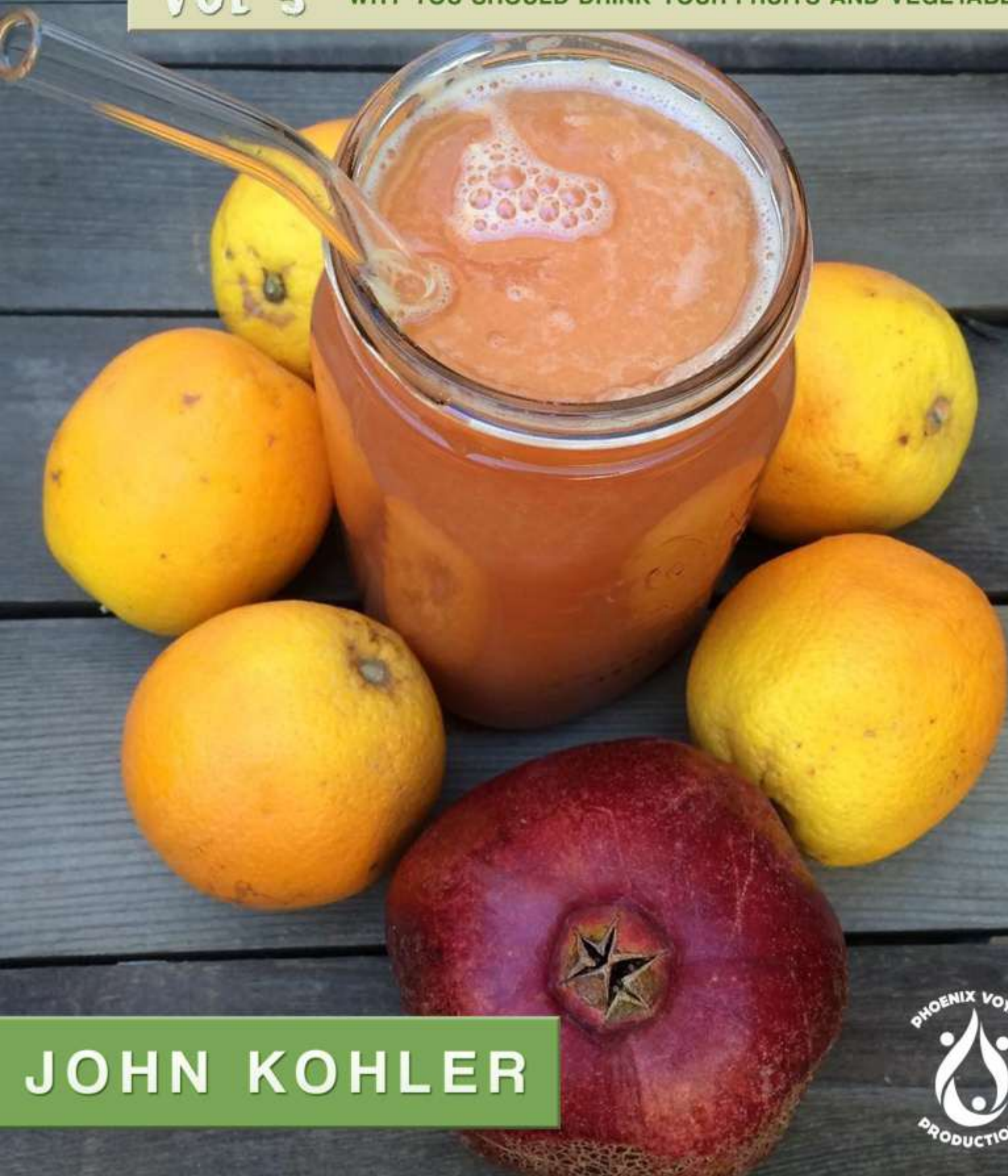


Growing Your Greens

VOL 3

WHY YOU SHOULD DRINK YOUR FRUITS AND VEGETABLES



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From Garden to Glass

Nothing beats the taste of fresh juice prepared from home grown fruits and vegetables. Even the produce bought at a farmer's market cannot compare to the taste and freshness of those picked just before use. Growing your own greens is a great way to make sure you always have a steady supply of fresh herbs and tasty veggies at your fingertips. The best thing is that you can grow your own greens with very little space. Even if you live in a small apartment with little or no yard available, you can start a green garden and have an indefinite supply of fresh green juice.

An average person, according to the food pyramid, should eat 3-5 servings of vegetables per day and 204 servings of fruit. In fact, many nutritionists even insinuate that this number should actually be much higher. Unfortunately, the standard American diet is low in vegetables and fruits, but heavy on starches and processed foods. If you are trying to get more fruits and



vegetables into your diet, a breakfast with a glass of fresh juice from the garden is a surprisingly easy way to do it.

One thing all doctors agree on is the need for a good intake of fruits and vegetables; and this is not to build muscle, run fast, or get fit.

We need vitamins and minerals in order to function. Vitamin C, for example, is vital for health, but most animals produce this essential item inside their bodies. Humans

do not, however, so we have to ingest it, and the best source is from fruit and green vegetables.

