

Drink Your Vegetables Daily

by Sylvia Ortiz



Finding a link between select phytonutrients in vegetables and reduced breast cancer risk, J. Freudenheim, Ph.D., lead author of a report from the *Journal of the National Cancer Institute*, emphasizes that the natural mix of antioxidants and other protective compounds in these foods is essential for maximum protective benefit: “Evaluated components found together in vegetables may have a synergistic effect on breast cancer risk...” You can get the beneficial phytonutrients found in vegetables by including important green foods, such as barley, spirulina and chlorella, in your diet with nutritional superfoods like **Macro Greens™**. These nutrient-rich green foods are packed with highly potent antioxidants that help to protect the genetic structures of breast cells.

As a working mother, I realized that women’s diets frequently are not optimal and that homemakers, in particular, often look out for everyone but themselves. That’s why I formulated **Macro Greens™** as a well-rounded, antioxidant-rich superfood. I wanted to make sure women could take one or two glasses a day of this delicious-tasting drink and get all the vitamins and minerals their bodies required for super health. For this reason, **Macro Greens™** also includes other antioxidant-rich foods such as spirulina, chlorella, green tea catechins, *Ginkgo biloba*, grape-seed extract, milk thistle, rose hips, bioflavonoids, and vitamins C and E.

highly effective antioxidant effect against superoxide and hydroxyl free radicals. In fact, 2”-O-GIV was so powerful that the barley grass antioxidant inhibited superoxide formation by 97 percent and inhibited hydroxyl radical formation by 91 percent. Since free radicals have been implicated as a cancer risk factor, the scientific and health communities are taking the power of barley grass to inhibit these damaging molecules very seriously.

POWERFUL PHYTONUTRIENT BREAST PROTECTORS

Each of these ingredients offers powerful phytonutrients the body uses to defuse chemical carcinogens that damage breast cells. Among these are flaxseed, a rich source of lignans and alpha-linolenic acid. Based on experimental and case control studies, the evidence is convincing that regularly consuming flaxseed can help to reduce risk of breast cancer; undo some of the damage caused by cancer-causing chemicals or processes; and help to prevent the spread of tumors. **Macro Greens™**

also contains acidophilus-based probiotics. Most women don’t know that probiotics (i.e., friendly bacteria) also offer protection against breast cancer. Lactobacillus bacterial strains inhibit beta-glucuronidase, the fecal bacterial enzyme that prevents the body from detoxifying more potent forms of estrogen such as estradiol into nontoxic forms like estriol. Toxic forms of estrogen increase women’s risk of breast cancer, but the benign forms reduce risk. Thus, the probiotic cultures in **Macro Greens™** can normalize gut flora that help to defuse toxic estrogen. To relieve stress and provide added strength to the immune system, **Macro Greens™** also contains licorice root, Siberian ginseng, suma, astragalus, and Echinacea; ginger, parsley juice and watercress provide phytonutrients that inhibit cancerous processes.

DRINKING YOUR VEGGIES

Being a mom and businesswoman, I know how difficult it is to find time to get five to ten servings of vegetables and fruits daily. That’s why **Macro Greens™** can be so valuable to your health: drinking it daily delivers the nutritional powers of a complete palette of protective veggies and fruits and provides important tonic herbs like damiana and royal jelly to give you added energy. ■

References available on request from info@freedompressionline.com

Resources

Macro Greens™ is a powdered mix that blends easily into water or juice, turning your favorite drink into a powerhouse health enhancer. Most people tell us it is the best tasting green powdered drink.

I might be a little prejudiced, but I agree with them! So if you want to be really healthy, be sure to drink your greens every day! **Macro Greens™** is available at health food stores nationwide. For a free sample, or if you need help finding a store in your area, call MacroLife Naturals, Inc. toll-free at (800) 521-JUMP (5867) or visit www.macrogreens.com.



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POWERFUL ANTIOXIDANTS IN BARLEY GRASS

In the last few years, scientists have discovered that young barley grass is a source of 2”-O-glycosylisovitexin (2”-O-GIV), an antioxidant threefold more powerful than vitamin C. Although 2”-O-GIV does exist in other plants, green barley provides an abundant and edible source. In 2000, researchers reported in *Food and Chemical Toxicology* that 2”-O-GIV (isolated from green barley leaves) has a