

Increase Leafy Green Vegetables

Learning to incorporate dark, leafy greens into the diet is essential to establishing a healthy body and immune system.

Greens help build your internal rainforest and strengthen the blood and respiratory system. Leafy green vegetables are also high-alkaline foods which may be beneficial to people exposed to higher amounts of pollution in urban areas.

The alkaline minerals in our bodies are used to neutralize acidic conditions caused by the environment. Green vegetables will help to replenish our alkaline mineral stores and continue to filter out pollutants.



Green is associated with spring, the time of renewal, refreshment, and vital energy. In Traditional Chinese medicine, green is related to the liver, emotional stability, and creativity.

Nutritionally, greens are high in calcium, magnesium, iron, potassium, phosphorous, zinc, and vitamins A, C, E and K. They are crammed with fiber, folic acid, chlorophyll and many other micronutrients and phytochemicals.

Some of the benefits gained from eating dark leafy greens are:

Blood purification

Cancer prevention

Improved circulation

Immune strengthening

Energy

Improve organs function

Clearing of congestion in lungs

- Broccoli is one option which is very popular among adults and children. Also try to include bok choy, napa cabbage, kale, collards, watercress, mustard greens, broccoli rabe, dandelion, and other dark, leafy greens.
- Green cabbage is great cooked or raw, or in the form of sauerkraut. Arugula, endive, chicory, lettuce, mesclun, and wild greens are generally eaten raw, but can be consumed in any creative way you enjoy.
- **Spinach, Swiss chard, and beet greens are best eaten in moderation because they are high in oxalic acid, which depletes calcium from your bones and teeth.**

However, rotating between varieties of green vegetables shouldn't cause any nutritional consequences in regards to calcium. Cook these vegetables with something rich like tofu, seeds, nuts, beans, butter, animal products or oil to balance out the impact of the oxalic acid.

Get into the habit of adding these green vegetables to your diet as often as possible. Nourishing yourself with greens will naturally crowd out foods that are nutrient deficient. Try it for a month and see how you feel.

Try a variety of methods like steaming, boiling, sautéing in oil, water sautéing, waterless cooking, or lightly pickling (as in a pressed salad). Boiling helps greens plump and relax. Boil for under a minute so that nutrients do not get lost in the water.

You can also drink the cooking water as a health giving broth or tea if you're using organic greens. Steaming makes greens more fibrous and tight, which helps you feel fuller, longer. This is a great method to help curb your appetite for those trying to lose weight. Raw salad is also a wonderful preparation for greens. It's refreshing, cooling, and supplies live enzymes.