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Barley Leaves Extract

for

Everlasting Health

"A Disease is to be cured naturally by man's own power, and physicians help," Hyprocrates.

"It is diet which maintain the health and becomes the best drug,"
Shin-huang-ti (Father of Chinese Herbal Medicine).

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ABOUT THE AUTHOR

Dr. Yoshihide Hagiwara has pursued three careers, as scientist, inventor, and businessman. Born in 1925 in the Oita Prefecture of Japan and a graduate of Japan's Kumamoto University, Hagiwara began his first career as a young pharmacist devoted to the precepts of Western medicine. But Hagiwara's search for the right combination of manmade chemicals to cure man's ills came abruptly to an end with the discoveries of the human suffering caused by organic mercury. Seeing that the chemicals which were the subject of his research were part of the cause of man's suffering rather than the solution, Hagiwara turned his interest to the study of Chinese herb drugs and from there to nutrition. It was not long before his work focused upon the green barley plant, which he believed to be the richest source of nutrients on earth. Dr. Hagiwara developed a process to extract those nutrients into a green powder which he named Bakuryokuso or Barley Leaves Extract. Today, that humble product is the basis of a multimillion-dollar health food industry in Japan that is now making its appearance in America, Europe, Australia and the Middle East.

TABLE 1
Comparison of the Components of Various
Foods and Barley Leaves Extract (%)

Food	Protein	Lipid	Carbohydrate
Barley Leaves Extract	45.20%	3.20%	23.20%
Mile (whole, fresh)	2.9	3.3	4.5
Banana (raw)	1.3	0.4	21.4
Apple (raw)	0.4	0.5	10.4
Orange (raw)	0.8	3.3	9.3
Lettuce (raw)	1.0	0.2	2.4
Spinach (raw)	3.0	0.4	3.9
Tomato (raw)	1.3	0.3	6.9
Cabbage (raw)	1.6	0.2	2.4
Ice Cream	4.0	8.5	21.8
Peanuts	26.3	48.2	17.0
Boiled Rice	2.1	0.3	29.6

TABLE 2
Comparison of the Mineral Content of Barley Leaves Extract and Several
Popular Foods (milligrams per 100 grams)

Food	Na	K	Ca	Mg	Fe	Cu	P	Mn	Zn
Barley leaves Extract	775	8,880	1,108	224.7	15.8	1.36	594	5.6	7.33
Vegetables - Celery	28	278	37	9.6	1.4	0.11	45	-	-
Lettuce	30	208	21	9.7	0.5	0.15	25	-	-
Spinach	25	490	98	59.2	3.3	0.26	52	-	-
Onion	10	137	40	7.6	0.5	0.8	26	-	-
Tomato	3	388	3	11	0.2	0.10	18	-	-
Cabbage	15	240	45	16.8	0.4	-	22	-	-
Kale	-	-	225	-	-	-	67	-	-
Comfrey	19	-	-	-	9.0	-	40	-	-
Fruits - Banana	8	348	5	41.9	0.4	0.16	23	-	-
Apple	8	-	3	-	0.2	-	7	-	-
Orange	4	-	14	-	0.2	-	12	-	-
Grains - Wheat Flour (whole grain)	3	361	30	106.0	3.2	0.65	330	-	-
Mixed wheat flour	3	132	118	34.1	1.9	0.17	111	-	-
Refined rice (raw)	6	113	4	13.1	0.45	0.06	99	-	-
Refined rice (cooked)	2	38	1	4.4	0.16	0.02	34	-	-
Pressed barley	3	-	24	-	1.5	-	140	-	-
Dairy - Cows Milk	36	160	100	14	0.1	0.02	90	-	-
Fish - Salmon (canned)	500	320	170	29.8	1.2	0.05	320	-	-

Na: sodium Mg: Magnesium P: phosphorous
 K: potassium Fe: iron Zn: zinc
 Ca: calcium Cu: copper

TABLE 3
Comparison of the Vitamin Content of Barley Leaves Extract
and Several Popular Foods

Food	Carotene I.U.	B1 (mg)	B2 (mg)	B6 (mg)	C (mg)	E (mg)	H Biotin (u)	Folic Acid (u)	Pantothenic Acid*	Nicotinic Acid*	Chlorophyll (mg)	Choline (m)
Barley Leaves Extract	52	1.3	2.8	0	##	51	48.0	640	2.48	10.6	1490	260
Vegetables - Celery	0	1.03	1.02	0.10	10	0.5	0.1	7	0.40	0.4	-	-
Lettuce	200	0.06	0.06	0.07	5	0.5	0.7	20	0.10	0.2	-	-
Spinach	8,000	0.12	0.30	0.10	100	-	0.1	80	0.30	1.0	-	-
Onion	20	0.03	0.02	0.10	10	0.3	0.9	10	0.10	0.2	-	-
Tomato	400	0.08	0.03	0.10	20	0.4	1.2	5	0.05	0.8	-	-
Cabbage	100	0.08	0.05	-	50	-	-	-	-	0.05	-	-
Kale	10,000	0.15	0.33	-	126	-	-	-	-	-	-	-
Comfrey	9,800	0.77	2.20	-	60	-	-	-	-	10	-	-
Fruits - Banana	200	0.03	0.05	0.30	10	0.04	-	10	0.20	0.05	-	-
Apple	45	0.01	0.01	-	55	-	-	-	-	0.1	-	-
Orange (fresh)	120	0.09	0.02	-	50	-	-	-	-	1.0	-	-
Orange (concentrate)	20	-	-	-	3	-	-	-	-	1.0	-	-
Grains - Wheat Flour	-	30	0.10	0.40	-	2.6	5.0	35	4.50	4.5	-	-
Mixed wheat flour	-	-	-	0.10	-	1.7	0.6	14	0.80	-	-	-
Refined rice (raw)	-	-	-	0.30	-	0.4	3.0	10	6.60	-	-	-
Refined rice (cooked)	-	-	-	-	-	-	-	-	-	-	-	-
Pressed Barley	0.18	0.07	-	-	-	-	-	-	2.7	-	-	-
Dairy - cows milk	20	0.04	0.15	0.4	2	-	2.0	0.03	0.35	-	-	-
Fish - Salmon (canned)	-	0.02	0.12	0.03	-	-	10.0	5.0	0.50	-	-	20.1

