

... CHLOROPHYLL.

Chlorophyll is a pigment found in green plants and some algae and involved in the process of photosynthesis, that is to say, the transformation of light energy from the sun into chemical energy necessary for the development of these plants and algae. We could also define it as concentrated solar power.

There is a close link between chlorophyll, the “blood” of the plant, and the blood that circulates through our blood vessels. Dr. Hans Fischer, Nobel Laureate in Chemistry in 1930, had already observed that human blood is practically identical to chlorophyll from the molecular point of view. The hemoglobin in our red blood cells that transports oxygen to cells in the body contains iron in its structure. Furthermore, chlorophyll whose function is also oxygenate plant cells, has the element magnesium in its chemical structure.

Another scientist, Dr. Yoshihide Hagiwara, offers an interesting theory on the absorption and assimilation of chlorophyll in our body. According to him, the chlorophyll is soluble in fat particles, and since they are directly absorbed into the blood via the lymphatic system, chlorophyll can also be treated the same way. Once inside the body, magnesium of the chlorophyll is replaced with the element iron. In other words, when the "blood " of plants is absorbed in the human body, it turns into human blood, which transports nutrients to all body cells.

In addition to oxygenating, stimulating and anti-anemic, chlorophyll has many properties actually beneficial to our health as the ability to inhibit the growth of pathogenic bacteria that are found in excess in the gut and are the cause of intestinal inflammation, candida, bad breath, gas, diarrhea, constipation and other digestive problems.

Chlorophyll also has the ability to protect the body from many carcinogens by increasing resistance of cells by detoxifying the liver and bloodstream and chemically neutralizing these substances.

Thanks to its antioxidant, chlorophyll is considered a rejuvenating and anti-aging because it helps to prevent premature cell deterioration. For that, it can also be very useful for people who engage in intense physical activity.

The deodorizing activity of chlorophyll makes it very useful in cases of bad breath caused by tobacco, alcohol, coffee and certain foods. It also helps to eliminate odors caused by perspiration, menstrual odors, as well as urine and feces.

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Numerous studies have shown that chlorophyll stimulates the immune system, can help to dissolve calcium oxalate stones, promote healing (over 30%!) and participates, in general, at the good metabolic control of our body.

Chlorophyll is found primarily in green vegetables like spinach, broccoli, cabbage, watercress, Swiss chard, parsley and cilantro. Also in the sprouts and wheat grass juice and barley. Not to mention the seaweed and from fresh water as the klamath, spirulina and chlorella.

If you consume dietary supplements containing chlorophyll, it is advisable to start with small doses due to high concentration of the product. It is worth mentioning that conventional pharmaceutical chlorophylls contain copper instead of magnesium, which make them dangerous big catch or regular.

