

Greens

The Beginning Diet

Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."

Genesis 1:29

Fruits, nuts, grains, seeds.

Diet After the Fall

Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field;

Genesis 3:18

Vegetables, the herbs of the field, were added to the original live food program

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator.

Anti-Inflammatory Foods

Chlorophyll a and its degradation products are valuable and abundantly available anti-inflammatory agents and promising for the development of phytomedicine or conventional medicine to treat inflammation and related diseases.

<http://www.ncbi.nlm.nih.gov/pubmed/22038065>

Inflammation. 2012 Jun;35(3):959-66. doi: 10.1007/s10753-011-9399-0.

This study suggests that the previously observed health benefits of cruciferous vegetable consumption may be partly associated with the anti-inflammatory effects of these vegetables.

[http://www.andjrn.org/article/S2212-2672\(13\)01891-1/abstract](http://www.andjrn.org/article/S2212-2672(13)01891-1/abstract)

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...And the leaves of the tree were for the healing of the nations.

Revelation 22:2

Cruciferous Foods

- Arugula
- Broccoli
- Kale
- Cauliflower
- Cabbage
- Turnip
- Collard Greens
- Bok Choy
- Brussel Sprouts
- Radish
- Rutabaga
- Watercress

Cruciferous and Heart Disease

Cruciferous vegetable consumption is associated with a reduced risk of total and cardiovascular disease mortality

Increase consumption of vegetables, particularly cruciferous vegetables, and fruit to promote cardiovascular health and overall longevity.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3127519/>

J Agric Food Chem. 2008 Nov 26;56(22):10505-9. doi: 10.1021/jf801989e.

Bioavailability and kinetics of sulforaphane in humans after consumption of cooked versus raw

Chlorophyll and the Sun

Results suggest chlorophyll type molecules modulate mitochondrial ATP by catalyzing the reduction of coenzyme Q, a slow step in mitochondrial ATP synthesis. We propose that through consumption of plant chlorophyll pigments, animals, too, are able to derive energy directly from sunlight.

<http://www.ncbi.nlm.nih.gov/pubmed/24198392>

J Cell Sci. 2014 Jan 15;127(Pt 2):388-99. doi: 10.1242/jcs.134262. Epub 2013 Nov 6.

Ubiquinol (Co Q10) is a plasma antioxidant. Metabolites of chlorophyll can be found in blood plasma of animals that are given a chlorophyll-rich diet. We also show that these metabolites catalyze the reduction of plasma ubiquinone to ubiquinol in the presence of ambient light, in vitro.

... We propose that dietary chlorophyll or its metabolites, together with light exposure, regulate plasma redox status through maintaining the ubiquinol pool.

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<http://www.ncbi.nlm.nih.gov/pubmed/22928808>

The Importance of Leafy Greens

Considering the importance of the minerals, phytochemicals and antioxidants in human health and their presence in these indigenous green leafy vegetables, efforts to promote their consumption should be implemented.

<http://www.ncbi.nlm.nih.gov/pubmed/26490448>

Greens and Macular Degeneration

Lutein and zeaxanthin are carotenoids that are selectively taken up into the macula of the eye, where they are thought to protect against the development of age-related macular degeneration. They are obtained from dietary sources, with the highest concentrations found in dark green leafy vegetables, such as kale and spinach...

Only data from studies which report on lutein and zeaxanthin content in foods are reported. The main focus is kale; however, other predominantly xanthophyll containing vegetables such as spinach and broccoli are included.

<http://www.ncbi.nlm.nih.gov/pubmed/26477753>

2015 Oct 28 J Agric Food Chem. 2015 Nov 11;63(44):9677-82. doi: 10.1021/acs.jafc.5b03691. Epub

Greens and Leaky Gut

Dietary nitrate, from green-leafy vegetables, is reduced to nitrite in the oral cavity and to nitric oxide ((•)NO) in the stomach. Gut microbiota is raising a great deal of interest since it has been

recognized to be crucial to maintain gastrointestinal (GI) and systemic welfare. Dysbiosis (altered gut flora) is associated with increased epithelial permeability, deficient mucus production and with the activation of inflammatory pathways.

This data suggests that dietary nitrate may ensure gastric epithelial integrity and mucus production during dysbiosis.