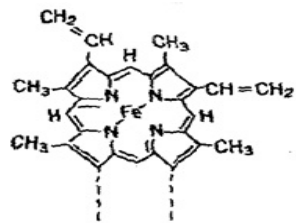
*milligrams

Presented by Resource Research Association, Office of Science and Technology, and Japan Food Analysis Center

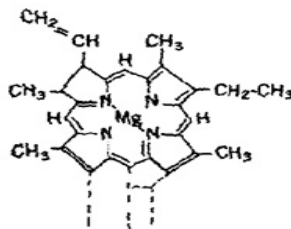
DIAGRAM 1

Structural Formulas of Human Blood and Chlorophyll

Hemoglobin



Chlorophyll



BARLEY LEAVES EXTRACT AT A GLANCE

CONTENTS BY VOLUME

Fiber	0.1 to 1.0%
Chlorophyll	0.9 to 1.5%
Protein	25.0 to 48.0%
Carbohydrates	23.0 to 40.0%
Fats (lipids)	1.5 to 4.5%

ACTIVE INGREDIENTS

Minerals	15.0 to 25.0%	See Table 2
Vitamins	Exceptional	See Table 3

CHEMICAL CHARACTERISTICS

Alkalinity	66.4 (higher than spinach)
Toxicity	None
Color	Deep green
Aroma	Mild to none
Taste	Raw green peas or green tea
Solubility (in water)	Instant
Absorbability (internally)	Excellent
Shelf life	Three years
Dosage	One tsp. 3 x a day or more

METHOD OF CULTIVATION AND PROCESSING

Growing process	Organic
Herbicides	None used
Pesticides	None used
Chemical fertilizers	None used
Processing chemicals	None used
Processing temperature	Human body temperature
Preservatives	None used
Form	Powder or tablet

FORWARD

BARLEY LEAVES EXTRACT (BLE) GREEN JUICE FROM YOUNG BARLEY LEAVES

Feel run down and rung out? Has your get up and go got up and gone? Has your body's engine lost its spark? The Green Power in BLE could be the answer.

But, what is Barley Leaves Extract (BLE)? It's delicious, healthgiving, green powder, produced by an award-winning, revolutionary, new manufacturing process. BLE is packed with essential vitamins, minerals, enzymes, chlorophyll, and antioxidants in a naturally-balanced form.

The health wisdom of the ages, verified by years of modern reserch from Japan and America, combined with this new manufacturing process make vital nutrients digestible and available to every cell in our bodies.

The vital power of young barley leaves: the way to good health. Barley Leaves Extract helps fight:

- high blood pressure
- high cholesterol
- heart disease
- cancer
- diabetes
- liver problems
- AIDS
- allergies
- body odor
- aging
- wrinkles and tired skin
- free radical formation

Read on and, as you read, I will open doors which can change your life forever. My Barley Leaves Extract can revolutionize your health, give you more energy, help you to look good, feel better, and live longer, plus fight those feared chronic killer diseases.

A FOOD FOR THE TWENTIETH CENTURY

DEEP GREEN LEAVES are the central site of creation in the lives of plants. In this book, I will offer the thesis that the nutrient source of life and well-being for the human body, until the twentieth century disrupted the time-established wisdom of man's habits.

It is my belief that the steady depletion of that natural green power in the human diet, and its displacement by other nutrients of questionable value, constitutes the most serious threat of all to good health.

The threat follows two distinct paths, since with the failure of our diet, we are letting our bodies fall apart from within, and at the same time they are subject to the greatest external attack that has ever been perpetrated on the health of man. Today the world is full of danger to our health, even in the foods we eat. Our bodies are being subjected to a direct external attack by pollutants, and, at the same time, are affected internally by nutritional imbalance.

Illness is induced by an imbalance of minerals, enzymes and vitamins. Such imbalance can be caused directly by the introduction of radiation, chemicals, inorganic drugs, and other pollutants that are everywhere in the modern world. Or it can be brought on indirectly by a deficiency in the diet. Most often, both causes act in combination.

While this book will focus primarily on the physical aspects of disease and nutrition, I should interject at the beginning that very often our less-than-perfect mental and emotional habits contribute substantially to the condition which allows physical imbalances in the body to occur. This becomes a vicious cycle as we come to rely more and more on technological processes to take the place of sound nutrition and sound mental attitudes about health.

The starting point in breaking this vicious cycle is to make a commitment to mental and physical habits which contribute to good health and the self-healing process. Beyond that, we must take advantage of the tools available to us to eliminate toxins from our bodies and to sustain the essential ingredients of life in their proper balance. I believe the best tool we have to accomplish both goals is a well-balanced nutrition program based upon the creation of the green leaf.

This thesis became my incentive for an investigation covering more than ten years, during which I searched for a food that would promote health as well as maintain the vitality of the body. As I will tell you shortly, I reached the conclusion that green juices of vegetables would best meet these requirements and that the best of these was the humble barley plant.

My work led to the development of the process to transform the power of the deep green leaf into a simple form which is easy to use, quite pleasant in taste and stable in form, without the use of preservatives, pesticides or artificial additives of any kind. I like to call it the "Ideal Fast Food" and I believe it can help rescue mankind from the poor state he has let himself fall into.

It may surprise you to learn that I found the source of that much-needed natural healing power in the agricultural fields of southern Japan where the barley plant presents a splendid green cover. My research has shown that the green leaves of those barley plants contains the most prolific, balanced supply of nutrients that exists on earth in a single source. Man himself cannot produce a better aid to health. My contribution has merely been to develop the means to cultivate, package and preserve those nutrients in a powder that is as easy to consume as a morning cup of coffee.

Simply stated BLE is an extract of the young leaves of barley or certain other cereal grasses such as rye and oats. Of these, the young leaves of rye contain the most active ingredients. The leaves of wheat are less attractive because of their small size and light green color. Yet, overall, the leaves of barley are best in quality. Most frequently used are the young leaves of a variety scientifically named *Hordeum Vulgare 1* (Nudum Hook Akashinrik in Japanese). Barley Leaves Extract powders now on the market are made from this variety almost without exception.

