



Barley Grass Up — *Cholesterol Down!*

Barley grass juice aids in lowering cholesterol & improving heart health

by Sylvia Ortiz

Most people don't realize how vitally important barley grass juice is to the health of our hearts.

I feel so passionate about health and diet; I created **Macro Greens™** to bring the benefits of super green foods that taste great to consumers. **Macro Greens™** is made of a unique variety of important and healthy ingredients including barley grass juice that are great for your health and your heart.

How can barley grass and **Macro Greens™** help your health?

According to a report published in the peer-reviewed scientific journal *Diabetes and Metabolism* (2002;28(2): 107-114) people regularly consuming barley grass juice supplements enjoy superior heart health. Doctors from Fu Jen University in

barley grass reduced total cholesterol, risky low-density lipoprotein (LDL) cholesterol and free radicals, and was able to protect LDLs (which are susceptible to oxidation via free radical attacks). The researchers concluded that barley grass "acts as a free radical scavenger." This study shows why we've added antioxidant nutrients—including vitamins C and E—to **Macro Greens™**: the results show barley grass, taken with vitamins C and E, has a greater impact on free radicals than either barley grass or the vitamins taken alone.

The researchers also concluded that supplementation with barley grass "in combination with antioxidative vitamins can reduce some major risk factors of atherosclerosis. This may protect

Dear Macro Greens,

Following a heart attack, I have been battling high cholesterol for a long time. I am on high doses of Lipitor, with cholesterol of almost 300 and triglycerides of 398. After using **Macro Greens** for one month, my cholesterol results were under 200, and triglycerides cut in half to 201, all in spite of a one-week cruise! Young again! Feeling great! — *Sam Pace*

Taipei and Taiwanese researchers from China Medical College found in a clinical study that supplementation with barley grass reduced overall cholesterol levels and destructive free radicals in blood of people with adult-onset diabetes.

In this study, one of several pointing to the same health benefits, some three dozen type 2 diabetics received daily supplements of barley grass or a combination of antioxidant vitamins C and E, or both barley grass and vitamins C and E for four weeks. Vitamins are included because research shows these nutrients also appear to reduce risk of cardiovascular disease. The results were very encouraging for the group that received both antioxidants and barley juice: supplementation with

type 2 diabetic patients from vascular diseases." Indeed, their conclusion that barley grass with antioxidants is particularly beneficial for type 2 diabetics (who are at higher than normal risk for heart and circulatory maladies) is based on the fact that diabetics have particularly high levels of free radicals, which damage vascular tissues, and that barley grass is particularly rich in the powerful antioxidant superoxide dismutase.

Fortunately, many additional studies confirm barley grass juice to be a healthy free radical scavenger that also aids in preventing buildup of disease-causing arterial plaque. So if you're healthy and want to stay that way, or if you have some health challenges

which you're dealing with, consider the benefits of barley grass in your diet and think **Macro Greens™**.

MACRO GREENS™ SYNERGY

With **Macro Greens™**, you receive the wonderful benefits of organic young barley grass plus so much. **Macro Greens™** uses certified organic **flaxseed meal**, which provides not only an excellent source of non-constipating fiber but also all-important omega-3 fatty acids. In addition to **vitamin C**, we've also added **rosehips** and **bioflavonoids** to enhance the transport of the other ingredients through the lymph and blood supply and to provide a complete biosynergistic vitamin C source. Our formula also includes other powerful antioxidants including **grape seed extract**, **Ginkgo biloba**, and **green tea** to help prevent premature aging, preserve connective tissue health and flexibility of the joints, and promote overall resistance to disease.

Ginger, **red raspberry**, **parsley** and **horsetail** aid digestion. **Yucca**, **watercress** and **carrot calcium** help joint conditions and help relax the nervous system. **Nova Scotia dulse**, rich in lignans and polysaccharides, helps to prevent the buildup of environmental toxins and supports optimal immune function. **Suma**, **Siberian ginseng**, and **astragalus** are adaptogens and help us to better cope with stress. **Licorice** helps to cope with adrenal fatigue when we are overly stressed. ■

Alkalinizing with Macro Greens™

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.

