



Benefits of Barley Juice Powder

Young barley grass is one of the most nutrient-packed foods found in nature. With **10 times the calcium of milk**, **5 times the iron in spinach**, and more protein per weight than a steak, barley juice is a true super food. Doctors, nutritionists, and alternative health care practitioners are prescribing barley grass for just about anything that ails you. **Barley grass is loaded** with every essential amino acid, over **12 minerals**, and 13 different vitamins (including Vitamin K!). Plus, 41% of barley grass is digestible protein, which body builders love. And, at 66 times the chlorophyll as spinach, it makes getting your daily intake of raw veggies as easy as one quick BG drink the morning. In fact, Barley Juice Powder contains 66 times the chlorophyll of spinach. Barley Juice Powder might be low on calories with just 10 per serving, but packs quite a nutritional punch with 20 amino acids, 12 minerals, and 13 different vitamins. And the 600 mg of fiber per serving explain why many users report more regular bowels.

Partial List of Barley Juice Powder Benefits

- Naturally improves energy
- Rich in antioxidants
- Improves digestion & regularity
- Alkalizes the internal body
- Helps rebuild the immune system
- Provides raw building blocks for the hair, skin and nails
- Contains cleansing properties
- Anti-inflammatory ingredients
- Promotes clear thinking
- Plus, Anti-aging properties
- Twenty amino acids, including eight essential that the body cannot produce by themselves.
- Since oxygen is the prime ingredient for turning food into useable energy, an acidic body is a tired body.

So it stands to reason that anything that increases the blood's oxygen levels might also have indirect effects on these issues.

“JUST BARLEY” Organic by Nature - www.iherb.com

(Choose powder) (80- 1 tsp. Servings) At check out use code: WAL732 for \$5.00 off your first order.

Flax Seed Nutrition



Flax seed is high in most of the B vitamins, magnesium, and manganese, but this little seed is just getting started.

Flax Seed is Rich in Omega-3 Fatty Acids: Omega-3 fatty acids are a key force against inflammation in our bodies. Mounting evidence shows that inflammation plays a part in many chronic diseases including heart disease, arthritis, asthma, diabetes, and even some cancers. This inflammation is enhanced by having too little Omega-3 intake (such as in fish, flax, and walnuts), especially in relation to Omega-6 fatty acid intake (in oils such as soy and corn oil). In the quest to equalize the ratio of these two kinds of oils, flax seed can be a real help.

Most of the oil in flax seeds is alpha linolenic acid (ALA). ALA is an Omega-3 that is a precursor to the fatty acids found in salmon and other fatty cold-water fish (called EPA and DHA). Because not everyone is able to easily convert ALA into EPA and (especially) DHA, it is best not to rely solely on flax for your Omega-3 intake. However, ALA also has good effects of its own, and definitely helps in the Omega 3/6 balance.

Flax Seed is High in Fiber: You'd be hard-pressed to find a food higher in fiber -- both soluble and insoluble -- than flax. This fiber is probably mainly responsible for the cholesterol-lowering effects of flax. Fiber in the diet also helps stabilize blood sugar, and, of course, promotes proper functioning of the intestines.

Flax Seed is High in Phytochemicals: Flax seed is high in phytochemicals, including many antioxidants. It is perhaps our best source of lignans, which convert in our intestines to substances that tend to balance female hormones. There is evidence that lignans may promote fertility, reduce peri-menopausal symptoms, and possibly help prevent breast cancer. In addition, lignans may help prevent Type 2 diabetes.

Note that a) flax seeds need to be ground to make the nutrients available (otherwise they just "pass through") and b) flax seed oil alone contains neither the fiber nor the phytochemicals of whole flax seed meal.

Flax Egg: 1 Tbsp. ground flax seed & 3 Tbsp. water. Mix well and let sit until it becomes egg like.

Include 2 Tbsp. ground flax seed daily. Add to food or apple juice.

Extras



"Just Barley" green juice powder www.iherb.com
B12, B6 & Folic Acid Supplement --(60 serving 1,000 mcg of B12 Sublingual with Methylcobalamin
www.hacres.com
Vit. D3 (with cholecalciferol) 1,000 mg. tablets. -- I like sublingual ones. Try different ones.
www.iherb.com

Nut Milk Bag -- www.therawfoodworld 9 x 12 inch

Health Seeker's Healthy All Purpose Cleaner



- 32 oz. hydrogen peroxide bottle half full, and fill the other half with water (Kills bacteria, viruses & mold)
- 8 drops lemon oil (lemon is an antibacterial, deodorizer and disinfectant)
- 8 drops tea tree oil (tea tree is an antiseptic, antibacterial, antiviral and antifungal)
- 2-5 drops lavender oil (or you could use lemon, peppermint, orange, vanilla, etc.)