In my experience, when used as a general tonic for the emotions and mind, it is unsurpassed.

No doubt, thick green vegetables containing abundant natural vitamins, minerals and enzymes are essential in our daily diets. Barley Leaves Extract is the best among them. You may be interested to know, for example, that it is seven times richer in Vitamin C than an equivalent weight of oranges and five times richer in iron than spinach. Moreover, Barley Leaves Extract contains great amounts of natural chlorophyll, many enzymes used in human metabolism and substances which, research in my laboratory indicates, can inhibit the growth of cancer cells. In addition, Barley Leaves Extract has a purifying effect which enables the body to eliminate many toxins that would otherwise accumulate, leading to disease.

Amounts of Other Foods Required to correspond to
a Teaspoonful (3g) of Barley Leaves Extract

Nutrient	Milk (Milliliters)	Lettuce (grams)	Tomato (grams)
Fats	3.0	50.0	32.0
Potassium	167.0	128.4	92.7
Calcium	33.0	158.6	1,110.0
Carotene (including Vit. A)	1300.0	780.0	390.3
Vitamin B2	55.0	138.0	275.0
Vitamin C	492.3	200.0	49.2

More than fifteen years have elapsed since I became aware of the effects of Green Barley Leaves Extract, and during this time I have frequently witnessed, in the hospitals of Japanese national universities the successful treatment of diseases which are difficult to cure, such as leukemia, hypertension, atopic dermatitis, pancreatitis and peptic ulcer. In the area of preventative medicine Green Barley Leaves has proved to be effective against pimples, skin roughening, overweight and neurosis.

Unlike many solutions offered for the betterment of man's health, Barley Leaves Extract is not a fad remedy with a narrow focus. For too long we have been misled by "calorie dietetics" which stress high reliance on certain foods over others. Because of this thinking, we eat excessive quantities of acidic foods such as meat. At the same time, we rely too much upon processed food for convenience. In contrast, Barley Leaves Extract is a pure natural food which provides the body with a wide range of the most needed nutrients. Nothing has to be subtracted from the normal diet to receive its benefits and it can be taken in any quantity without fear of side effects.

Because of the success of this product in Japan since I introduced it in 1970, I brought it to America in 1980. The tremendous response it received encouraged me to write this book about Barley Leaves Extract telling of its great potential and my hope for the future health of mankind through the natural essence of nature's plants.

I would ask the indulgence of the more scientific reader. This book is not meant to be a scientific treatise, but merely a basic and general review of the modern world's approach to health. The burden lies with the scientific community to examine and prove or disprove these ideas. I am confident that such proof will be forthcoming.

BARLEY LEAVES EXTRACT NUTRITIONAL AND HEALTH VALUE

Throughout history, various grasses have been staple food for both two-and-four legged animals. In addition, many animals consume grasses to keep healthy and fight disease. But modern society, in its rush for fast foods and quick fixes has lost sight of Mother Nature's healing powers. "Quick fixes" and modern medicine aren't working. It's time to return to nature, using modern techniques to bring you the wisdom and healing of the ages in a modern form -- Barley Leaves Extract.

One reason plants from the grass family are so valuable to humans and animals, alike, is because they contain no alkaloids (toxins found in many other plants). They are not only void of toxic substances, but, they also resist toxins (even agricultural chemicals such as weed killers cannot destroy grasses). Those plants are effective and safe for consumption.

In my search for an ideal yet nutritious "fast" food, I analyzed many of nature's best raw materials, including green juices. You might be familiar with green juices, since they have enjoyed popularity as health foods for many years. Extracted from grains, vegetables, or green grasses, many of these products are sold at supermarkets and health food stores.

As we searched for the "ideal fast food," we tested the properties of over 150 plants, including the juices from chickweed, asters, pigweed, clover, arrowroot, legumes, cabbage, bell peppers, persimmon leaves, pine needles, and bamboo leaves. We ultimately selected young green barley leaves as the best.

Our decision was based on our analysis of the nutrients in the young, green barley leaves and on the fact that the best form the barley is, the juice. It is so abundant in nutrients that we can state with confidence that it is far superior to barley grain.

Barley, a member of the grass family, has been a staple food for human (as well as other mammals) for thousand of years. We know that by 7,000 B.C., barley was being cultivated. Egyptians used a large share of their barley for "haq" (ale). Pliny the Elder mentioned how the Greeks and Italians prepared barley. Barley even played a major role in ancient Sumerian diets. But it is the Japanese who value barley for its beauty, as well as for its importance as an excellent and nutritive food source. In fact, numerous "haiku" poems have extolled the beauty of lush, green barley fields.

In these haiku, the themes, "barley buds," "tamping barley," "the greening of barley," and "barley autumn" have been used to describe the seasons of the year.

But my appreciation for barley involves more than just an awareness of its beauty. The vibrant leaves of barley contain many vital nutrients that provide us with a cornucopia of health benefits. In fact, the finding that the barley leaf is more nutritious than the grain of the plant was a truly amazing discovery.

Then why not just take raw, young barley leaves and chew them? Unfortunately, young barley leaves are extremely fibrous. Since fiber surrounds the vital nutrients, the outer surface must be broken down for the body's enzymes to do their jobs. Therefore, fresh barley leaves aren't easily digested or absorbed even when eaten raw.

But why not use a juicer or similar appliance to extract the green juice from the young barley leaves? This is preferable to eating the leaves raw, but not ideal, since precious nutrients naturally found in the barley leaves are not totally liberated by the juicer. In addition, prepared this way, the nutrients naturally found in the barley leaves are not totally liberated by the juicer. Prepared this way, the nutrients are rapidly destroyed.

REVOLUTIONARY, NEW MANUFACTURING PROCESS

After years of research, I discovered a revolutionary new manufacturing process where the juice from young barley leaves could be dehydrated at a constant ambient temperature and in just three seconds' time. This process gives us a product with the maximum quantity of the young barley leaves' nutrients without losing any of their value, a product the human can easily digest and effectively absorb.

