

HERBAL GREEN

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Jim Zamzow, President of **DYNAMITE®** Marketing, Inc. said in the March 1998 **DYNAMITE®** newsletter:

. . . you will recognize a common theme on body pH that in order to remain healthy, eat 75% alkalizing foods such as fresh fruits & vegetables and only small amounts of acid producing foods such as meats, dairy products & most grains. If we fail to do this, then the body will remove the alkali minerals, (primarily calcium), from the bone to neutralize these acids, the result being degenerative disease. While we know this to be the truth, it is sometimes difficult to maintain this type of diet when we are traveling or during the winter season in some locations. This is one reason **DYNAMITE®** offers **Herbal Green**.

This product contains spray-dried alfalfa juice using a special cool method which helps preserve the natural enzymes, minerals & amino acids. Each capsule contains the extracted nutrients of several ounces of alfalfa. Our source of alfalfa is central Utah in an area that was once the bed of the ancient Lake Bonneville. This 'organic' farm raises some of the richest alfalfa & barley in the world. To balance the nutrients in the formula, we have added the finest *yucca* (30%) and *Rumex Hymenosepaulos Torr.* (American Indian Ginseng) and spray-dried barley juice. While no claims are made on this product, following are some excerpts from books on the topic.

"One of the richest mineral foods, its roots grow as much as 130 feet into the earth. Alfalfa comes in liquid form and is good to use while fasting because of its chlorophyll and nutrient content. Alfalfa contains calcium, magnesium, phosphorus, potassium, plus all known vitamins. The minerals are in a balanced form, which promotes absorption. These minerals are alkaline, but have a neutralizing effect on the intestinal tract. For those who need a mineral supplement, this is a wise choice. It has helped many arthritis sufferers. Alfalfa, wheatgrass, barley and spirulina, which all contain chlorophyll, have been found to aid in the healing of intestinal ulcers, gastritis, liver disorders, eczema, hemorrhoids, asthma, high blood pressure, anemia, constipation, body and breath odor, bleeding gums, infections, reduction in pus formation, burns, athlete's foot and cancer." *Rx.for Nutritional Healing by Balch*

"Alfalfa contains health building properties. It helps assimilate protein, calcium and other nutrients. It is beneficial for all ailments because of its vitality and nutrient properties. And the contents are also balanced for complete absorption. Alfalfa contains chlorophyll. It is a body cleanser, infection fighter and natural deodorizer. It breaks down poisonous carbon dioxide and it is the richest land source of trace minerals. It is a very good spring tonic, it eliminates retained water, and relieves urinary and bowel problems. It helps in treating recuperative cases of narcotic and alcohol addiction. The en-

zymes help to neutralize cancer in the system. Alfalfa contains a very rich supply of vitamins A, K and D. It is also high in calcium and contains phosphorus, iron, potassium and eight essential enzymes. It is rich in trace minerals." *Today's Herbal Health by Louise Tenney*

"Alfalfa/ Specific Uses: Stomach and blood; benefits bladder and prostate; helps in chemical imbalance; rich in trace minerals lacking in the average American diet; cleans blood in toxemia in pregnancy; neutralizes uric acid for arthritis, bursitis, etc.; useful as a food to prevent cholesterol accumulation in the veins; cleans, builds and strengthens the body; saponin properties clean deep in the cells and bind serum cholesterol, radioactive deposits and toxins in the system for elimination; eight digestive enzymes in alfalfa provide better digestion and assimilation; alkaloid in the leaves strengthens the central nervous system, rebuilds decayed teeth; beneficial effect on pituitary gland; relieves pain and inflammation. Vitamin and Mineral Content: Rich in chlorophyll, protein, vitamins A, E, K, D, B6 and U. Also rich in calcium and trace minerals. Contains high amounts of phosphorus, iron, potassium, chlorine, sodium, silicon, magnesium, B1, B2, and B12. Has 8 of the essential amino acids." *Health Handbook p. 149*

"Barley grass is high in calcium, iron, all the essential amino acids, vitamin C, the flavonoids, vitamin B-12 and many minerals plus enzymes. Dr. Kubota from Tokyo believes that this food heals stomach and duodenum disorders and pancreatitis, and is an ideal anti-inflammatory substance."

Rx-for Nutritional Healing by Balch

"Yucca was used by the Indians of the Southwest for skin disorders, eruptions and slow-healing ulcerations. It was also used on cuts to stop bleeding and helps avoid inflammation. They also used the roots as a poultice on breaks and sprains and for rheumatism. The properties of Yucca which help in arthritis and rheumatism are due to the plants' high content of steroid saponins, which are precursors to cortisone. Some feel that the Yucca saponins improve the body's ability to produce its own cortisone by supplying materials needed to be manufactured in the adrenal glands. The root contains a high content of vitamins A, B-complex, and some Vitamin C." *Today's Herbal Health by Louise Tenney*

"Yucca/ Specific Uses: Blood, digestion; beneficial for all parts of the body; contains steroid saponins which are found to be an anti-stress agent; reduces toxins in the alimentary canal, which relieves associated problems such as asthma, arthritis and migraine headaches. Vitamin and Mineral Content: Contains moderate amount of calcium, sodium, zinc and B-complex vitamins. Small amounts of iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, vitamin A and C, and niacin." *Health Handbook p. 212* ■