

## Chlorophyll: Concentrated Sun Power



Chlorophyll is a phytonutrient found in all green plants and is the basis of all plant life. It is the molecule that traps the most elusive of all powers – light.

Chlorophyll is the first product of light and therefore contains more light energy than any other element. We humans are all solar-powered, once removed. Through the process of photosynthesis, chlorophyll transforms the light energy into carbohydrates which is what our cells need to live. Dr. Birscher, a research scientist, called chlorophyll “concentrated sun power.” He said, “chlorophyll increases the function of the heart, affects the vascular system, the intestines, the uterus, and the lungs.” When we eat green plants we are fueling our cells indirectly with the sun’s powerful energy.

Chlorophyll oxygenates your cells and cleans the blood.

The brain and all body tissues function at an optimal level in a highly-oxygenated environment. Disease cannot exist in an alkaline and oxygenated body. The chlorophyll molecule is like the “blood” of green plants and is very similar in structure to the heme group found in hemoglobin, except that in heme the central atom is iron, whereas in chlorophyll it is magnesium. Wheatgrass juice is one of the best sources of living chlorophyll available.

Another byproduct of photosynthesis is the creation of oxygen in the air through the consumption of carbon dioxide. Therefore, green plants both clean the air and produce the most important nutrient we need in order to live – oxygen. A single tree produces enough oxygen for two to ten people depending upon the size and the type of the tree. Houseplants are an excellent way to scrub and purify the air inside your house. Chlorophyll is produced in plants even under artificial light. This is evidenced by the green color developed on the leaves of indoor plants.

**Source:** Hippocrates Health Institute, By Brian Hetrich