

# *Sarah's Healing Touch for Women*

## 10 **Super Greens** To Add To Your Green Smoothie



1. **Bok Choy.** Bok choy is a great source of fiber, which is essential for healthy digestion. The beta-carotene in bok choy is beneficial for eye health, helping in the prevention of cataracts and macular degeneration. Bok choy is a great source of potassium and calcium, both help to lower blood pressure levels. Additionally, bok choy is low in sodium, and lower levels of sodium have been linked to lower blood pressure levels. This awesome green is rich in vitamin C and one cup is more than a full day's vitamin A that is needed. Folate and vitamin B-6 are also off the charts, which remove toxins and cleanse the blood. By cleaning the blood it cleans all your systems and particular helps with heart health. It also provides potassium to the body, which regulates the heartbeat.
2. **Collard Greens.** This leafy vegetable from the cabbage family isn't just packed with nutrition but it's tasty too. Get this, just one cup of collard greens provides more than 70 percent of the recommended daily allowance for vitamin C and contains anticancer properties. Collard greens also provide antioxidants, anti-inflammatory benefits, and cardiovascular and digestive support. They are high in soluble and insoluble dietary fiber. Collard greens support the capacity and balance of the body's systems. The dark greens really help with detoxifying the body and are very helpful in providing antioxidants to your systems along with being anti-inflammatory. Collard greens are very rich in vitamin A, which protect against cancer, heart disease, and cataracts. Vitamin K is so high in collard greens that it is literally off the charts. Vitamin K is an essential component in blood clotting. It is especially important towards the end of pregnancy since deficiencies can increase a women's chance of postpartum hemorrhage.

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3. **Parsley.** Parsley has been used for congestion and inflammation of the kidneys and bladder, gravel, stones, and urine retention. The root and leaves are excellent for the liver and spleen. It is also one of the best reliefs for edema, helping when other remedies have failed; parsley is a very reliable diuretic remedy often ignored today. Parsley root and seeds contain ingredients that help produce a pain relieving benefit to relax stiff joints. The herb contains no cholesterol; however, it is rich in anti-oxidants, vitamins, minerals and dietary fiber, which helps control blood-cholesterol, prevents constipation, protects the human body from free radicals mediated injury and from cancers. Parsley is perhaps the richest of the entire herb sources for vitamin K. Eating parsley or drinking its juice after consuming strong-smelling foods, such as garlic or onions, will clear the heavy odor from the breath. Parsley is also very good at ridding your body of any unwanted parasites! The only thing to be aware of with parsley is it does dry up milk supply so it would be a green to stay away from when nursing.
4. **Dandelion Greens.** Dandelion greens are loaded with calcium. If your goal is detoxification and cleansing, dandelion greens should be the ones you use in green smoothies! They are said to help cleanse the liver and many detox recipes call for them. Dandelion greens are rich in minerals. Besides calcium and iron, they are a good source of copper, manganese, phosphorus, potassium and magnesium. Dandelion has amazing benefits for your liver. It is recommended for liver detoxification just as much as the more commonly known milk thistle. Dandelion is an excellent natural laxative. It is better than using drugs for constipation because it can be taken for months with no ill effects. It increases release of bile by the liver and gall bladder, which explains why it is so effective at helping with heartburn and indigestion. It also alleviates the bloating associated with PMS. It is also great for cleansing and healing for the gallbladder
5. **Chard.** The reason chard is so colorful is because it is one of the most antioxidant-rich foods on the planet (antioxidants are responsible for the vivid colors in fruits and vegetables). It contains beta-carotene, vitamin E, vitamin C, zinc, lutein, zeaxanthin, quercetin, kaempferol, and many other disease fighting antioxidants. Chard is great to help regulate blood sugar levels. If you are at risk for diabetes or you have been diagnosed with diabetes, you should eat more leafy green vegetables such as chard. Chard also helps with strengthening the bones and is rich in vitamin K. Chard is crucial for the proper functioning of the brain and nervous system because it is essential in the formation of the myelin sheath, the protective layer around nerves. Swiss chard is high in iron, which is essential for maintaining the health of the circulatory system and the prevention of anemia. The

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vitamin K it contains promotes healthy blood clotting and prevents excessive bruising and bleeding. Chard is rich in biotin, an important hair vitamin that promotes hair growth and strength. Research has found that 30 mcg per day of biotin is beneficial for the hair and one cup of Swiss chard contains about 10.5 mcg. Swiss chard also has high amounts of vitamins C and A, both of which assist the hair follicles in the production of sebum. One cup of Swiss chard contains a whopping 9,276 mcg of lutein, an antioxidant that is essential for eye health. Researchers suggest that consuming between 6,000 and 10,000 mcg of lutein per day can maintain the health of the eyes and possibly prevent or delay the onset of age-related eye diseases.