During the first step in the process, the leaves are thoroughly rinsed and placed on a roller. The fibers are ruptured by the roller, then the green barley juice is extracted.

Next, the juice is dehydrated in a matter of seconds, at a constant ambient temperature. Since there is no moisture, nutrients remain intact and are not broken down. The result is a powder of Barley Leaves Extract, easily absorbed and used by the body.

This process preserves the active (i.e., raw) essence of these young barley leaves by converting them into energy giving green powder. As a result, the nutrients in the raw leaves are preserved in an excellent, easy-to-take food product which keeps well and is spoil-resistant.

This unique process for manufacturing Barley Leaves Extract has received many awards, including the prestigious Science and Technology Agency Director General's Prize, which we received in 1987.

BARLEY LEAVES EXTRACT ABOUNDS WITH "GREEN BLOOD"

Almost instinctively we feel calm, serene and comforted by the color green. This is because the color green evokes images of nature, tranquility, and possibly, chlorophyll.

Why is Barley Leaves Extract so green? Chlorophyll! For centuries, chlorophyll has been known as "green blood," and has been rumored to change to blood when consumed by humans. In fact, plant chlorophyll and human red blood corpuscles have very similar molecular structures. One could almost call them "twins." Diagram 1

Chlorophyll's remarkable powers seem endless. Among them is the power to strengthen the digestive system. In fact, some stomach medicines are green because they contain chlorophyll. Therefore, when you suffer from stomach pain or indigestion take Barley Leaves Extract. Pain and nausea will disappear in a matter of minutes.

Further, Barley Leaves Extract (with chlorophyll) has the power to heal both internal and external wounds and inflammations. Thus, the wonders of chlorophyll when Barley Leaves Extract is applied to external wounds (such as burns) - the inflammation rapidly decreases.

LOADED WITH NUTRIENTS

In addition to chlorophyll, Barley Leaves Extract contains a perfect balance of nutrients, including vitamins, minerals, enzymes and antioxidants.

The vitamin craze is here to stay. Vitamin supplements and drinks are very popular. But the disturbing part about vitamin worship is that some people consume huge doses of vitamins indiscriminately. True, vitamins are essential to life, but when taken in excessive amounts they can cause serious side effects similar to those caused by medications and "street drugs."

Of course, the body needs vitamins, and we must ensure that our vitamin requirements are fulfilled. However, since there are individual differences, it is extremely difficult to determine the appropriate quantity for each person. It also might be difficult to accurately compensate for deficiencies taking vitamin supplements. The best way to consume vitamins is to ingest them in their natural form, that is in nutrient-rich foods or food extracts. In this way, the combined vitamins, minerals, and enzymes have a powerful synergistic action.

Treasure Chest of Vital Vitamins

Barley Leaves Extract is a complete source of vitamins and it's natural. BLE contains an extraordinary number of vitamins, such as carotenoids (which converts to vitamin A), vitamins B1, B2, B6, C, E, niacin, choline, biotin, and pantothenic acid, just to name a few.

Barley Leaves Extract is a safer and more effective vitamin source than vitamin supplement preparations, so there's no need to worry about taking excessive amount of vitamins.

Vital Trace Elements and Mighty Minerals

In addition to vitamins, minerals are substances of vital importance to the body. Without minerals, no living creature could function properly.

Minerals are metallic elements. Some of them we recognize immediately as metals (such as iron, potassium, copper, zinc, and manganese). But there are many, many other types as well as alkali metals (including sodium), and alkaline earth metals (such as calcium).

Though the human body requires only a tiny amount of minerals, a deficiency can result in a myriad of serious diseases. For example, iron deficiency causes anemia, zinc deficiency can lead to diabetes, while calcium deficiency is implicated in adult osteoporosis and rickets.

In addition, many enzymes cannot function properly without minerals (for example, superoxide dismutase requires zinc and copper).

Therefore, minerals are essential for life and deficiencies could cause disastrous results.

Fortunately, Barley Leaves Extract has an abundance of minerals, such as calcium, potassium, iron, magnesium, copper, manganese, zinc and phosphorus.

Another advantage of Barley Leaves Extract is that it contains these minerals in perfect balance. This is because the young barley leaves are picked when their nutrient activity is highest.

The Heart Needs Potassium

The heart is muscle. To function properly, it needs the mineral potassium. The body maintains a certain potassium to sodium ratio (K:Na). When the potassium concentration in the blood decreases, the percentage of sodium can increase, and the two minerals are no longer in balance. We know that daily stress can reduce blood potassium. Therefore, if you live a stressful life, potassium must be replenished for the heart (as well as all other muscles in the body) to function smoothly. However, today's fast foods and refined foods consume potassium, rather than replenish it. Therefore, our potassium supply is continually low. Could this be one reason cardiovascular disease is the leading killer in industrial nations?

The Power of Natural Potassium

A major cause of high blood pressure is the narrowing of blood vessels and excessive ingestion of sodium salts. Therefore, to prevent high blood pressure, it is important to limit salt intake and to ingest a sufficient amount of potassium (found abundantly in BLE). This can help widen blood vessel and decrease high blood pressure.

Barley Leaves Extract contains a large amount of potassium. Therefore, those with heart disease should learn about Barley Leaves Extract and take it on a daily basis.

But did you know that vitamins and minerals cannot function without the presence of energizing enzymes?

ENZYMES TO ACTIVATE AND ENERGIZE

To function properly, our bodies need enzymes. At present, more than, 3,000 types of enzymes have been identified in the human body, all of them working in different ways.

Enzymes are catalysts. They speed up reactions or cause reactions to take place that might not otherwise occur. Many of the body's chemical reactions would never take place without enzymes, including the storage and release of energy, digestion, breathing, blood circulation, vision and reproduction.

We obtain most of the necessary enzymes through our food. Unfortunately, modern food processing destroys the live enzymes our body needs to function properly. In fact, temperatures as low as 107 degrees Fahrenheit can destroy all active enzymes. This could be a problem since enzymes are essential for every biochemical reaction in our bodies. However, enzymes are destroyed by freezing, heating, canning, drying or other processing techniques.

