

# NitroGreens... A Great Way To Go "Green"

*"NitroGreens is completely organic, grown from heirloom seeds and is a combination of grasses, juices, berry extracts & sprouted vegetables."*

What can we do daily to build cellular reserves? Cellular reserves refer to a level of nutrients that your body needs to not only rebuild and repair daily infractions, but keeps reserves on hand. So here are some of the things I endeavor to do every day to build cellular reserves.

I make sure I have good sources of basic minerals; for example, I use unrefined Celtic sea salt and iodine. I use a bio-available form of vitamin D, full spectrum vitamin mineral and essential fatty acids. I try to eat 10 servings of fruits and vegetables every day and drink at least 8 glasses of pure water.

If we can eat 10 servings of fruits and vegetables every day we increase the phytonutrients we get from plants. One of the greatest benefits we get from plants is the natural buffers that alkalize an acidic system. A true acidic condition is de-



fined as a pH under 7.0, which is a serious life threatening situation. Optimal blood pH is 7.345 - 7.45; however, if the pH goes below optimal levels it moves into what I call "relative acidity."

Remember unless the pH is in the slightly alkaline range, enzymes don't work properly, oxygen can't be released at the cellular level, cell membranes become rigid and nutrient depletion takes place as well as an increase in oxidation. So

the proper pH is very important.

The standard American diet is not pH friendly. Meats, grains, sugar, fluoridated, chlorinated water all contribute to a relative acidic chemistry. Green foods alkalize the system by increasing natural buffers. If consuming 10 servings of fruits and veggies appear to be difficult, that's when I suggest a green drink like NitroGreens.

In summer months when locally grown fresh produce

is available, I make a super intense green drink with basil, cilantro, tomatoes, cucumbers, green peppers, garlic and olive oil. I put everything in a Vitamix blender with some sea salt and it makes a concoction I call "green gold." But it takes a lot of time to clean and prepare the veggies. It's nice to have a quick option. That's where NitroGreens comes into play for both you and your patients.

Mid-afternoon instead of reaching for that cup of coffee, try using a scoop of NitroGreens in some almond or coconut milk. You can have a refreshing drink that enhances the life quotient in your body, instead of draining it. What's nice about NitroGreens is it is completely organic and is grown from heirloom seeds. It is a combination of organic grasses, juices, berry extracts and sprouts. Grasses also provide a great source of trace minerals.

Speaking of minerals, it took Biotics two years to find raw materials that were free of contaminants. Recently consumer labs have identified several green drinks that contain the heavy metals lead and cadmium. Can you imagine how embarrassing it would be to recommend a product to a patient to facilitate their health and later find it has the potential to cause serious health problems? Just because raw material suppliers say it's organic doesn't mean it is.

Among certified organic raw materials, Biotics found heavy metals, pesticides and oxidized denatured plants. Testing has revealed many of the green drinks on the market are already oxidized. Hey, we are dealing with food and if not handled prop-

erly, it can go bad. By drying it at elevated temperatures, transporting it in the wrong vehicles, or improperly storing raw materials, suppliers can destroy enzymes and make a good food not so good. The type of due diligence in raw materials displayed by Biotics Research is unrivalled in the nutrient industry today.

Sometimes patients don't see the value of a product like NitroGreens. In an effort to educate them, I interviewed Dr. Abbas Qutab about Nitric Oxide and NitroGreens. Dr. Qutab holds degrees in both Medicine and Chiropractic as well as advanced degrees in naturopathy, acupuncture and philosophy. He points out there are ingredients in NitroGreens that naturally increase Nitric Oxide. In his book on Nitric Oxide, he states "over 76,000 papers have been written about Nitric Oxide since 1998. Nitric Oxide helps to maintain, defend and repair every cell in the body." If you want to get your patients excited about NitroGreens, request a copy of Dr. Qutab's interview below. Share it with your patients. There's also a link to recipes and creative ways to use NitroGreens.

For a truly "green" drink, with sprouted vegetables, with both carrot and beet juice, I recommend NitroGreens. It's effective as a pH modulator, it naturally increases Nitric Oxide, and it increases the body's natural ability to reduce toxins. It's a great option to have in your cabinet as you DAILY build the cellular reserves necessary for optimal health.

Thanks for reading this week's edition. I'll see you next Tuesday.