- Kale.** Kale is very high in iron! Per calorie, kale has more iron than beef. Iron is essential for good health, such as the formation of hemoglobin and enzymes, transporting oxygen to various parts of the body, cell growth, proper liver function and more. Kale is also high in Vitamin K. Eating a diet high in Vitamin K helps with so many things that have been mentioned above. Kale is filled with powerful antioxidants. Antioxidants, such as carotenoids and flavonoids help protect against various cancers. Kale is a great anti-inflammatory food. One cup of kale is filled with 10% of the RDA of omega-3 fatty acids, which help, fight against arthritis, asthma and autoimmune disorders. Kale is great for cardiovascular support. Eating more kale can help lower cholesterol levels. Kale is high in Vitamin A and C. Vitamin A is great for your vision, your skin as well as helping to prevent lung and oral cavity cancers. Kale is wonderful for calcium intake. Per calorie, kale has more calcium than milk, which aids in preventing bone loss, preventing osteoporosis and maintaining a healthy metabolism. Vitamin C is also helpful to maintain cartilage and joint flexibility. Kale is a great detoxify food. Kale is filled with fiber and sulfur, both great for detoxifying your body and keeping your liver healthy.
- Beet Greens.** Studies have shown that beets and beet greens are wonderful for promoting a healthy heart. The heart-healthy nutrients found in beet greens include folate, fiber, potassium, magnesium, and vitamin C. Beets are a great source of manganese, copper, iron, phosphorus, and tryptophan. There are 74 calories in one cup of beets and 39 calories in one cup of beet greens. Similar to spinach and Swiss chard, beet greens are an excellent source of vitamin A, which provides powerful protection from oxidative damage to cellular

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structures and DNA.

Beet greens are a rich source of lutein and zeaxanthin, important nutrients for health vision. Like most fruits and vegetables, beet greens contains all essential amino acids. They are particularly high in the essential amino acid, tryptophan. Getting adequate tryptophan in the diet *might* prevent mood imbalances and promote healthy sleep cycles.

- 8.) **Broccoli (including stem, leaves, and rind).** Eat your broccoli leaves! A one-ounce serving provides 90 percent of your daily vitamin A requirement (the florets deliver only 3 percent). Broccoli is a great source of vitamins A and C and is also a good source of folate. Folate is especially important for women who are pregnant. Insufficient folate in the diet of pregnant women may increase the risk of brain defects for the growing baby. The antioxidants in broccoli may play a role in reducing the risk of breast, cervical and prostate cancer while also boosting liver function. Because of the amount of potassium that broccoli contains it is very beneficial for the nervous system. Potassium helps to carry oxygen to the brain, which keeps everything in good working order "up there" it, is an indispensable mineral to the nervous system. Broccoli is very high in vitamin C, which is essential for fortifying the immune system. Not only does broccoli have a great vitamin C content but it also contains useful amounts of the trace minerals: zinc and selenium which act as back-up for immune defense.
- 9.) **Sprouts.** Sprouts have always been popular as a nutritious food. Sprouts like radish, alfalfa, clover, soybean, and broccoli are excellent sources of protein and a wide range of different nutrients that can help maintain good health. Some of the vitamins that sprouts contain include Vitamin A, Vitamin C, Vitamin B1, Vitamin B6, and Vitamin K. Apart from this, it is also rich in minerals such as Iron, Phosphorous, Magnesium, Potassium, Manganese, and Calcium. As if these are not enough, sprouts also have dietary fiber, Folate, and Omega-3 fatty acids. Sprouting seeds, grains and legumes are found to have higher content of these nutrients. Aside from the nutrients, they are also abundant in enzymes, which can keep our bodies healthy and fit. Cooking food under fire results in the loss of some of those enzymes. Eating fresh fruits and vegetables are the best way to get more of these. Eating fresh sprouts is a good way to get access to a powerful source of enzymes. Sprouts are also very high in protein. In fact, they can contain up to 35 percent protein. Adding sprouts to your diet will give you the necessary protein intake required by your body. Sprouts are also highly recommended for

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vegans and vegetarians. Another thing you will love about sprouts is how easy it is to digest this food. Its digestibility is rooted from the high amount of enzymes that they contain. Eating sprouts can be very helpful for people with digestive or bloating problems. They are also perfect for younger kids and elderly people. Since sprouts are also high in fiber and low in calorie, it can contribute positively to any weight loss diet plan. Eating sprouts will let you enjoy nutrients without the extra calories. It will also make you feel fuller and stave off hunger longer. If you are looking for a way to lose weight, include sprouts in your diet.

- 10.) **Spinach.** Spinach is the most common green used for green smoothies especially when first starting. Spinach has a very mild flavor and blends well and smooth. Spinach too is packed with nutrition. It Protects against heart disease, Anti-diabetes, Regulates blood pressure, Important for development of unborn babies, Protects against age-related memory loss, Eye health: prevents cataracts, macular degeneration, Cancer-fighting, Anti-inflammatory, Strong bones/anti-osteoporosis, Good for skin health (eczema, acne, psoriasis) and even preventing skin cancer from the sun, Natural diuretic and laxative (fights constipation), and Reduces frequency of migraine attacks. Everyone talks about the benefits of spinach in nourishing the eyes and building bones. What few know is that it also very good for digestion. Spinach eases constipation and protects the mucus lining of the stomach, so that you stay free of ulcers. It also flushes out toxins from the colon. Regular consumption of fresh, organic spinach juice has been shown to improve skin health dramatically.

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\* This article was put together with the help and encouragement from many great articles on the Internet and health books that I own.

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