

# Why Drink Green Drinks?

Each and every person living in the UK is facing a myriad of health and lifestyle challenges every day. We are constantly being fed new information about what is healthy and what is unhealthy while thousands of us try to deal with problems ranging from obesity to fatigue to life threatening diseases.

The alkalarian approach to diet offers a simple, basic understanding of what causes the body to become 'out of balance'. Through what has become the typical Western diet largely based around meat, dairy, sugars, alcohol, saturated fats and caffeine, millions of us have created a hostile, acidic environment within our bodies.

The pH level of our internal fluids affects every living cell in our bodies and the effect that over-acidification can have upon the health of our bodies is immense, with a chronically over acidic pH creating an extremely negative environment which affects all cellular functions from the beatings of the heart to the neural workings of the brain.

When our pH level is unbalanced, almost any area of our bodies can be negatively affected creating results such as cancer, heart disease, obesity, weight problems, allergies, fatigue and premature aging as well as problems with our nervous system, cardiovascular system and muscles.

**Green drinks contain grasses, sprouted grains, and green vegetables which infuse your body with easily absorbed vitamins , minerals, and amino acids.**

The following shows the ingredients of most *green drinks* and highlights some of the benefits of each element:

- **Kamut Grass** - Can decrease cholesterol levels, lead to weight loss and add protein to the diet.
- **Alfalfa Sprouts** - Also helps to lower cholesterol, shift weight, and is also a source of protein and folate.
- **Broccoli** - Strong anti-cancer ingredient. Also helps to cleanse and strengthen the blood, boost the immune system and improve digestion. Broccoli helps to lower cholesterol and adds vitamins c, a, b6 and b2, and the minerals folate, iron, potassium and magnesium!
- **Dandelion Greens** - Excellent at warding off cancer, strengthens the immune system and also helps with weight loss and cholesterol levels. Great source of iron and calcium.
- **Kale** - Also anti-cancer, strengthens blood, strengthens immunity, lowers cholesterol, contributes to weight loss and contains Vitamin C, A, Iron, Calcium, Potassium, Magnesium.
- **Kelp** - Strengthens the blood and immune systems while lowering cholesterol! Importantly, also assists in breakdown of protein and regeneration of blood cells. Also a source of folate, Iron, Calcium, Magnesium and Iodine.
- This is only six of the many ingredients! **How to Take This Green Drink PTO**

Green drinks will help to instantly alkalise your body by neutralising the excess acids that a modern Western diet commonly includes. You may feel a massive increase in energy, and may no longer feel the urge to snack or reach for sugary/ caffeine based pick-me-ups!

Many people also report feeling wide awake upon rising and are able to get up far more early in the morning!