

THE IMPORTANCE OF CHLOROPHYLL

The following is some very important information on establishing and maintaining good health. Most illnesses: heart disease, diabetes, Alzheimer's and cancer (take your pick) are killing far too many people at too young of an age. Following the path of traditional medicine is not the only choice we have. The information that follows can be practiced along with your doctor's orders.

These terrible illnesses all have one thing in common. They are all caused by and thrive in a body that has become acidic. By reducing the acidity in your body, you can maintain good health and reverse illness. I have witnessed this over the past few years.

All cells in our body need an alkaline environment to live and breathe. It is known that our blood must stay in a very narrow pH range, mildly alkaline. As the body acidifies it will draw alkalizing minerals from bones and organs to keep the blood from deviating from that alkaline pH level. Arthritis, joint and back pain are some of the first warning signs indicating that a body is becoming acidic.

It is known that all or most life has emerged from the oceans millions of years ago. Sea water is very alkaline. Only a very small change in pH will result in death to fish and other sea organisms. Remember, our bodies are the most alkaline the day we are born and the most acidic the day we die. So besides the fact that our cells have to struggle to exist in an acidic body, at the same time harmful microorganisms thrive in these conditions. These organisms excrete poisons into our bodies. The body now has to deal with removing these poisons. Your blood cells are now busy transporting these poisons to the liver and other organs for removal. Instead, the cells should be busy transporting oxygen and food to support good health. The liver, kidneys and pancreas become overloaded with processing these poisons, instead of doing their part in supporting a healthy frame. Stress, poor diet, lack of exercise, sugar, coffee, smoking and alcohol are all acid forming to the body.

It is said that modern medical science, so far, is only able to understand less than 25% of our body's functions. God has made our bodies in such a way that we have the ability to cure and heal ourselves. We just need to give our bodies the right environment to allow it to perform this task. If our body is always busy dealing with poisons from an acidic state, it just doesn't have enough resources to maintain good health and healing. Hence, you must reduce your acidity!

Reducing acidity will require some change in lifestyle. For those who are ill, a swift change is needed. For others, a gradual change is okay. Here are a few ideas. Drink more water! I think we all know how I (Rob) feel about that. Well water in our area is naturally alkaline and excellent. Town water and bottled water are not that good, but still better than no water. You should try to drink six to eight glasses of water a day, at room temperature. Before bed, I add one level teaspoon of Calcium/Magnesium powder to my glass of water. The "CalMag" will make the water more alkaline. It also acts as a natural sleep aid. It didn't work this night. Our bodies are 70% water and our earth is 70% water; there are no coincidences.

Chlorophyll is the green part of a plant. It has a magical, beneficial effect on reducing acidity in our body. Eat as much green vegetables as you can. The chlorophyll will cleanse your blood and it will increase the life force within you. Fresh, raw vegetables are far more effective at this than canned, frozen or cooked.

It is difficult to get enough chlorophyll in your daily food consumption unless you are a rabbit. To compensate for this, I put a heaping teaspoon of green powder in a glass of water. If this makes you gag, it is also available in pill form. There are many brands available in health food stores. I would alternate brands monthly so you get a full range of greens. The primary ingredient in most of these green powders is young barley grass.

Exercise - for some this is a nasty word. The movement the body experiences in exercise is essential to proper removal of toxic waste from the body. Thank God walking actually qualifies as exercise. Walking is an excellent form of low intensity exercise.

Stress is acid forming. By walking or hiking outdoors you can reduce stress and get exercise at the same time. Cold weather, wind blowing, clouds passing, fresh air, sun on your face, birds chirping, looking at trees, meditation and prayer all have healing effects on us.

Remember that going to a doctor and being put on medication is a treatment for illness not a cure. Often the medication masks the symptom, but the problem can worsen, unnoticeably. Remember, pain and symptoms are the way the body lets us know something is wrong. Look within yourself for the cure.

From all of us at Hardscrabble Farms, Zino Nurseries, Shagbark Farm and Chestnut Ridge Nursery. Thank you for your business these past years.

Good Luck and Good Health to you.

Sincerely,

Rob Covino

Suggested reading:

- "The pH Miracle", Robert O. Young, Ph. D.
- "Water: for Health, for Healing, for Life", F. Batmanghelidj, M.D.
- "A Promise Made, A Promise Kept: One Son's Quest For The Cause and Cure of Diabetes", Dr. James Chappell