic greens are best*, because they are rich in essential nutrients. Organic greens can be juiced or blended for easier digestion; steamed or boiled; or dried for long term storage, which is especially important for busy and/or travelling people.

Dried greens keep well; can be carried in a suitcase, briefcase, backpack, or purse; and, while not quite as good as fresh greens, still contain most of the nutrients we need. Some of the dry greens used in portable products include the sprouts of grains, one-celled organisms, and dried vegetable powders. All of these greens have virtues.

Udo's Choice Beyond Greens

Available in a 255g brown glass bottle.

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