Life would be impossible without enzymes. Vitamins, minerals, carbohydrates, fats, and proteins all need enzymes to work.

Antioxidant Enzymes Fight Free Radicals

Some enzymes function in the body as antioxidants. Superoxide dismutase (SOD) is an antioxidant enzyme which breaks down harmful free radicals and renders them inactive.

Free radicals are formed during normal body metabolism. But in a healthy body, their production is kept in check. When free radicals increase abnormally, they may convert (a) normal cells to abnormal cancerous cells, or (b) cause arteriosclerosis which in turns, results in (c) heart attacks or (d) high blood pressure. According to some theories, free radicals are the source of all diseases.

But free radicals, are not the only substances harmful to the body. Fatty or lipid peroxides (generated when unsaturated fatty acids are oxidized) are also harmful to our body's cell membranes and DNA. They can cause inflammation, atherosclerosis, premature aging, heart problems and other chronic diseases. Suppressing their generation is vital in preventing these and other conditions.

Barley Leaves Extract contains an abundance of the enzyme, superoxide dismutase (SOD) which breaks down free radicals. The herbicide paraquat kills plants by causing them to manufacture free radicals. However, paraquat cannot kill barley or rice plants, because both contain large amounts of SOD. Obviously, it is important to consume a sufficient amount of SOD, and Barley Leaves Extract is an excellent source.

We know that SOD (a) prevents the sebum in the skin from being oxidized and (b) prevents DNA within cells from being oxidized and destroyed. Since SOD helps us in so many ways, is it a panacea?

2"-0-GLYCOSYLISOVITEXIN (2-0-GIV): AN EXCITING NEW ANTIOXIDANT DISCOVERY

In addition to their numerous antioxidant enzymes, young barley leaves also contain a potent antioxidant flavone called 2-0-glycosylisovitexin (2-0-GIV). Professor Takayuki Shibamoto (University of California, Davis) and this writer succeeded in isolating 2-0-GIV, an extremely potent antioxidant.

Many flavonoids and their related compounds reportedly possess strong antioxidant activities. Some flavonoids (such as those found in green barley leaves) offer considerable protection against lipid peroxidation. Their antioxidative activities are due to their ability to chelate metal ions and to scavenge free radicals.

2-0-GIV inhibits lipid peroxidation in our cells and appears to be as potent as other known antioxidants, such as beta-carotene, vitamin C, or vitamin E. In fact, oxidative agent formation (resulting from ultraviolet radiation) decreases by over 50% when exposed to 2-0-GIV. Further, my research studies show that 2-0-GIV has outperformed tocopherol and BHT, which are two well-known agents used to fight cancer.

BEER DRINKERS AND THE ANTIOXIDATIVE PROPERTIES OF 2"-0-GIV FROM BARLEY GRASS

Dr. Shibamoto's Laboratory at UC Davis studied the inhibitory effects of 2"-0-GIV extracted from young green barley leaves on the formation of acetaldehyde in beer. When beer is stored at elevated temperatures, it begins to oxidize forming acetaldehyde and other carbonyl compounds, causing a stale flavor and a degradation in beer quality.

In beer stored at 50° C for 10 days, 1 ug/ml of 2"-0-GIV reduced the formation of acetaldehyde by 60%. 1 ug/ml of Vitamin E (alpha-tocopherol) actually increased the formation of acetaldehyde (by 15%) and 1 ug/ml of BHT only reduced acetaldehyde formation by 15%

Although this study did not look at the formation of oxidation products from beer that has been ingested, it may be a good idea to take some Barley Leaf Extract before you toss down that next beer.

BARLEY LEAVES EXTRACT AND ITS IMPORTANCE FOR HEALTH

NATURAL AGING of skin leads to roughness, pigment deposition, pimples and other eruptions. It weakens the resistance of all membranes, leading to inflammation by even the slightest stimulation. The weakening of the skin represents a weakening of the internal organs.

Conversely, we can say that when the internal organs grow weak, so does the skin. Trouble in the stomach and intestines causes rough skin and eruptions. This will show first in membranes of the eyes or lips. Persons with cloudy eyes or swollen face can also be afflicted in the liver or kidneys. It is for this reason that physicians first examine the complexion, the luster of the skin, and the mucous membranes when making a diagnosis.

And for the same reason, I will begin my discussion of health topics with the skin, our barometer of health.

The Skin as a Reflecting Mirror

Skin and beauty. They seem inseparable. Unfortunately, so dependent is the beauty of a face upon the appearance of the skin that young women today will pile their faces with makeup in the hope of attaining beauty, even at the age when they have the fairest skin. I think women should pay closer attention to the health of the skin by giving it the best possible nutrition.

Creams and skin drugs for external application may sometimes be helpful, but what is primarily required is a food which is called "a high grade drug" in Chinese medicine.

According to Chinese medicine, drugs are classified into high-, medium-, and low grade drugs. The low-grade drugs work as toxicants or curing agents. The high grade drugs are natural foods which bring the functions of the internal organs to a normal state.

This means that what is required is only a food which contains abundant minerals, enzymes and vitamins which will rejuvenate the cells of the internal organs and of the skin. Raw vegetables, especially green vegetables, are best for this purpose.

As one of the highest foods in the spectrum, Barley Leaves Extract will rejuvenate the skin through this direct connection with the internal organs. With regards to minerals, seaweeds are also an important source.

This might be the reason why it is said that the skin of Japanese women is very beautiful. Seaweeds are not included in the typical diet in such places as America and Russia. This fact is probably related to the fact that the skin of women in these countries is susceptible to chapping, freckles and pigment deposition.

Medically, the phenomenon I have been describing is referred to as the Brown-Sequard law of cutaneovisceral reflex. The idea of the skin "mimicking" the internal organs may seem somewhat strange, but we often experience it in daily life when we sip warm coffee and immediately feel the whole body become warm. This is not because the hot coffee is absorbed from the stomach and raises the body temperature. In vessels in the mucous membrane of the stomach, the blood vessels in the mucous membrane of the stomach dilate, as do the capillary blood vessels in the skin make the body feel warm. For the same reason, when we drink ice water in summer, we feel cool. When cold water comes into the stomach, the blood vessels of the stomach shrink, the capillary blood vessels of the stomach shrink, and the capillary blood vessels on the surface of the skin shrink. That is why we feel cool after drinking cold water. This is the effect of Brown-Sequard's law, which I have found through my own study to be highly relevant to the rejuvenation of the skin.