<http://www.ncbi.nlm.nih.gov/pubmed/26461352>

2014 Dec 10 Free Radic Biol Med. 2014 Oct;75 Suppl 1:S36-7. doi: 10.1016/j.freeradbiomed.2014.10.779. Epub

Greens and Physical Activity

Higher intakes of lutein containing foods, including green leafy vegetables, were associated with higher levels of PA (physical activity) in both study sites. Increasing the consumption of lutein-rich foods may have the potential to impact positively on levels of PA.

<http://www.ncbi.nlm.nih.gov/pubmed/26393650>

Nutrients. 2015 Sep 18;7(9):8058-71. doi: 10.3390/nu7095378.

Inorganic nitrate is present at high levels in beetroot and celery, and in green leafy vegetables such as spinach and lettuce.

Dietary nitrate has thus been associated favorably with nitric-oxide-regulated processes including blood flow and energy metabolism.

<https://pubmed.ncbi.nlm.nih.gov/26283970/>

PMID: 26283970 PMCID: [PMC4518145](https://pubmed.ncbi.nlm.nih.gov/26283970/) DOI: [10.3389/fphys.2015.00211](https://pubmed.ncbi.nlm.nih.gov/26283970/)

We and others have shown that dietary nitrate supplementation lowers the oxygen cost of human exercise, as less respiratory activity appears to be required for a set rate of skeletal muscle work

<https://pubmed.ncbi.nlm.nih.gov/26283970/>

PMID: 26283970 PMCID: [PMC4518145](https://pubmed.ncbi.nlm.nih.gov/26283970/) DOI: [10.3389/fphys.2015.00211](https://pubmed.ncbi.nlm.nih.gov/26283970/)

This striking observation predicts that nitrate benefits the energy metabolism of human muscle, increasing the efficiency of either mitochondrial ATP synthesis and/or of cellular ATP-consuming processes.

<https://pubmed.ncbi.nlm.nih.gov/26283970/>

PMID: 26283970 PMCID: [PMC4518145](https://pubmed.ncbi.nlm.nih.gov/26283970/) DOI: [10.3389/fphys.2015.00211](https://pubmed.ncbi.nlm.nih.gov/26283970/)

Greens and Malnutrition

A diet rich in anti-inflammatory and antioxidant phytochemicals may offer potential for the prevention and treatment of kwashiorkor

Several plant species commonly consumed by Kenyan children possess activity profiles relevant to the prevention and treatment of kwashiorkor

<http://www.ncbi.nlm.nih.gov/pubmed/26236384>

Evid Based Complement Alternat Med. 2015;2015:807158. doi: 10.1155/2015/807158. Epub 2015 Jul 8.

Greens and Type 2 Diabetes

Obesity, type 2 diabetes and the metabolic syndrome are associated with a decrease in NO bioavailability. Recent research suggests that the nitrate-nitrite-NO (nitric Oxide) pathway may be harnessed as a therapeutic to supplement circulating NO concentrations, with both anti-obesity and anti-diabetic effects, as well as improving vascular function.

<http://www.ncbi.nlm.nih.gov/pubmed/26227946>

Mol Nutr Food Res. 2016 Jan;60(1):67-78. doi: 10.1002/mnfr.201500153. Epub 2015 Aug 26.

The results suggested that stevia leaves do have a significant role in alleviating liver and kidney damage in the STZ-diabetic rats besides its hypoglycemic effect. It might be adequate to conclude that stevia leaves could protect rats against streptozotocin induced diabetes, reduce the risk of oxidative stress and ameliorate liver and kidney damage.

<https://pubmed.ncbi.nlm.nih.gov/23140911/> Mar 2013

Conclusions: It is concluded that aqueous extract of stevia has anti-diabetic effects in albino rats, and therefore could be promising nutraceutical therapy for the management of diabetes and its associated complications.

