Nutrient Power From Barley Grass

Barley grass, which is less than 6 months old, houses a powerful concentration of vitamins, minerals, amino acids, enzymes and chlorophyll. The juice of the young barley grass has been called the ideal 'fast food' by research scientist, the late Dr. Yoshihide Hagiwara.

Many of us think of barley in terms of the refreshing barley drink made from boiling pearly white barley grains. Few realize that barley originates from the barley plant. At the grass stage, this plant has a nutrient make-up that contains a wide spectrum of vitamins, minerals, plus enzymes and chlorophyll. Barley grass, together with grasses of rice, alfalfa and wheat as well as sea plants such as chlorella and spirulina have been labelled as green foods.

For barley, the storehouse of nutrients is richest when the plant is about 6 months old and has grown to a height between 10-14 inches. Extensive research by the late Dr. Yoshihide Hagiwara (MD) shows that there are at least 16 vitamins, 11 major minerals and 12 trace minerals in young barley grass.

In his book (translated into English), *Green Barley Essence*, Dr. Hagiwara describes barley grass juice as the ideal "fast food" for health because of its powerful concentration of vitamins, minerals, amino acids, enzymes and chlorophyll. Dr. Hagiwara was a scientist, inventor and businessman. He was a trained research pharmacologist from Kumamoto University in Japan. He first developed drug formulas and later switched to studying Chinese herbs and nutrition before discovering the barley plant. After testing numerous green plants for close to 30 years, he concluded that juices of the barley grass contained a synergistic wealth of natural ingredients for detoxification, energy and endurance.

Dr. Yoshihide Hagiwara

In the 1970s, Dr. Hagiwara developed processes which dried the juice of the young barley plant into powder form, while keeping vital nutrients and enzymes intact. The processes include ozone washing, juice extraction under low pressure, cooling and oxygen removal through vacuum process to prevent oxidation and a

patented low-temperature spray drying method.

His processing methods lead to the development of a food supplement that carries the registered trademark Barleygreen®. This is now under the purview of YH International, based in the US. The company cultivates organically grown barley grass in a 6,000-acre farm in Oxnard, California. After processing, the supplements are exported to various parts of the world.

In Malaysia, Vivian Tan, an accountant, noticed improvements in her complexion and health after taking Barleygreen® for seven years. She is now a director of Wellness Concept (M) Sdn Bhd which secured the distribution rights in Malaysia from YH International in January 2003. She sees green food such as barley grass as a balancing factor for many people who consume highly processed food. "Many people know the importance of taking more fruits and vegetables, but seldom practise healthy eating. It is therefore important to balance our diet with nutrients that are lacking to gain optimal health," she explains.

Green food, she highlights, help to balance the diet because of various factors, notably:

Vivian Tan

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- **Better assimilation** – Micronutrients (vitamins, minerals, enzymes, amino acids) from a single plant source are more readily absorbed by the body compared with large dosages of shelf vitamins and minerals.
- **High alkalinity** – Green foods are highly alkaline while most processed foods are acidic. They can therefore help to balance the pH in our body cells.
- **High amount of natural chlorophyll** – Chlorophyll is a result of plant photosynthesis and is considered solar energy captured for human consumption. The high amount of natural chlorophyll in green food acts as a natural detoxifer to rid the intestines of toxins from undigested food.
- **Rich source of live enzymes** – The most serious threat to the body's supply of enzymes is eating cooked and processed food. Cooking or processing food over 118°C destroys enzymes in food. Vivian notes that we need to replenish the lost enzymes because they are the body's spark plugs. They spark the start of essential chemical reactions that our body needs to live. Without the sparks and their chemical reactions, we would be unable to walk, talk, blink or breathe. An enzyme called super oxide dismutase (SOD), for instance, helps the body to repair itself faster and is linked to the ageing process.

Comparison of Barleygreen® with vitamin content of fruits and vegetables

Food		Carotene I.U.	B1 (mg)	B2 (mg)	B6 (mg)	C (mg)	E (mh)	H Biotin (ú)	Folic Acid (ú)	Panto-thentic Acid*	Nico-tinic Acid*	Chloro-phyll (mg)	Cho-line (mg)
Barleygreen®		52,000	1.29	2.75	0.03	329	51	48	640	2.48	10.6	1490	260
Vege-tables	Celery	0	1.03	1.02	0.1	10	0.5	0.1	7	0.4	0.4	-	-
	Letuce	200	0.06	0.06	0.07	5	0.5	0.7	20	0.1	0.2	-	-
	Spinach	8,000	0.12	0.3	0.1	100	-	0.1	80	0.3	1	-	-
	Onion	20	0.03	0.02	0.1	10	0.3	0.9	10	0.1	0.2	-	-
	Tomato	400	0.08	0.03	0.1	20	0.4	1.2	5	0.05	0.8	-	-
	Cabbage	100	0.08	0.05	-	50	-	-	-	-	0.5	-	-
Fruits	Banana	200	0.03	0.05	0.3	10	0.4	-	10	0.2	0.5	-	-
	Apple	45	0.01	0.01	-	55	-	-	-	-	0.1	-	-
	Orange	120	0.09	0.02	-	50	-	-	-	-	1	-	-

(mg per 100g)

Source: Resource Research Association, Office of Science and Technology and Japan Food Analysis Center