Shake well before use.

***note:** Make sure you use the brown bottle for the container. It loses its strength when exposed to light.

To clean toilets- Splash 3% hydrogen peroxide around the toilet rim and onto your toilet brush, then scrub the toilet as usual.

Sinks & Tubs - Put baking soda in a little glass Parmesan shaker, and keep it by your sink. Sprinkle some and scrub.

Vegetable Wash - Use as a vegetable wash or soak to kill bacteria and neutralize chemicals.



www.iherb.com

Aura Cacia Essential Oils (Lavender, Lemon & Tea Tree)

[Http://thehealthseekerskitchen.blogspot.com](http://thehealthseekerskitchen.blogspot.com)



Thai Fried Rice Noodles

Serves 2

8 oz. Phad Thai Rice Sticks (Dry)
1 Tbsp. olive oil
1 clove garlic minced
2 green onions (use entire stalk) Slice at an angle
1/4 cup water
4 carrots (Use a julienne slicer) Long thin strips
3 cups sliced romaine lettuce
2 cups sliced red cabbage
2 Tbsp. agave nectar or sweetener of choice
1 tsp. paprika
4 Tbsp. soy sauce
Lemon slices
Ground walnuts

- 1.) In a large bowl, soak the rice sticks in warm water for 30-45 minutes, until tender but firm.
- 2.) Heat oil in a large skillet or wok. Add minced garlic and sliced green onions. Stir-fry on medium heat for 1 minute.
- 3.) Add carrots and continue to stir-fry 30 seconds.
- 4.) Add drained rice sticks. Add 1/4 cup water and continue to stir-fry until noodles are translucent.
- 5.) When rice sticks start to stick together and sticks to pan, add soy sauce, agave and paprika. Stir and cook 1 minute.
- 6.) Add romaine and cabbage. Turn off heat and stir into noodles until well coated.
- 7.) Serve topped with ground walnuts and a lemon wedge. Squeeze lemon wedge over noodles and enjoy:)

Green Smoothie Made Easy

1 tsp. Just Barley Organic Green Juice Powder
1 frozen banana
1 cup water
1/4 cup organic parsley, spinach or other greens.

Blend until smooth.

Raw Almond Milk

1/2 cup of almonds soaked for 8 hours or overnight, and rinsed several times really well
5 cups of clean fresh filtered water
3 medjool dates, pitted
1 tsp vanilla extract
pinch of sea salt

Blend almonds, 2 1/2 cups water and medjool dates until well blended. Pour through milk bag to separate nut pulp from milk. To milk add the other 2 1/2 cups water, vanilla and pinch of sea salt. Refrigerate and use within 3 days.

Spiced Almond Milk

2 cups soaked raw almonds (soaked overnight)

4 cups filtered water

4-5 dates soaked in warm water for about 5 minutes and pitted

1 tsp. vanilla

¼ tsp. cinnamon

¼ tsp. nutmeg

Place all ingredients in a high speed blender and blend until nuts are pulverized. Let mixture sit for about 10 minutes. Pour mixture through a nut milk bag or several layers of cheesecloth and squeeze all the liquid into a bowl.

Transfer the almond milk to a glass jar and store in fridge for up to two days. ENJOY!

The Health Seeker's Kitchen- <http://thehealthseekerskitchen.blogspot.com>



The 20 Fruits and Vegetables with the Least and Most Amount of Pesticides

The 20 Fruits and Veggies with the LEAST Amount of Pesticides:

1. Onion
2. Avocado
3. Sweet Corn (Frozen)
4. Pineapples
5. Mango
6. Asparagus
7. Sweet peas (Frozen)
8. Kiwi
9. Bananas
10. Cabbage
11. Broccoli
12. Papaya
13. Blueberries
14. Cauliflower
15. Winter squash
16. Watermelon
17. Sweet Potatoes
18. Tomatoes
19. Honeydew Melon
20. Cantaloupe

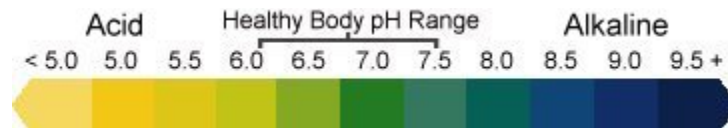
The 20 Fruits and Veggies with the Most Pesticides:

1. Peaches
2. Apples
3. Sweet Bell Peppers
3. Celery
5. Nectarines
6. Strawberries
7. Cherries
8. Pears
9. Grapes (Imported)
10. Spinach
11. Lettuce
12. Potatoes
13. Carrots
14. Green Beans
15. Hot Peppers
16. Cucumbers
17. Raspberries
18. Plums
19. Grapes (Domestic)
20. Oranges

Understanding pH

pH (potential of hydrogen) is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14—the lower the pH the more acidic the solution, the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7 which is neutral.