As a matter of fact, I have been studying the subject of skin rejuvenation for a long time. This endeavor began in 1956, when I was introduced by Professor Shinzo Hayami of Kansai Medical College to Professor Tadayoshi Arakawa of the dermatology section of Tokushima University. At that time, I was thinking of trying gastrointestinal drugs for the rejuvenation of the skin. I made this suggestion to Professor Arakawa, who completely agreed with my idea and emphasized the significance of Brown-Sequard's law.

Retards Aging of Cells

Earlier I noted that my research efforts succeeded in isolating the agent in Barley Leaves Extract which slows the aging of cells. This agent is the enzyme superoxide dismutase (SOD), which was discovered in the blood of a cow some years ago by a professor at the University of California. Before that, a British scientist pointed out that erythrocytes, or red blood cells, of human blood contain relatively large amounts of a special protein. This protein has now turned out to be SOD.

As I shall show later, SOD is an extremely important enzyme now receiving attention in the treatment of cancer. For the moment, I will briefly mention how SOD helps rejuvenate the cells. In the course of respiration and metabolism, hazardous active forms of oxygen are constantly being expelled. One is the superoxide radical (O_2^-). This radical has a very strong oxidizing power capable of decomposing cells. Fortunately, however, the enzyme SOD works within a living organism to destroy the active oxygens.

Recent investigations have shown that the internal organs in relatively long-living primates contain a large quantity of the enzyme within the cells. It has therefore been assumed that SOD will prevent aging of cells in our body, and has to do with longevity.

As the role of enzymes has been increasingly understood, SOD has enjoyed a vogue among health food enthusiasts in the United States. Most of the commercially available SOD is extracted from the livers of cattle. As the liver is a detoxifying organ, and as many cattle are injected with steroids to build muscle tissue, this product is of questionable value. On the other hand, Barley Leaves has one of the highest natural SOD levels of any plant, making it superior as a source of this vital enzyme.

The action of enzymes in Barley Leaves Extract is also effective against pigment deposition, melanosis and pimples. The best way to understand how this happens is to first examine why these symptoms occur.

Pigment deposition results from the oxidation of tyrosine, an amino acid, by an enzyme called tyrosinase. The tyrosine changes to melanin, a dark pigment, which is deposited in the skin.

Here again, the enzyme system plays an important role. If the enzymes within the living body are working normally, oxidation of tyrosine does not occur. Even if it does occur, the deposited melanin is removed, since the skin is always performing vigorous metabolism.

If pigment deposition caused by some stimulation disappears rapidly, there is no skin problem apparent. Long-term deposition is due, presumably, to an imbalance of enzymes. Ingestion of Barley Leaves Extract will help prevent this by helping to keep the enzymes in balance.

Melanin is also involved in the process of sunburning. Until recently, sunburn had been considered to be an inflammation of the skin by ultraviolet rays. But it has been found that a more complex interaction within the cells is involved.

When sunlight strikes the skin directly, the energy metabolism of the cells becomes exceedingly vigorous as the cells are excited by solar energy. This causes the cellular fluids to release magnesium, calcium and potassium, and permits the inflow of a sodium ion.

Since this is the case, I suppose sunburn could be inhibited by taking Barley Leaves Extract either before or after sunbathing. Since there are no experimental data or clinical cases, this is, of course, my own postulation.

Helps Overweight

As far as overweight is concerned, it is not merely a matter of one's appearance, it is likely to lead to high blood pressure, heart disease and arteriosclerosis. In particular, overweight in middle-aged and old persons almost always leads to these diseases.

As we know, this has become an age of "high-calorie" nutrition. Our diets contain oil and fat, polished rice, white bread and white refined sugar in quantities which make them difficult to fully burn within the body. Burning is a process which finally renders caloric food into water and carbon dioxide gas which are expelled from the body. If complete burning fails, these materials remain undecomposed and are stored as fat under the skin or in fat cells.

The burning process, called lipid metabolism, is aided by cytochrome oxidase, an enzyme found in the mitochondria of "brown cells" (a type of fat cell) within the body. Minerals and vitamins are very important in promoting lipid metabolism and the action of mitochondria.

The usual remedy for weight loss is a diet therapy based on minimizing sugars, starch and fats which tend to build up as subcutaneous fats. These foods are replaced by vegetable fats which include, for example, sesame oil, olive oil, safflower oil, and colza oil and margarine made from such oils. They contain unsaturated fatty acids which can dissolve cholesterol deposited on the vascular walls. However, vegetable fats are still foods of high caloric value.

The best method of weight control, I believe, is to promote the action of enzymes which activate the brown cells and aid in lipid metabolism. As I have shown, for this reason I consider the active components of juices from the young leaves of barley a far better alternative to weight control than the typical approach of dieting.

Anyway, it is unhealthy to abstain from meals or take only water to achieve weight loss and unwise. Once the practitioner of this method resumes eating as usual, he or she again becomes overweight.

The problem of overweight is inseparable from the metabolism of the thyroid hormone. When there is too much fat, its metabolism is promoted by this hormone. If the secretion of the thyroid hormone decreases, weight gain will result.

Once, thyroid hormone preparations were used extensively as weight control drugs in the belief that the administration of thyroid hormones would remove overweight. However, thyroid hormones were found to retard the function of the thyroid gland with long-term use. This is the same as the relation of adrenocortical hormone preparations to the adrenal gland, mentioned earlier. Even a case of mental disorder was reported as a consequence of administering this hormone. This soon led the U.S. Food and Drug Administration to prohibit the use of thyroid hormone preparations, except when prescribed by a physician.

