

Cellular Detoxification with Barley Grass

Grass juice factors offer potent defense against toxins.

- by Melissa Lynn Block

AT THE UNIVERSITY OF California, San Diego, biologist Jasuo Hotta and his research team found themselves hot on an intriguing investigative trail. He had isolated a glycoprotein substance from barley grass called P4DI that appeared to have potent effects against inflammation. In Dr. Hotta's experiments, P4DI also had some impressive effects on DNA: It looked as though this substance could actually repair cellular DNA after it had been damaged by X-rays and chemical toxins. Dr. Hotta found in further experiments that P4DI supported improvements in the production and repair of human sperm cells.

DNA damage is a root cause of cancer formation, and is believed to play a role in the aging process. One effect of global warming and the erosion of the ozone layer is a dramatic increase in the level of radiation and carcinogens we are being exposed to.

Further experiments subjected isolated cells to a double-barreled bombardment: a potent carcinogen and radiation. Some cells were bathed with barley grass juice, and others were left to their own devices. The results of these experiments were even more remarkable: It appeared that the repair rate was at least three times faster in cells that got the barley green treatment.

In the modern world, we are constantly bombarded with carcinogens and radiation from many sources. The body is under assault, and although we may not feel the cumulative effects of this day-to-day toxic warfare, it takes its toll on our bodies, a few cells at a time. Over the years, this could predispose us to developing any of a number of common chronic diseases—most notably (and frighteningly), one of dozens of forms of cancer.

The initial event of carcinogenesis is a change in cellular DNA that causes the cell to multiply rapidly and become undifferentiated. According to the research, the concentrated and unique nutrition found in cereal grasses could well repair that DNA damage before it gets out of hand.

Can Barley Detoxify Mother's Milk?

We are exposed daily to known carcinogens. We carry these carcinogens in our tissues. They are found in virtually every

person's body, and in high concentrations in the breast milk of nursing mothers.

Dairy farmers have known for years that the healthiest calves were those weaned in the spring and early summer when their mothers were grazing on fresh green grass. According to modern research, maybe nursing mothers could learn something from them.

Grass Juice Factors

According to research by Charles F. Schnabel, one of the world's most cited experts on the benefits of concentrated green foods, as yet unidentified phytochemistry exists in the young green leaves of cereal grasses.

Cereal grasses are completely different from cereal grains and contain no gluten. They are grown from barley, wheat, or kamut, and the rich green shoot is allowed to grow until the stage called pre-joining, long before it has grown its own seeds. At that point, when the enzymes, chlorophyll, vitamins, minerals, and antioxidant substances are at their maximum concentration, the grass is cut, juiced, and gently dehydrated using no binder, filler, or heat, creating a pure, raw and stable powder.

Barley grass juice has been used by natural medicine to aid healing for a long list of disorders, including arthritis, constipation, chronic fatigue, allergies, asthma, yeast infection, and anemia.

But the real gift of this juice is its detoxifying effects. Its chemopreventive effects and its healing properties may be partly due to its effects on cellular DNA, but it also works at a more macroscopic level, promoting the function of the body's natural detoxifying systems.

Detoxification By Many Routes

Barley grass juice and other cereal grass juices help clear the body of chemical toxins, heavy metals, and accumulated wastes in a number of ways:

1. Its rich store of chlorophyll improves intestinal motility; one of the first benefits most users notice is relief from constipation.

2. It decreases the absorption of dioxins—and, possibly, other toxic chemicals—through the walls of the intestinal tract into the circulation. Experiments have shown increased heavy metal and dioxin excretion into the feces with supplementation of concentrated green foods.

3. Because it is a nutrient-dense “superfood” loaded with antioxidants, barley grass juice promotes better detox function in the liver, the primary organ of detoxification. Research by scientist Charles F. Schnabel found that the livers of hens fed cereal grasses were “a dark mahogany color”—an indicator of excellent liver function and health—while other hens had sickly-looking “light tan colored livers.”

**Healthy Living’s Choice:
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Our favorite powdered barley green juice, Purium Health Products’ Organic Barley Green Juice, was created by green foods guru David Sandoval. His barley grass is grown from select organic seeds at an elevation above 5,000 feet. Mineral-rich soil from an ancient volcanic lake bed provides optimal growing conditions. It’s processed on-site at a low temperature (88 degrees Fahrenheit) without pasteurization, so that none of the nutrients or enzymes are lost. You can mix Just Barley with your favorite juice or add it to a smoothie once or twice a day.

References available at
www.freedompressonline.com.

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31 The Doctors’ Prescription for Healthy Living / Volume 9, Number 9

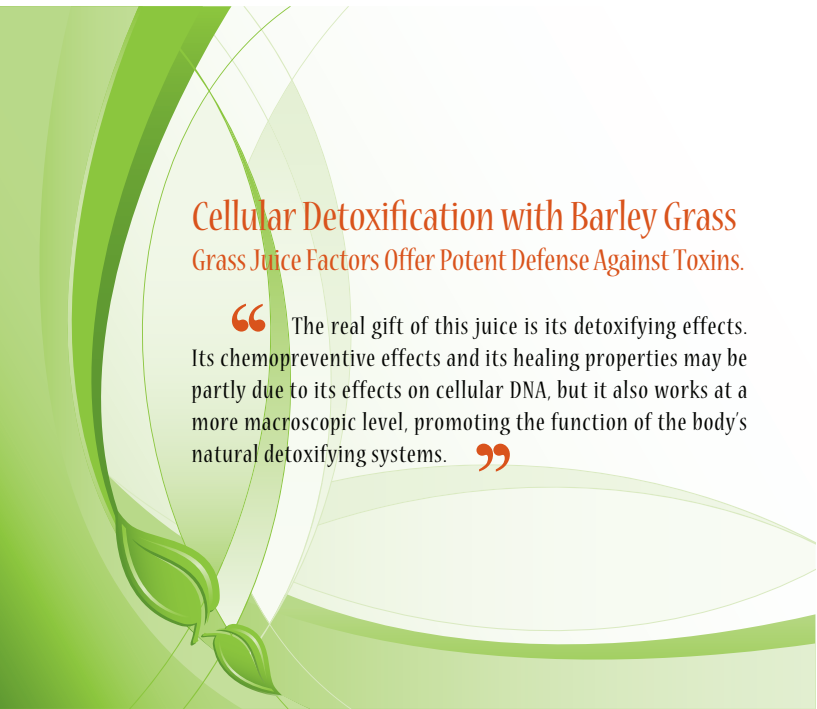


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Cellular Detoxification with Barley Grass
Grass Juice Factors Offer Potent Defense Against Toxins.

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