

The amazing Healing Powers of Chlorophyll by Dr. Kate James MBBS

“Chlorophyll is a tonic which considering its stimulating properties cannot be compared with any other”

Dr. Bircher -Benner founder of the Bircher- Benner Clinic in Switzerland.

“When freshly made into a drink, chlorophyll contains synthesized sunshine, plus the electric current necessary for the revitalisation of the body- and it will open up areas of the brain that man as yet knows nothing about”

Rev J L Moran

“ AFA is the most concentrated source of chlorophyll known to mankind”

Chlorophyll is one of the green pigments found in all forms of plant life and **is at its most concentrated in wheatgrass, barley grass and algae**, (The rule of thumb is the greener a fruit or vegetable or plant the more chlorophyll it contains.) Without chlorophyll plants are unable to use the sun’s energy to generate food and oxygen. It is a plant’s ability to photosynthesise and generate oxygen from carbon dioxide that provides animals with the oxygen they need to survive on the earth thus chlorophyll is by definition essential to all forms of life on the planet!

Chlorophyll has exceptional healing properties, that have been very well researched. These include:

- Building the blood.** Chlorophyll is often referred to as ‘the blood of plant life’.
- Promotes blood flow and the removal of waste by dilating blood vessels** thus potentially increases tumour blood flow and oxygen supply and assisting the removal of cell debris.
- Rejuvenating our cells**, flooding them with many of the raw materials they need to thrive.
- Counteracting the side effects of radiation treatment**
- Removing drug deposits from the body**
- Counteracting toxins and de-activating many carcinogens**, (substances that are known to be involved in the development of cancer)
- Supporting our immune system by combating unhealthy colonies of bacteria, yeasts and fungi in the body**

Lao-Tzu, ancient Chinese Philosopher and founder of Taoism said

“ He who is immune is immortal”

•**Reducing inflammation** in our tissues and organs thus helping to heal a number of conditions including sore throats, gum problems, stomach and intestinal inflammation and ulcers, skin inflammations, arthritis, and pancreatitis.

•Promoting the growth of a healthy population of bacteria in our digestive tract
Improving and supporting the function of the liver

•**Activating enzymes**, (a group of biological substances integral to the workings of all living things), which to produce vitamins A, E and K

•**Exceptionally alkalising for the blood and tissues** thus able to combat the effects of free radicals in the body. (Free radicals are compounds in the body which result in particular from an acid forming toxin laden diet and can damage cells. In order to metabolise these compounds your body has to use extra tissue oxygen thus reducing the overall tissue availability of oxygen in the body.)

[This list is based on research summarised in Healing with Whole Foods, Asian Traditions and Modern Nutrition written by Paul Pitchford 2002 .]

Interestingly chlorophyll is almost identical to heme, a substance which sits in the middle of each of our haemoglobin molecules, (haemoglobin is the pigment found in red blood cells which allows them to transport oxygen to our cells). Thus all our bodies in fact need to do to use the chlorophyll to build heme is to exchange a magnesium atom for an iron one.

Therefore in summary consuming foods rich in chlorophyll provides us with the perfect building blocks for making our red blood cells, thus helping to ensure maximal amounts of oxygen reach our tissues. This is of fundamental importance when our bodies are under extra strain, and is of particular importance if we are anaemic/ our red blood cell count is on the low side.

Chlorophyll is an excellent source of magnesium, a mineral essential to our bodies to support relaxation and encourage calm. It is of particular importance in helping to lower the blood pressure. Interestingly it is one of the minerals we are most often deficient in here in the West.

Chlorophyll is also one of the most concentrated sources of SOD Superoxide Dismutase an enzyme naturally occurring in our cells which helps to metabolise Superoxides . Superoxides are released by our cells when they come into contact with chemicals and radiation hence a good supply is essential to support the body's own production if we find ourselves undergoing cancer treatment.

Within SOD is a special fragment called P4D1. P4D1 has exceptional anti-inflammatory properties , even more powerful than steroids like cortisone hence its role in supporting and normalising any inflammatory process in the body.

A Chinese and Ayurvedic Perspective

In Chinese, and Ayurvedic medicine , (traditional Indian Medicine) Chlorophyll embodies renewal and restoration of strength, and helps to calm excesses in the body. Its green colour helps to open and clear the heart chakra keeping the thoughts and emotions free to flow, (In Chinese Medicine it is the Heart that houses the mind, and the liver that stores the blood thus our state of mind would be supported and balanced by nourishing and building the strength of our blood and heart and liver).

On a final note chlorophyll when extracted in its pure form is the same colour as we see all

around us in springtime, the season we by definition associate with rebirth. Many people often feel a sense of rebirth on some or many levels when they start to enjoy chlorophyll in a more concentrated form in their diet for example in Algae or Wheatgrass.

Lastly a word about wheatgrass

Wheatgrass, quite literally grass grown from wheat grains is a wonderful easy to grow very cheap source of chlorophyll. In just 2 oz of juice ie just over 2 tbsp there is as many vitamins and minerals as in approximately 4lb of organic green vegetables! It is also abundant in vitamin B17 (laetrile) that is believed by some to selectively destroy cancer cells.

“ I see people go through wheatgrass therapy everyday. I can tell you, miracles happen “
Brian Clement, Director Hippocrates Health Institute

“ If I had only one product to give a patient it would be wheatgrass”
Edward Brown M D Los Angeles, California.

Some science and Chlorophyll

Wheatgrass alone decreased the incidence and severity of cancer lesions by about 75% Dr. Robinson based at The Linus Pauling Institute of Science and Medicine. in his 1984 article ‘Living foods and Cancer’

Dr. Gurskin director of experimental pathology at Temple University discussed more than one thousand cases in which various disorders were treated with chlorophyll. Commenting on his associates’ experiences with chlorophyll he wrote in The American Journal Of Surgery , “ It is interesting to note that there is not one single case recorded in which improvement or cure has not taken place.”

Based on the knowledge that Injections of Chlorophyll increased the Red Blood Cell Counts of those with normal Haemoglobins it was then demonstrated that the same treatment could raise the haemoglobin of those who are anaemic. Animals were bled and their haemoglobin levels reduced to 50% of the normal. Within 2 weeks those being fed on wheatgrass had entirely normal haemoglobin levels. J H Hughs and A L Latner, Journal of Physiology 1936. (It may be worth noting that when we treat patients with ferrous sulphate (iron therapy) for anaemia it is widely accepted that it takes 1 month for a patient’s blood haemoglobin to rise by 1g/dl . At that rate it would take 5-6 months to increase a person’s haemoglobin from 50% to normal. I am not certain that an exact comparison can be drawn ie that a human would react in exactly the same way as a rabbit although I feel a parallel of some description could be drawn.

Essential reading : Wheatgrass Nature’s Finest Medicine by Steve Meyerowitz published by Sproutman and available from the Fresh Network.