

## 5 Reasons why Barley Grass may be good for you!

Do you live a busy life? Sometimes miss meals or don't eat a balanced diet? Do you sometimes miss out on sleep or put your body under stress? Or do you just like to make sure you look after your health?

If you answered "yes" to any of the above, barley grass could help you gain energy and improve and maintain your overall health for the following reasons:



- Barley grass is packed with nutrients you need
- Barley grass is an alkalizer for your body
- Barley grass has antioxidant and detoxifying properties
- Barley grass may have anti-cancer properties
- Barley grass is easy to include as part of your diet

### **Reason 1: Barley grass is packed with nutrients**

Barley grass contains every vitamin except vitamin D, most minerals (especially calcium) and all essential and non-essential amino acids all available in their natural easily absorbable forms.

Nineteen amino acids are found in barley grass including all eight of the essential amino acids<sup>1</sup>. Amino acids are the building blocks of proteins, which are essential for continual cell building, and regeneration, as well as energy production, immune function and detoxification.

Barley grass also contains a number of living enzymes and flavonoids that function as potent free radical scavengers<sup>2</sup>. These compounds make barley grass a great nutritional supplement that provides antioxidants and anti-inflammatory nutrients. In fact, some studies show that barley grass extract may be very beneficial nutritionally, for many health problems including gastric ulcers, high cholesterol levels and even some cancers.

### **Reason 2: Barley grass is an alkalizer**

Barley grass is naturally alkaline and helps to neutralise excess acidity in the body. It is also a rich source of chlorophyll<sup>1,12</sup>, the green pigment that is necessary for making sugars by plants via photosynthesis. Chlorophyll is one of the most potent alkalising plant nutrients needed to maintain an alkaline body. Green barley also contains an array of alkalising minerals, such as potassium, magnesium and calcium.

### **Reason 3: Barley grass has antioxidant and detoxifying properties**

Green barley contains high concentrations of naturally occurring substances with antioxidant and anti-inflammatory properties<sup>1,4</sup>. Britain's Food Guru, Dr Gillian Mc Keith, in her book "Living Food For Health – 12 Natural Superfoods to transform your health" calls Green Barley the "Toxin Terminator"; which is a fitting name for such an amazing food.

Barley grass contains antioxidant phytonutrients including the enzyme Superoxide Dismutase (SOD), the flavonoid 2"-O-glucosylisovitexin (2"-O-GIV), protein fractions P4-D1 and D1-G1, as well as many other phytonutrients (plant nutrients) that are yet to be studied.

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Note: New Leaf does not endorse any form of treatment, nor does it encourage you to undertake any such treatment on your own. We urge you to see your family healthcare practitioner before undertaking any kind of medical treatment. Supplements are to be taken with an appropriate diet, exercise program and advice from a qualified healthcare practitioner.

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Superoxide Dismutase is an essential antioxidant enzyme. The importance of SOD in the body is clearly demonstrated by a study which showed that mice lacking the gene coding for SOD died within the first ten days of life due to heart disease, fatty liver, acceleration of age-related muscle loss and metabolic acidosis. A deficiency of SOD was shown in another study to lead to *widespread free radical damage, leading to the development of liver cancer later in life*.

However it is not just SOD that is responsible for green barley's potent antioxidant and detoxifying effects. One study showed that the complete green barley extract was found to be more beneficial nutritionally for rheumatoid arthritis than the consumption of only the isolated SOD<sup>6</sup>. This is most likely due to the synergistic actions of various phytonutrients in green barley, rather than just the SOD content. Another important compound found in green barley is 2"-O-GIV. This was shown to inhibit superoxide and hydroxyl radicals by 97% and 91% respectively<sup>4</sup>. These are two of the main damaging free radicals in the body.

Green barley also contains the protein fractions P4-D1 and D1-G1, which were shown to have an anti-inflammatory action better than aspirin when given intravenously.

#### **Reason 4: Barley grass may have anti-cancer properties**

Barley grass has been shown to have anti-mutagenic properties, which means that components in barley grass are able to inhibit damage to the body by cancer causing compounds<sup>13,14</sup>. Chlorophyll may be partly responsible for this action as recent studies have shown that it protects cells against radiation, supports blood cell production and inhibits cancer development. Furthermore, the antioxidant enzyme, SOD have been shown to inhibit cancers caused by free-radical damage<sup>6</sup>.

#### **Reason 5: Barley grass is easy to include as part of your diet**

*Suggested uses - Adults:* As a nutritional supplement mix 1 to 2 teaspoons of Barley grass Powder into juice, smoothies, salad dressing or other food; build up to twice daily.

*Children:* ½ to 1 teaspoon daily.

#### **Caution:**

Green barley is a natural food and is not linked to any significant adverse effects. However, due to its detoxifying properties it is best to start at a low dosage and gradually increase the dosage to avoid any detoxification symptoms. Common symptoms of detoxification include headache, fatigue, flatulence, increased bowel movements and water excretion. These symptoms should cease within 24 to 48 hours, however many people do not suffer any detoxification symptoms at all.

Ensure you drink plenty of filtered water and eat a healthy diet to support your body's detoxification efforts. Barley grass is a rich source of Vitamin K, which is an important vitamin for blood clotting. Therefore it is important to discuss this with your doctor if you are taking blood thinning medication.

**For product related information and to make a purchase:** see the [Barley Grass](#) section of our web-site.

**References:** a range of references about Barley Grass are available. For a full list, please email us at [info@newleafonline.com.au](mailto:info@newleafonline.com.au).

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