Water is the most abundant compound in the human body, comprising 70% of the body. The body has an acid-alkaline (or acid-base) ratio called the pH which is a balance between positively charged ions (acid-forming) and negatively charged ions (alkaline-forming.) The body continually strives to balance pH. When this balance is compromised many problems can occur.



It is important to understand that we are not talking about stomach acid or the pH of the stomach. We are talking about the pH of the body's fluids and tissues which is an entirely different matter.

Test Your Body's Acidity or Alkalinity with pH Strips:

It is recommended that you test your pH levels to determine if your body's pH needs immediate attention. By using pH test strips, you can determine your pH factor quickly and easily in the privacy of your own home. If your urinary pH fluctuates between 6.0 to 6.5 in the morning and between 6.5 and 7.0 in the evening, your body is functioning within a healthy range. If your saliva stays between 6.5 and 7.5 all day, your body is functioning within a healthy range. The best time to test your pH is about one hour before a meal and two hours after a meal. Test your pH two days a week.

Most people who suffer from unbalanced pH are acidic. This condition forces the body to borrow minerals—including calcium, sodium, potassium and magnesium—from vital organs and bones to buffer (neutralize) the acid and safely remove it from the body. Because of this strain, the body can suffer severe and prolonged damage due to high acidity—a condition that may go undetected for years.

Mild acidosis can cause such problems as:

- **Cardiovascular damage, including the constriction of blood vessels and the reduction of oxygen.**
- **Weight gain, obesity and diabetes.**
- **Bladder and kidney conditions, including kidney stones.**
- **Immune deficiency.**
- **Acceleration of free radical damage, possibly contributing to cancerous mutations.**
- **Hormone concerns.**
- **Premature aging.**
- **Osteoporosis; weak, brittle bones, hip fractures and bone spurs.**
- **Joint pain, aching muscles and lactic acid buildup.**

- **Low energy and chronic fatigue.**
- **Slow digestion and elimination.**
- **Yeast/fungal overgrowth.**

Urine pH

Urine testing may indicate how well your body is excreting acids and assimilating minerals, especially calcium, magnesium, sodium and potassium. These minerals function as "buffers." Buffers are substances that help maintain and balance the body against the introduction of too much acidity or too much alkalinity. Even with the proper amounts of buffers, acid or alkaline levels can become extreme. When the body ingests or produces too many of these acids or alkalis, it must excrete the excess. The urine is the perfect way for the body to remove any excess acids or alkaline substances that cannot be buffered. If the average urine pH is below 6.5 the body's buffering system is overwhelmed, a state of "autotoxication" exists, and attention should be given to lowering acid levels.

Saliva pH

The results of saliva testing may indicate the activity of digestive enzymes in the body. These enzymes are primarily manufactured by the stomach, liver and pancreas. While the saliva also utilizes buffers just like the urine, it relies on this process to a much lesser degree. If the saliva pH is too low (below 6.5), the body may be producing too many acids or may be overwhelmed by acids because it has lost the ability to adequately remove them through the urine. If the saliva pH is too high (over 6.8), the body may suffer greatly, e.g. excess gas, constipation and production of yeast, mold and fungus. Some people will have acidic pH readings from both urine and saliva—this is referred to as "double acid."

Restoring pH Balance in the Body

Your body is able to assimilate minerals and nutrients properly only when its pH is balanced. It is therefore possible for you to be taking healthy nutrients and yet be unable to absorb or use them. If you are not getting the results you expected from your nutritional or herbal program, look for an acid alkaline imbalance. **Even the right herbal program may not work if your body's pH is out of balance.**

Change Your pH Balance from Acidic to Alkaline

By far the most common imbalance seen in our society is over acidity. If your urine and/or saliva test below 6.5 pH start with steps 1 through 5 below and continue adding steps until desired results are achieved. Be sure to monitor your progress with easy-to-use pH test strips:



<http://www.iherb.com/Peelu-Body-Rescue-PH-Testing-Tape-15-ft/5310?at=0&rcode=WAL732>
