

Benefits of Green Barley Leaves:

Research shows that young barley leaf extract helps to fight various diseases, including arthritis, asthma, skin problems, obesity, anaemia, constipation, circulatory problems, cancer, high cholesterol levels and kidney problems. It is a “miracle” green beverage indeed. Green barley leaves have **three key properties**. The first one is the presence of a unique antioxidant 2”-O-GIV (see below). It has much more powerful antioxidant activity than alfa tokoferol (vitamin E). The second property is the presence of effective protection from platelets clustering. Platelet clustering is the key step for thrombus, arteriosclerosis, coronary heart diseases and myocardial infarction development. Young barley extract showed antithrombotic, anticoagulable and vein protecting effects. The third property is the presence of substances supporting growth hormone prolactine release (it plays an important role with the immune system and balance the maintaining of the organism). Generally, it can be said **that Green barley leaves incorporate all healing properties of basic kinds of vegetables.**

In 1992 professor Toshihiko Osawa with colleagues isolated an antioxidant 2”-O-Glycosyl isovitexin (2”-O-GIV) from young green barley leaves. In the opinion of Prof. Takayuki Shibamota Ph.D. (he is the head of the Department of Environmental Toxicology at the University of California in Davis) 2”-O-GIV suppresses lipid peroxidation in our cells. 2”-O-GIV seems to be as effective an antioxidant as any other, e.g. beta carotene, vitamin C or vitamin E. The production of oxidation agents (developing from UV radiation) decreased by 50% after exposure to 2”-O-GIV. Dr. Shibamoto also states that 2”-O-GIV supports tokoferol and BHT production, which are two known cancer fighters.

Picture1. Common growing of barley with alfalfa creates a natural bio culture area.

Nutritional Analysis:

Chlorophyll: 300mg/100g
Proteins: 213mg/100g
Saccharides: 300mg/100g

Vitamins:

Beta carotene: 1370IU/g
Vitamin A: <50IU/100g
Vitamin B1: 43mg/100g
Vitamin B2: 2.41mg/110g

Niacin: 3.63mg/100g
Vitamin B5: 5.1m,g/100g
Vitamin B6: 17.8mg/100g
Vitamin C: 457mg/100g
Vitamin E: 22.5 IU/100g
Vitamin K: 776mg/100g

Amino acids:

Alanine: 16.9mg/g
Methionine: 3.6mg/g
Arginine: 13.4 mg/g
Fenylalanine: 13.0mg/g
Proline: 14,8mg/g
Serine: 11.4mg/g
Glycine: 12,4mg/g
Threonine: 11.5mg/g
Histidine: 5.22mg/g
Tyrosine: 8.29mg/g
Isoleucine: 18.2mg/g
Valine: 13.0mg/g
Leucine: 18.2mg/g
Lysine: 14.6mg/g
Aspartic acid: 19.7mg/g
Glutamic acid: 26.1mg/g

Minerals:

Calcium: 6.79mg/g
Potassium: 40.5mg/g
Magnesium: 0.03mg/g
Iron: 0.37mg/g
Silicon: 0.04mg/g
Sodium: 6.41mg/g
Phosphor: 3.94mg/g
Boron: 58.0mcg/g
Manganese: 0.14mg/g
Copper: 0.09mg/g
Silver: 0.50mcg/g
Chromium: 1.09mcg/g

Green Ways Green Barley is processed in such a gentle way that it contains the whole spectrum of living enzymes. Enzymatic activity has been measured at 20 known enzymes, such as superoxid_dismutase, catalase, cytochronoxidase and others.

Picture1. *“Hans Gunter Berner, in his book called Starving Over a Full Pot, draws a little man who guzzles, gets fat but dies of malnutrition at the same time. Exhausted land feeds crops, these feed us and thus we are dying of hunger with spare tyres. Do you know a better reason for the use of green beverages?”*

Václav Rathouský

(abstract from a CD lecture on Green Barley, available in the Green Ways Company)

Why is it better to use Green Barley as a beverage rather than tablets?

The beverage form is better absorbed. The absorption process starts already in the mouth and the beverage is absorbed in 20 minutes. The energy outset is very quick and digestibility of nutritional substances is maximal. Moreover, this form provides us with another key part of a healthy lifestyle, which is a drinking regime!

What makes Green Ways Green Barley so efficient?

It is absolutely organic growing on a soil enormously rich in minerals in the area of ancient arid lakes in Utah. The growing is “rotary” which means that the crops are changed each year (barley with alfalfa, which is ploughed in and enriches the soil). The cultivation farm is located at a high altitude of about 1500m and in this environment the grown plants in no way suffers from “spoiling”. The altitude and intensive sun radiation are the factors that give young barley high amounts of chlorophyll. Watering with mineral water from subterranean springs guarantees freshness and pureness of this dynamic plant organism.