Very often, we're told the importance of eating or drinking fresh vegetable juice with each meal. After all, they are supposed to be good for you. The problem is that they are always readily available because the vegetables needed are not always in season. It's that or the fact that some vegetables do not really taste all that great.

Most of the super greens that benefit us the most come with a taste that doesn't motivate us to eat more of them. This being the case, we tend to just go for the vegetables that are better-tasting, such as lettuce and carrots, the same ones that we see mixed in salads. The end result is that we are not getting enough of greens in our diet.

The solution to this seems to be in the form of nutritional supplements, such as products that provide the essential vitamins and minerals that are lacking in the food we eat every day.

One good example of this is the green drink. A green drink is a mix of different vegetables and fruits presented in powder form that is mixed with cold water and taken as a juice.

Alternatively, it can also be turned into a smoothie by adding protein powder to it. Still, another way of taking the super green drink is by mixing it with fruit juice for a more enhanced flavor. But, there's another downside. Most green drinks offered in the market taste just as bad as the actual vegetables; probably even worse.

Many people do not realize that a smoothie can have 1-2 servings of leafy greens blended in without significantly changing the taste. Also, blending greens into your smoothie makes it easier for your body to break down the foods for easier digestion.

Leafy greens are also high in amino acids, vitamins, and minerals. As an added bonus, the vegetable fiber in a green fruit drink will help you to stay full longer than a bowl of cereal or a simple fruit drink.

Greens re-mineralize us, as they are high in minerals such as iron, magnesium, and potassium. Just like the human blood composition, greens also contain a substance known as chlorophyll, which is often referred to as the blood of a plant.

Chlorophyll has a huge role to play in photosynthesis within plants as it is the process that turns light energy into oxygen.

Greens are something that can be grown anywhere regardless of where you live and how much space you may have to work with. Pots can be used for those who live in small units with no yard space. If you lack a green thumb, your local farmers' market usually sells greens fairly cheaply.

Juicing green, leafy vegetables provides us with an amazing source of nutrition. These can be blended in with any other types of vegetables or fruit to suit the individual palate and increase nutritional content. For this reason, green juices can easily be incorporated into one's daily diet.

Green fruit juice drinks are an easy, fast, and healthy way to dramatically increase your vegetable servings each day.

If you're skeptical, commit to drinking a green fruit juice drink every morning for a week or two and see how great you feel. If you do, it'll only be a matter of time until you realize the power and deliciousness of fresh juice straight from your very own garden!



How to Get the Best Tastes From Your Garden

- Start with a small amount of mildly flavored greens.
- Add a handful of baby spinach or lettuce, blending until everything is thoroughly mixed. Then, mix in a bit of honey or fruit to sweeten the drink further if desired.
- Once you are a bit more accustomed to the texture and taste of leafy greens in your fruit drink, increase the amount and variety that you use.
- Try regular spinach instead of baby spinach if the texture and taste isn't too much.
- Use kale, chard, celery, or a salad mix for some variety.
- Ultimately, you should try to get a ratio of about 60% fruit and 40% vegetables in your green fruit drink. This will give your drink that unusual bright green color, but you will find that it is easier than expected to get used to the taste and texture.

The Benefits of Drinking Your Greens

- 1) Drinking green vegetables helps decrease the risk of heart disease, prostate problems, and cancer.
- 2) Most green cruciferous vegetables, such as broccoli, sprouts and cabbage, contain the phytonutrient called diindolylmethane, which helps to prevent estrogen dominance.
- 3) Omega 3, an essential fatty acid which cannot be manufactured in our body but gotten through greens, helps to reduce internal inflammation.
- 4) Greens are rich in vital minerals such as potassium, calcium, and magnesium
- 5) Spinach and salad greens are good sources of antioxidants, such as vitamin A, C, and E. These antioxidant vitamins play many important roles in the body, including regulating immune function and protecting cells from damaging free radicals.
- 6) Cruciferous green vegetables are rich in carotenoids and other cancer-fighting substances. They also help to prevent DNA damage.
- 7) Green vegetables are ideal for weight control and intestinal health because they are high in fiber, low in carbohydrates, and have a low glycemic index

As you work to achieve healthy eating habits, you will find that you have more energy and feel better every day. It is important to create the right habits if you want long-term success! Experience immediate improvements in your eating just by drinking the right amount of your very own greens.

About the Author

In 1995, John Kohler began his gardening journey when he almost lost his life to spinal meningitis, according to his doctor. This caused him to shift his diet, focusing mostly on fruits and vegetables to heal from the complement immune deficiency.

The focus of his research since has been obtaining the highest level of health for himself. He determined fifteen years ago that in order to do this, he needed to grow his own food to provide the highest quality and widest diversity. After all, the agriculture industry was designed to maximize profits, not to maximize nutritional quality of the food that it produces.

John started teaching gardening online in 2009 via his channel on Youtube.com. Now the most popular garden teacher online, he is followed by over 350,000 people. To aid in their gardening efforts, new videos are released every 3 to 4 days. The main goal is to help inspire and teach others how to properly grow their own food.

This passion has led to the creation of over 1,200 gardening videos that have been watched over 50 million times. You can watch these videos free online 24 hours a day, 7 days a week at: www.GrowingYourGreens.com



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