Barley Leaves Extract is not a special drug against obesity, and there is no guarantee that taking it will immediately lead to weight reduction. In order to get rid of excess weight, it is first of all necessary to improve your diet. Abstain from fats, starch and sugars as much as possible and engage in moderate physical exercise. If, in addition to this, you take one teaspoonful of Barley Leaves Extract three times a day, you will soon find yourself losing weight. For Barley Leaves Extract, the most alkaline of foods, neutralizes the acidity of the body fluids and spontaneously invigorates the function of the thyroid gland. It would be ideal to take seaweeds, a source of iodine required for the production of thyroid hormones, in addition to Barley Leaves Extract.

Furthermore, the activities of a number of enzymes contained in Green Barley Leaves Extract can also be expected. For example, lipase, an enzyme which decomposes fats deposited within the body, is also contained in Barley Leaves Extract. Moreover, many enzymes which normalize the various functions within the body are directly absorbed from the intestinal tract and act immediately. If the functions which our body inherently possesses work vigorously, there should be no abnormal weight.

That “Fruits Can Help Weight Loss” Is a Myth

Incidentally, we must be very careful about fructose (or fruit sugars) and fruits, which are used extensively as a food of low caloric value. We often see girls who want to lose weight eat only fruits for lunch. But their goal will not be achieved, as it has recently been demonstrated that fructose changes to fat within the body more rapidly than common sugar and starch. The fructose in pineapples and bananas changes to fat as soon as it comes into the body. Fruits are regarded as alkaline foods because they contain abundant minerals, but their content of substances changeable to fat is far larger than their mineral content, so the effects of minerals are almost negligible.

Use in Fasting Cure

Fasting cure, or abstention from meals, is frequently practiced as a remedy for overweight. This results in a loss of weight because organic matters, including fats which are deposited within the body, are burned rapidly. This apparently removes overweight. But sometimes, after fasting, one may become bloated from water. This is because when eating is resumed, moisture in the food is entirely absorbed, causing swelling of the body, so it is necessary to eat foods having an abundance of proteins, minerals and vitamins. For this purpose, Barley Leaves Extract, containing these ingredients in a well-balanced state is the best choice. It can restore cells tired from food abstention to a vigorous state.

You may take Barley Leaves Extract during a fast. Even while fasting, the body keeps metabolizing and a supply of minerals is essential. If you get your minerals from Barley Leaves Extract, you will be able to avoid many risks which are associated with the fasting cure.

Effective Against Constipation

In mentioning digestive activities, we should not forget constipation, which is often taken lightly, but should not be. It is rightly said that good eating, good sleeping, and good evacuation are the three barometers of health. These factors, if disordered, cause disease.

Prolonged constipation causes a swelling or pressing feeling in the abdomen, and this naturally leads to a loss of appetite. Furthermore, since it also causes headache or dizziness, the problem inhibits good sleep. It is no wonder that as a result, its victim becomes susceptible to fatigue and mental instability.

In such a case, Barley Leaves Extract dissolved in water is absolutely effective. The active ingredients in Barley Leaves Extract promote the mobility of the intestinal tract, and also strengthen the muscles required for evacuation.

Habitual constipation, which is frequently found in persons over forty, is due mainly to the reduced mobility of the large intestines and the reduced muscular power of the entire body.

Usually, people say that vegetables are effective against constipation. However, to those whose stomach and intestines have reduced functions or to the elderly, the fibrous tissues of vegetables become a burden because of their resistance to digestion. Since Barley Leaves Extract is free of fibrous tissues, these people can take it without anxiety.

A Storage House of Blood

Another problem related to diet is anemia. I have heard of a new affliction which frequently strikes office workers in high rise air-conditioned office buildings. Its symptom is sudden numbness in the legs and it can be severe enough to require hospitalization. This is not uncommon among the aged, but today many young women are being stricken. Many are found to suffer anemia.

Statistics on nutrition compiled by Japan's Ministry of Welfare and Health show that anemia has become widespread. About one-fourth of all women have anemia or a tendency toward it. Although the number of anemic patients is relatively small in younger males, the number is larger in males in their fifties than in females. Recently, anemia has also increased in high school boys. It sometimes goes unnoticed because its symptoms are confused with those of overexertion.

Why has anemia increased despite the fact that the amount of animal proteins ingested has shown such a great increase? The great number of cases of anemia among the Japanese is due probably to an imbalance of nutrition.

Production of blood requires an iron ion, a copper ion and a potassium ion, as well as protein. Without these mineral ions, hemoglobin would be difficult to form. In addition, the vitamin folic acid is also essential for blood formation.

Even those foods which are naturally high in vitamins do little good when consumed in processed form. Vitamins are destroyed during processing. The iron component changes under heat to iron oxide, not easily absorbed by the body.

As a curing treatment for anemia, an iron preparation containing reduced iron has previously been used. This is not sufficient for blood formation. Since Barley Leaves Extract contains iron in the organically bonded state, or as divalent iron, it can be immediately absorbed in the intestinal tract. The abundance of protein and minerals of Barley Leaves Extract has been repeatedly mentioned in this book. Barley Leaves Extract can be said to be a storage house of blood.

Wonderful Deodorizing Activity of Chlorophyll

Bad smells such as body odor and foul breath are problems that cannot be made light of. How unfortunate when a kiss which must connect two lovers closely becomes the cause of a decisive parting.

Such an unfortunate accident can be avoided if the lovers drink or gargle with a glass of Barley Leaves Extract dissolved in water before dating. In this case, unlike our previous examples of abnormal constitution or other disease, the effect of Barley Leaves Extract is immediate. The fast-acting effect is due to the chlorophyll contained in Barley Leaves Extract. Scientists universally recognize that chlorophyll has a rapid deodorizing activity.

Medicine of Chlorophyll, a book published by the Association of Life Science, reports the following experimental results obtained by Dr. Keichi Morishita and Dr. Kaneo Hotta on a panel of people subjected to various known causes of foul breath:

- 1) Chlorophyll removed the odor of garlic in 70 percent to 80 percent of those tested within 10 to 20 minutes.
- 2) Chlorophyll removed breath traces of various wines and liquors within 30 minutes in 80 percent of the panel.
- 3) Chlorophyll removed breath odors in 80 percent of a panel suffering gastric trouble within 30 minutes.
- 4) Chlorophyll removed breath odors of cigarettes from a panel of smokers within 10 to 30 minutes.

