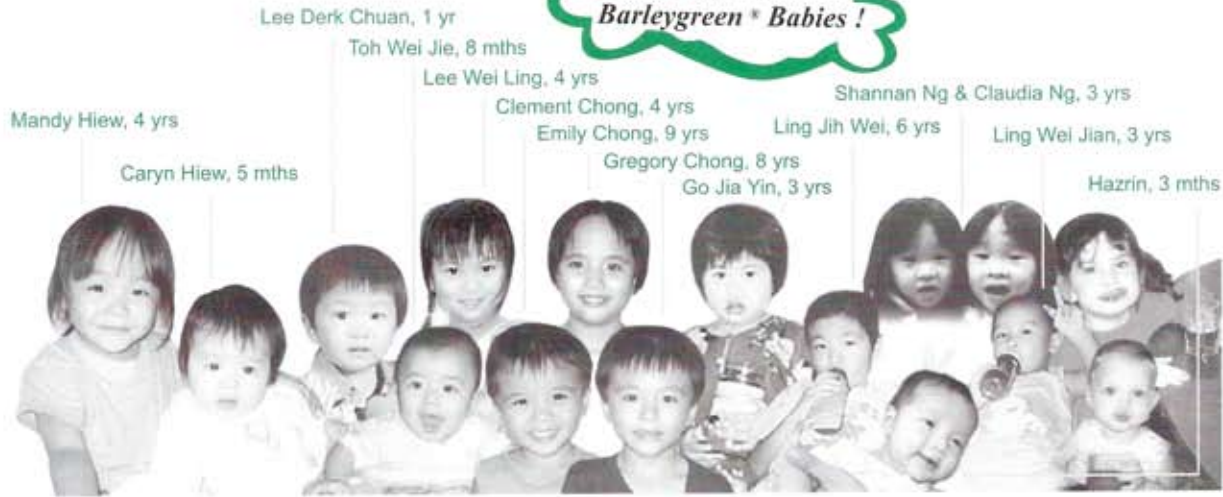


We are  
**Barleygreen® Babies!**



## **Barleygreen® : Nutritious and Safe For Use During Pregnancy and Nursing**

**Barleygreen®** is a concentrated "Super Green Food" and there are no known contradiction for its use during pregnancy and nursing. **Barleygreen®** has been taken safely by thousands of consumers for over 25 years and there has never been any reports of adverse reactions during pregnancy or nursing. In fact, pregnant and nursing women have noted that **Barleygreen®** has helped provide energy and superb nutrition for both them and their babies.

**Barleygreen®** contains a wealth of beneficial nutrients like natural beta carotene, vitamin C, all of the B's including B12 and folic acid, calcium, iron, vitamin A (as natural and safe beta carotene), vitamin E, amino acids, essential fatty acids, and chlorophyll (chlorophyll is a known liver cleanser and tonic). Each of these vital nutrients is necessary before, during, and following pregnancy for the health of mothers and their babies.

In addition, **Barleygreen®** enhances immunity, and restores hormonal functioning. Folic acid, especially, has been shown to be essential for normal development of the fetus and Dr. Hagiwara recommends that pregnant women take at least 2 teaspoons of **Barleygreen®** during pregnancy to avoid deficiency in this important B-vitamin.

Finally, since **Barleygreen®** is an organic product, there are no concerns regarding pesticides or other environmental toxins and, in fact, barley grass, in concentrations that has been shown to effectively degrade organophosphate pesticides at normal body pH and temperature

## **安全及營養豐富的 Barleygreen® 適合在懷孕及哺乳期間食用**

**Barleygreen®** 是濃縮的"超級綠色食品"。在過去二十五年至今，已有成千上萬的食用者在懷孕和哺乳期間食用，並沒有任何報導有關食用 **Barleygreen®** 而引起不良的反應。其實在這期間食用 **Barleygreen®**，不但可增加體能，還提供優質的養分於母親們及胎兒們。

**Barleygreen®** 擁有極豐富的天然營養如：胡蘿蔔素，維他命C，維他命B群包括B12，葉酸，鈣，鐵，維他命A(天然和安全的胡蘿蔔素)，維他命E，氨基酸，必需脂肪酸和葉綠素(被稱為肝臟的排毒和強壯劑)。以上每一種營養對懷孕前至後的母親們及嬰兒的健康，非常重要。

除了**Barleygreen®**可增強我們的免疫系統之外，還可協助恢復激素功能。尤其葉酸對於胎兒的正常成長是極重要。**Dr. Hagiwara** 建議孕婦在身懷六甲期間，每日食用二茶匙的 **Barleygreen®** 以避免維生素B的短缺。

既然**Barleygreen®**是有機的食品，我們是無需擔心受到殺蟲劑或其他有害環境的毒素之危害。其實濃縮的大麥草汁被發現，在正常的體溫和氫離子指數(PH)，可有效分解**Organophosphate**殺蟲劑。

**References:** Green Barley Essence: The Ideal Fast Food by Dr. Yoshihide Hagiwara, McGraw-Hill, Hightstown, NJ 1985.

Green Leaves of Barley: Nature's Miracle Rejuvenator by Dr. Mary Ruth Swope and David A. Darbro, MD, Swope Enterprises, Lone Star, TX 1996.

Barley Grass Juice: Rejuvenation Elixir and Natural, Healthy Power Drink by Barbara Simonsohn, Lotus Press, Twin Lakes, WI 2001.

Preparing for Pregnancy by Miriam Young.  
Miriam Young is an Australian Medical Herbalist specialising in Natural Fertility Management and Detox programs.