



Chlorophyll

Nature's blood-building element for all plant eaters

The green color we associate with plants is due to the presence of chlorophyll, an amazing substance that makes life on planet earth possible. Chlorophyll is what makes it possible for plants to capture light energy from the sun to produce carbohydrates, the basic energy source for people and animals.

We're often advised to "eat green leafy vegetables" for good health and part of the reasoning behind this advice lies in the healthy benefits of chlorophyll. For starters, the chlorophyll molecule is based on the mineral magnesium, a nutrient many people are deficient in. Chlorophyll-rich, green leafy vegetables also contain many other minerals needed to build strong tissues.

Chlorophyll has been shown to have many positive health benefits besides being a source of magnesium. It has an alkalizing effect on the body and increases the oxygen-carrying capacity of the blood. It can help fight infection, cleanse open wounds, relieve chronic sinus conditions and nourish the blood. And, it does all this with no toxic or irritating effects.

In 1994, The American Association for Cancer Research found that chlorophyll has the capability to ward off cancer-causing agents within the body. Some of the carcinogens chlorophyll has the ability to combat include benzopyrene (associated with tobacco smoke) and certain carbamates (elements found in insecticides that result in convulsions and death in lab rats). Upon oral administration of chlorophyll, there was a significant drop in incidence of cancerous growths.

Oregon State University and the University of Hawaii found that properties of chlorophyll inhibit an amine from fried foods, an element that has been found to instigate cancers within the mammary glands and the liver in human subjects. Chlorophyll was shown to suppress the carcinogenic factor.

The antioxidant effect that chlorophyll produces stimulates cellular activity, promotes normal growth of cells, and aids in nutrient absorption into the cellular walls. These functions allow chlorophyll to expedite the healing process within body tissues, from cuts to ailing organs to chronic disease.

Chlorophyll has been called the green "blood" of plants and has the ability to nourish human blood. It appears to stimulate production of hemoglobin, the substance necessary for red blood cells to carry oxygen. Chlorophyll also reduces agglutination (stickiness which causes the clumping of red blood cells). This reduces the tendency to clotting while increasing oxygen uptake in the blood. It is also part of the reason chlorophyll is alkalizing.

Chlorophyll can be used in "green" drinks, as a poultice on wounds to fight infection and increase healing, as a food to tone the body, and even in enemas to cleanse the neutralize dangerous poisons. It also has a mild laxative action.

Another benefit of chlorophyll is that it is deodorizing. It has been used for years in nursing homes to lower the odor of fecal matter and perspiration. Chlorophyll is a good product to use when doing a cleanse as it reduces odors when detoxifying.

Alfalfa is the most common source of commercial preparations of chlorophyll. The leaves are harvested and quickly pressed to release the liquid—the life-blood of the plant. The chlorophyll is then extracted from this juice and stabilized.

Natural chlorophyll is a fat soluble substance, which is why it causes grass stains. The chlorophyll in gel caps is fat soluble and has all the health benefits of chlorophyll in foods. Liquid chlorophyll, however, has been modified to make it water soluble. In liquid chlorophyll, the magnesium is replaced with sodium and copper to form water soluble sodium copper chlorophyllin. Liquid chlorophyll is a good source for the mineral copper, but does not supply magnesium.

Suggested Use:

Take 1-2 capsules of chlorophyll two or three times daily or put 1-2 teaspoons of liquid chlorophyll in water or juice and drink as often as desired. Many people regularly add liquid chlorophyll to their own drinking water and that of their children and pets, finding it is a great energy booster and general health aid. A great energy pick-me-up is a mixture of Liquid Chlorophyll with Thai-Go or Herbal Punch.

There is one myth commonly circulated about chlorophyll that we should dispel. Other than magnesium (in fat soluble chlorophyll) and copper (in liquid chlorophyll), chlorophyll is not a good source of minerals. In other words, although it is extracted from alfalfa, it is not alfalfa juice and does not contain the iron and trace minerals found in the herb.

Selected References

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

<http://www.vitamins-supplements.org/phytochemicals/chlorophyll.php>

<http://www.blackwell-synergy.com/doi/abs/10.1111/j.1365-2621.2002.tb08782.x?cookieSet=1&journalCode=jfds>

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