



## Benefits Of Barley Grass- An Alternative to Wheat Grass

**Of all the grasses, barley grass has probably been researched more than any other.** Dr. Yoshihide Hagiwara, President of the Hagiwara Institute of Health in Japan, researched over 150 different plants over a period of 13 years. He found that **barley contains the most excellent source of nutrients that the body needs for growth, repair and well-being.**

### Barley To Prevent Disease And Repair Cells

A biologist named Yasuo Hotta from the University of California, La Jolla, found a substance called P4D1 in barley grass. Not only does this substance have a **strong anti-inflammatory action, but it was also shown to actually repair the DNA in the cells of the body.** This aided in the prevention of cancer, aging, and cell death.

He reported in a Japan Pharmacy Science Association meeting that P4D1 suppresses or cures pancreatitis, stomatitis, inflammation of the oral cavity, and dermatitis, and also lacerations of the stomach and duodenum. **He found that barley juice is much stronger than steroid drugs but has fewer if any side effects.**

Dr. Howard Lutz, director of the Institute of Preventive Medicine in Washington, D.C., has said this about barley grass: **"(Barley grass is) one of the most incredible products of this decade. It improves stamina, sexual energy, clarity of thought, and reduces addiction to things that are bad for you. It also improves the texture of the skin, and heals the dryness associated with aging."**

### Detox With Barley Instead Of Wheatgrass

Some people who try grass juice find that they just cannot tolerate wheatgrass juice. It is extremely detoxifying and makes some people nauseous every time they drink it. These people may find that they can tolerate barley grass juice. It is milder, although quite bitter, compared to the sweetness of wheatgrass juice.

### Arthritis, Dehydration And The Calming Effects Of Barley

Barley grass is very high in organic sodium. People who have a tendency towards dehydration need more organic sodium. People with arthritis have used celery juice for years because of the organic sodium it contains. According to Hagiwara, in his book, Green Barley Essence, barley grass has 775-mg. of organic sodium per 100 grams. This contrasts with 28-mg. of sodium per 100 grams in celery.

Organic sodium keeps calcium in solution in the bloodstream and also dissolves calcium deposited on the joints. (For this reason alone, it should be very calming to the nerves.) It also replenishes organic sodium in the lining of the stomach. This aids digestion by improving the production of hydrochloric acid in the stomach.

Compliments of

**Carol Ishman, Green Supreme Distributor**

**[www.ibodycare.com/greenbarley.htm](http://www.ibodycare.com/greenbarley.htm)**



### **Barley Analysis**

According to the Resource Research Association, Office of Science and Technology, and Japan Food Analysis Center barley grass contains chlorophyll and a myriad of vitamins, minerals and enzymes. Green barley is said to have:

- 30 times as much vitamin B1 as in milk,
- 3.3 times as much vitamin C, and
- 6.5 times as much carotene as in spinach,
- 11 times the amount of calcium in cow's milk,
- Nearly five times the iron content of spinach,
- Nearly seven times the vitamin C in oranges,
- Four times the vitamin B1 in whole-wheat flour, and
- 80 micrograms of vitamin B12 per 100 grams of dried barley plant juice.

This same food analysis center which did research on the dried barley grass juice, found that it contains per 100 grams: 775 Na, 8,800 K, 1,108 Ca, 224.7 Mg, 15.8 Fe, 1.36 Cu, 534 P, 7.33 Zn. Closest to it is spinach: 25 Na, 490 K, 98 Ca, 59.2Mg, 3.3 Fe, 0.26 Cu, 52 P, --

**Weight Loss** - Many people have claimed that regular supplementation with green barley stimulates weight loss. Research says this is due to the enhancement of the cytochrome oxidase enzyme system, which is essential for cell metabolism.

**Free Radicals** – Green barley also contains a powerful antioxidant, which protects the cells against toxic free radicals. These are thought to be a primary culprit in aging and many other diseases. This is due to another enzyme called superoxide dismutase (SOD).

**Arthritis** - "It has been my experience, after growing both wheatgrass and barley grass and providing juice for people, both in my green house and in juice bars, that people who tend to be arthritic do better with barley grass juice because of its high sodium content. Many people using it have found relief from pain with a week or two." K. K. Fowlkes

Our thanks to Ann Wigmore for her research on wheatgrass and to Yoshihide Hagiwara our information about barley grass.

Hippocrates, the father of medicine advised,  
**"Let your food be your medicine."**

Shin Huange-ti, said,  
**"It is the diet which maintains true health and becomes the best drug."**

Compliments of  
**Carol Ishman, Green Supreme Distributor**  
**[www.ibodycare.com/greenbarley.htm](http://www.ibodycare.com/greenbarley.htm)**