What is the nutritional value of Green barley?

Young barley is a concentrate. It is not a dried, crushed leaf, but rather a powder from barley leaf juice. For that reason, the nutrition of one teaspoon corresponds with that of several pieces of vegetables. It corresponds with the nutritional value of, e.g. two heads of broccoli.

**Your enquiries will be answered by your advisors and our specialists.
Contact us on green@ways.cz. For detailed product information there are**

other materials available – CDs, medical and scientific studies, reviews, catalogues and sets of FAQs and customer references.

What is the most effective way of using this “living” beverage?

Forget about morning coffee or a soft drink. Spend the saved money on your health. Start your day in a grand style. Mix one teaspoon of the green powder in a glass of water and roll sips of green health in your mouth like it was a choice wine. Drink it on an empty stomach, 20 minutes before eating in the morning and evening. The beverage will be completely absorbed and prepares you for next meal.

Does Green barley contain gluten?

No. Barley leaves do not contain gluten.

Why “young” barley?

Laboratory studies (see Graph) show that nutrients in plants vary in the course of growth. It does not depend on the height or age of the plant so much. Chlorophyll, proteins, and vitamins in cereal crops reach their maximum in the stage just before “jointing” (picture of the plant). Although this stage lasts only a few days, the plants should be harvested precisely in this period.

“Green Ways young barley is currently the most gently processed green powder beverage in the world. I have devoted 15 years of my life to its evolution and I have always kept on my mind the health of my dearest.”

David Sandoval

President of the production company

Customers’ FAQs:

Is Young barley grown organically?

Yes.

Are there living enzymes in Green barley?

Thanks to a short 1-2 minute drying at a max. temperature of 31°C Green Ways Young barley is a “living” product indeed.

Is it possible to overdose with the beverage and are there any contraindications?

No. You can overdose the same as with any other juice. Thanks to the process it is so gentle that it is suitable even for hypersensitive persons with the Crohn's disease.

What are the benefits for elderly and seriously ill people?

They are significant. With the advancing age the ability of the organism to absorb nutrients decreases (problems with chewing, slow peristaltic...). Young barley offers living enzymes which can revitalize the organism.

Can we expect significant detoxification symptoms during the usage of this beverage?

Barley is a food we have been accustomed to for thousands of years. However, some individuals can experience detoxification symptoms for a short period, especially people with a significant lack of vital substances in their diet.

Is it possible to use Young barley as a substitution for food?

Yes. Definitely as a substitution of one daily meal. It will probably reduce your excess weight as well. A frequent usage of the beverage is its use during fasting. It will prevent you from nutritional deficiency and speed up detoxifying processes.

What are physicians' opinions of Young barley?

The American Association for Nutrition recommends at least 2 – 3 portions of fresh vegetables daily. If we do not meet these standards, each "living" green food supplement is vital for us!

What are healers' and homeopaths' opinions of Young barley?

Imagine the courage, power and enthusiasm of a small plant which has to break through hard soil while sprouting and which raises to sun its first green leaves! Put yourself into the position of a plant which has to resist big swings between day and night temperatures in the mountains. According to healers, courage, power, and enthusiasm are exactly those kinds of energy that come from the plants to us and that we need so much today.

Does Young barley help diabetics?

Diabetics benefit from each "green food". It stimulates sugar penetrating through intestines walls by regulation of alkalinity. Thus, gradually it regulates blood sugar levels up to normal. This also happens naturally! It is the function of a proper diet. Overacidified bodies need a "rinsing" of alkaline foods, otherwise an environment which supports diseases develops. Disease is a parasite. It lives at our expense. It feeds on us. Medicine is just "crisis management". Drugs only muzzle the disease which has been well fed by us. It is our responsibility to eat

green foods, which disturbs the development of the disease, which heal without being a drug.

Why is Young barley better than synthetic vitamins?

More than 600 different carotenes have been identified in plants. The maximum amount of carotenes in synthetics is 3! In a Norwegian study, smokers were administered artificial products with beta carotene. Nevertheless, they stopped it. The risk of lung cancer did not decrease, whereas an "ordinary" carrot reduced the risk by 50%. Living plants have myriads of nutrients and substances which mutually enhance each other. Their effects are incomparably higher and moreover safer than those of synthetics.

Picture 1. Rotation in alfalfa and barley growing enriches the soil with nitrogen, which naturally increases amount of chlorophyll in barley.