

Beneficial Green Drinks

A “green drink” is one that is derived from green vegetables. Grains are very nutritious while they’re growing and young. They are tender, grassy and their nutrients are very dense. This is long before they are harvested and turned into cereals and breads and even before they begin the life cycle of being a crop. These grasses are often fed to animals, which is where several everyday sayings have come from. Ever heard “as strong as a horse”? This phrase was developed from the fact that horses eat these powerful green grasses that result in strong and healthy animals. Although many do not consider this, the same is true for people as well.

Green and young plants such as these provide the body with extra oxygen that is used to fuel the body’s cellular functions. Green drinks are made from these young and green grasses and the result is that not only do they clean your system out, but they also provide you with more energy. Once you begin consuming green drinks, you will notice a change in your skin and hair almost instantly. Because the grasses are in a liquid form, the body does not fight to digest them, which means they are quickly absorbed, resulting in a sort of “energy high.”

One type of grass in particular that has many benefits, especially in terms of energy, is wheatgrass. Wheatgrass is frequently served in juice bars and provides your body with such an instant dose of energy that many people cannot drink it in the afternoons without being awake all night. If your body is particularly full of toxins, you may experience a quite violent cleansing reaction to the grass. Some people have been known to experience projectile vomiting because of it. Talk about quick cleansing!

The science behind the green drinks lie in the fact that they contain a lot of chlorophyll. In a plant, chlorophyll is transformed into Adenosine Triphosphate or ATP. If you have had cellular biology, then you know that this is the molecule in the body that is responsible for storing your energy. Chlorophyll is also what gives plants their green color. So, when you drink the greens in liquid form, you’re actually eating the energy that has been produced by the sunlight – it’s all natural!

Many green drinks come in the form of a powder that includes a variety of green veggies such as broccoli, kale, spirulina, blue-green algae and other greens. These are harvested when they are young and at their nutritional peak. The process of turning them into a powder preserves all the nutrients, vitamins and minerals that they contain. You then mix a scoop with a glass of water or juice and enjoy. Many of these drinks provide as much nutrition as eight to ten servings of fresh, raw veggies.

For more information on [green drinks](#) and [nutritional teas](#), visit [Martha’s Vineyard Holistic Retreat](#).