<https://pubmed.ncbi.nlm.nih.gov/29890969/> June 2018

Reversing ESKD (End Stage Kidney Disease)- Lupus

This case series details 2 patients with SLE-related nephritis: a 24-year-old female (Case 1) and a 41-year old-male (Case 2). Upon adopting a customized, raw, whole-food, plant-based (WFPB) eating regimen, high in leafy greens and cruciferous vegetables, omega-3 polyunsaturated fatty acids, and water, Case 1's estimated glomerular filtration rate (eGFR)—a measure of kidney function—increased from 14 to 27 ml/min in 6 weeks, and it was determined that she no longer needed dialysis or a kidney transplant. Her energy and joint pain levels also significantly improved. Similarly, Case 2's symptoms resolved and laboratory tests were normalized on the diet. However, this patient experienced challenges with adhering to the diet, and it was clear that whenever he deviated from it, symptoms reappeared and eGFR worsened.

The recommended plan consisted of up to 454 grams of leafy greens and cruciferous vegetables per day, fruits, high levels of omega-3s from chia seeds of flaxseed (1/2 C or more a day), 3.8 liters of water a day.

<https://ijdrp.org/index.php/ijdrp/article/view/47>

Goldner, MD, B. (2019). Six Week Raw Vegan Nutrition Protocol Rapidly Reverses Lupus Nephritis: A Case Series. *International Journal of Disease Reversal and Prevention*,

Greens and Psoriasis

A non-obese woman in her late 50s presented with a 35-year history of psoriasis. Due to delayed diagnosis, her symptoms had been unsuccessfully managed with antihistamines and intermittent oral corticosteroids for 19 years.

The diet in this case—the Nutritarian diet developed by Joel Fuhrman, MD...The diet menus are relatively low glycemic. The majority of this diet is made up of nutrient-rich plant foods that contain health-promoting phytochemicals: green vegetables, non-starchy and starchy vegetables, fruits, beans/legumes, nuts, seeds, avocados, and some whole grains such as quinoa. In this case report, after a year, her percentage of BSA affected decreased from 40% to completely clear (0%). In addition, her symptoms of dry eyes, dry mouth, and joint pain resolved without the need for medications specifically addressing Sjogren's syndrome.

Maldonado-Puebla, M., Price, A., Gonzalez, A., Fuhrman, J., & Nichols, A. (2019). Efficacy of a Plant-Based Anti-Inflammatory Diet as Monotherapy in Psoriasis. *International Journal of Disease Reversal and Prevention*, 1(1), 7 pp. Retrieved from <https://ijdrp.org/index.php/ijdrp/article/view/15>

Glyphosate

Overall, our results indicate that UT (UT; Rubiaceae) protects against damage induced by a glyphosate-based herbicide by providing antioxidant and antigenotoxic effects, which may be related to the phenolic compounds identified in the extract.

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Environ Sci Pollut Res Int. 2018 Feb 13. doi: 10.1007/s11356-018-1350-6. [Epub ahead of print]

Protective effect of Uncaria tomentosa extract against oxidative stress and genotoxicity induced by glyphosate-Roundup® using zebrafish (Danio rerio) as a model.

<https://www.ncbi.nlm.nih.gov/pubmed/29442306>

Mulberry Leaves Protect Against Glyphosate

Recent studies demonstrate that glyphosate exposure is associated with oxidative stress and some neurological disorders such as Parkinson's pathology.

Therefore, phytochemicals, in particular phenolic compounds, have attracted increasing attention as potential agents for neuroprotection.

In vivo results showed that mulberry leaf extract is a potent protector against glyphosate-induced toxicity, and its protective effect could result from synergism or antagonism between the various bioactive phenolic compounds in the acetonic fraction from M. alba leaf extract.

Environ Sci Pollut Res Int. 2017 Apr;24(10):9605-9613. doi: 10.1007/s11356-017-8584-6. Epub 2017 Feb 28.

Morus alba leaf extract mediates neuroprotection against glyphosate-induced toxicity and biochemical alterations in the brain.

<https://www.ncbi.nlm.nih.gov/pubmed/28247273>

The Healing Leaves of the Tree of Life

Jesus expects those who believe in Him to give the patients in our medical institutions the messages of God's word as healing leaves from the tree of life.

{LLM 476.2}

Everything was tastefully and gloriously arranged. In the midst of the garden stood the tree of life, the glory of which surpassed all other trees. Its fruit looked like apples of gold and silver, and was to perpetuate immortality. **The leaves contained healing properties.**

{3SG 34.2}