

# LIFEFORCE

## BARLEY GRASS PLUS

120 Capsules  
Nappi Code 701579/004

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### BARLEY GRASS PLUS

#### THE FACTS:

**Barley Grass** is a green grass – considered to be the most nutritional of the green grasses, a vegetation that can supply sole nutritional support to every individual. Before green grasses undergo the reproductive cycle that creates the grains, they are in the grass stage. These grasses contain approximately the same amount of vitamins and minerals as dark green vegetables. When grasses are harvested at a young age, they have a different chemical makeup from their adult counterparts.

Dr Yoshihide Hagiwara, after twenty years of intensive research said, *“It is clear to me that the leaves of the cereal grasses provide the nearest thing this planet offers to the perfect food. For reasons of palatability, higher nutrient content and favourable harvesting features, green barley stands out as the best among these”.*

### COMPONENTS OF BARLEY GRASS

#### **Enzymes, Vitamins and Minerals**

It contains a multitude of the body's enzymes. Enzymes are the catalysts for the body's essential chemical reactions and are responsible for our digestive processes, for providing cellular energy, and for antioxidant effects. Despite their importance, most people do not get the enzymes they need. This is because heat destroys enzymes, and most of our foods, whether cooked at home or pre processed, are heated and the enzymes are destroyed. Through twenty years of research it has been found that there are many active enzymes in green barley.

Barley grass contains at least sixteen vitamins, twenty-three minerals, eighteen amino acids, natural chlorophyll and one of the most important aspects is that it contains live digestive enzymes.

#### **Chlorophyll**

Barley grass contains chlorophyll, which has been studied for its potential in stimulating tissue growth and red blood cells. Chlorophyll reduces absorption of three dietary carcinogens:

- Heterocyclic amines (found in cooked meats)
- Polycyclic hydrocarbons (found in smoked and barbecued foods)
- Aflatoxin (a mould on peanuts)

Chlorophyll combines with the carcinogens while they are still in the digestive tract, limiting their bioavailability. Chlorophyll has also been found to reduce faecal, urinary and body odour in older patients.

#### **Alkalinity**

Barley grass has a high alkalising effect, which helps reduce the acidity in our body fluids. Our cells cannot function adequately if the PH (which measures acidity and alkalinity) is not in a narrow range. Most processed food are acidic and when we consume too many of them, the acidity-alkalinity balance is upset. It has hypocholesteromic, anti-

inflammatory and anti-ulcer properties. An antioxidant has been isolated and reported to have an equal or superior affect to that of Vitamin E.

#### **ESSENTIAL FATTY ACIDS**

Cold pressed and unrefined for maximum nutrition from organically grown flax seed.

#### **OMEGA 6**

Omega 6 is the only source of both Linolenic Acid and Gamma-Linolenic Acid. This essential oil helps your body to manufacture the beneficial prostaglandins. A fall in the level of Prostaglandin's will lead to:

- Increased blood clotting
- Elevated cholesterol levels in the blood
- Diabetic-like changes in insulin release
- Weakening of the immune system
- Susceptibility to depression
- Greater risk of inflammation
- Disruption in the transmittal of nerve impulses
- Deregulation of calcium ions in the blood
- Disruption of all types of cellular responses to stimuli

As a food supplement, Omega 6 appears to stimulate the production of T-Cells from the thymus as well as balance out the production of prostaglandin.

#### **OMEGA 3**

People victimised by Candidiasis cannot process essential fatty acids efficiently. It interferes with an enzymatic protein that is a vital processor of long-chain fatty acids which is important in:

- Maintaining membranes
- In conducting metabolism
- In producing local hormones called Prostaglandin's (Pgs).

Omega 3 Flax Oil is a rich source of essential fatty acids and is the most concentrated vegetable source of Omega 3 fatty acid found in nature.

This would provide 18% (EPA and Omega3) and 13% (EPO) of your Fatty acid needs daily.

## SEAWEED (Kelp) POWDER

- ✓ Rich in vitamins & contains more than 50 trace minerals
- ✓ Normalising effect on the thyroid gland
- ✓ Underweight people can gain weight
- ✓ Obese people can lose weight
- ✓ Aids poor digestion, flatulence and obstinate constipation
- ✓ Maintains the health of the mucous membranes
- ✓ Assists in treating Arthritis and Rheumatism
- ✓ Can assist in curing colds and skin irritations
- ✓ Binds metallic toxins

## LIFEFORCE BARLEY GRASS PLUS WHAT CAN IT DO FOR YOU ?

### BARLEY GRASS – *Adult*

- ✓ Restores your energy levels to help you cope better with today's hectic lifestyle and stress
- ✓ Alkalises your system and relieves aches and pains
- ✓ Builds up your immune system and keeps disease at bay
- ✓ Boosts and balances your hormonal system
- ✓ It is a natural anti-inflammatory
- ✓ Promotes the restoration of damaged DNA in the cell nucleus and restores biochemistry of each organ in the body
- ✓ Slows down ageing
- ✓ It is a powerful antioxidant
- ✓ It has been found to contain hyper-cholesteromic and anti-ulcer properties

### BARLEY GRASS – *Child*

- ✓ Builds their immune systems, reduces allergies (e.g. Asthma) and helps them cope better with colds and flu.
- ✓ Provides a balanced source of nutrients
- ✓ Clears up skin problems
- ✓ Assist in prevention/cure of warts
- ✓ Stimulates growth hormone
- ✓ Alleviates Anaemia
- ✓ Provides all their calcium needs, contributing to healthy teeth and bones

### GENERAL BENEFITS OF BARLEY GRASS

Barley grass can assist the following disorders: -

- ✓ Hypoglycaemia, low energy levels
- ✓ Diabetes
- ✓ Cerebral allergy – which has resulted in depression, mood swings and irritability
- ✓ Food and environmental allergies
- ✓ Painful joints – Arthritic conditions
- ✓ Chest pains
- ✓ Heart disease
- ✓ Bad circulation
- ✓ Blood pressure related problems
- ✓ Arteriosclerosis
- ✓ Hormonal imbalances
- ✓ Chronic infections
- ✓ Constipation
- ✓ Skin disorders

### BEST NATURAL SOURCES

Barley, sunflower oil, olive oil, fish oils, Fatty Fish – Salmon, Pilchards and Tuna.

### DOSAGE

2 Capsules twice a day, 20 minutes before meals.

### TOXICITY

Nil known

### ENEMIES

Heat, antibiotics, preservatives, colourants, sulphur drugs.

### PERSONAL ADVICE

No other additional supplements are necessary – however - your requirements are raised by smoking, the pill, pregnancy, breast-feeding, alcohol, burns, chronic infection and age.

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## REFORM DISTRIBUTERS

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