These results followed ingestion of 3 to 12 grams of chlorophyll. The report concludes that greater effects would be expected if larger doses were used.

Anti-inflammatory Activity Increases Its Deodorizing Activity

In addition to its direct deodorizing activity, chlorophyll possesses anti-inflammatory and germicidal activities. These activities sometimes contribute to the alleviation of alveolar blennorrhoea and inflammation in the oral cavity which causes foul odors.

Offensive odors emitting from vaginal discharge are of concern to women. Deodorizing activity and a bit of germicidal and anti-inflammatory activities make Barley Leaves Extract effective against this problem. Direct application in a vaginal cleaning solution will be more effective than the use of it as an internal drug.

At one time it was believed that body odors resulted from the secretion of a bad-smelling fluid from the apocrine gland situated mainly in the armpit and the pubic region. I have found this to be erroneous for the following reason.

I found that fluids secreted from the apocrine gland do not have a bad smell, but that the secreted substances are decomposed by bacteria to cause the smell. I came to this conclusion after I applied an agent having a strong germicidal activity to the armpit of a person who suffered from body odor, and the odor almost disappeared. If a fluid originally having a bad smell were secreted from the body, the smell wouldn't disappear upon application of a germicide.

From this experience, I believe the chlorophyll contained in Barley Leaves Extract acts against body odor. On one hand, it exerts an indirect deodorizing activity and, on the other, it kills germs and removes the very cause of body odor.

CONQUERING CHRONIC DISORDERS

You've seen from our previous discussion the unique method we use to produce Barley Leaves Extract and the cornucopia of nutrients found in this wondrous green powder, including vitamins, minerals, enzymes, and antioxidants. However, did you realize that Barley Leaves Extract has any applications in fighting and preventing disease, such as heart disease? BLE also lowers cholesterol, fights cancer and AIDS, retards aging, improves digestive health, treats pancreatitis and liver disorders, and fights allergies, halitosis and body odor.

ELIMINATE CAUSES OF HEART DISEASE WITH BARLEY LEAVES EXTRACT

Cardiovascular disease is the leading cause of death in most developed countries. Heart attacks and strokes occur when the coronary artery becomes clogged with cholesterol and other wastes. Fatty peroxides and oxides (free radicals) cause inflammation of the arterial wall. Then platelets aggregate and form blood clots. The coronary artery clogs and nutrients and enzymes cease flowing past the constricted area. Thus cell death takes place.

The mild version of a heart attack is called angina. The primary symptom is severe, sharp, stabbing pain in the middle of the chest (like a knife).

Dissolves Wastes

But, what can we do to prevent angina and more serious heart attacks? The best prevention is ensuring there is no increased waste material in the blood to occlude the coronary artery.

Barley Leaves Extract contains substances that lower cholesterol, break down free radicals (such as the powerful antioxidants 2-O-GIV, suppress platelet production, and dissolve wastes already present in arteries. In other words, Barley Leaves Extract provides both prevention and a possible cure for heart disease.

Lower Cholesterol Level

Hypertension (or high blood pressure) is the dreaded condition of the middle-aged and elderly. It has several causes, but the most devastating is accumulation of cholesterol and blood vessel narrowing.

To prevent high blood pressure, the first step is to lower the blood cholesterol level. Research shows BLE is very effective in reducing the cholesterol level, as well as suppressing cholesterol absorption. One such substance (beta sitosterol) is currently used in Japan to treat patients with high cholesterol levels.

It is my opinion that Barley Leaves Extract is at least as effective as pharmaceuticals in lowering cholesterol levels. And fortunately, with Barley Leaves Extract, there are no side effects.

PREVENTING CANCER: THE WORLD'S MOST DREADED DISEASE

Cancer is the most feared disease of our time and the second leading killer in developed nations. Despite progress in cancer research and treatment, a great number of us still die from cancer.

However, good news is on the horizon. Many, many letters from users of Barley Leaves Extract tell us, "My cancer has been cured," or "My tumor has shrunk." You may find it hard to believe that a disease which modern medical science has been unable to conquer could be cured by a substance as ordinary as young barley leaf extract. But during the course of our research on Barley Leaves Extract, we discovered that it contains ingredients which effectively fight cancer.

Cancer occurs when normal cells suddenly mutate into cancerous cells. Carcinogenic substances, such as radiation and toxins, can cause this sudden mutation. Substances found in charbroiled meat and fish, benzpyrene (present in coal tar) and fukinotoxin (contained in the flowers of the butterbur and bracken), are other examples of carcinogens. Through exhaustive tests we found that Barley Leaves Extract suppresses the carcinogenic effects of these substances.

The Effects of Peroxidase in Fighting Cancer

Barley Leaves Extract contains an enzyme known as peroxidase. This enzyme makes carcinogenic substances harmless and prevents normal cells from becoming cancerous.

Further, Barley Leaves Extract contains large amounts of the antioxidant vitamin A, C, and E, which suppress carcinogenic substances. Since these vitamins work together in Barley Leaves Extract, it is entirely possible that they might be more effective in conquering cancer than when used individually.

Until a few years ago, vegetable oils (linoleic acids) were reported to eliminate cholesterol. However, recent research shows that unsaturated fatty acids such as linoleic acid are easily oxidized by free radicals, and that the fatty peroxides they generate damage cell DNA, cell membranes, and blood vessel walls, and cause cells to become cancerous. Further, fatty acids can also cause inflammation, diabetes, and skin conditions such as atopic dermatitis. Since Barley Leaves Extract combats oxidation and free radicals, it acts as a powerful preventive against these conditions.

FIGHT AIDS EFFECTIVELY WITH BARLEY LEAVES EXTRACT

“Acquired Immune Deficiency Syndrome” (AIDS) is a relatively new disease, first recognized in 1981. In the same year the virus that causes AIDS was isolated.

We know that AIDS is actually caused by two viruses, HIV-1 and HIV-2. HIV-1 occurs over a wide area of the world (e.g., South America, Central Africa, Europe, and Asia), while HIV-2 is found mainly in West Africa.

The Fear of Contracting AIDS

AIDS and its reputation as the “disease that may bring about the extinction of the human race” instill a chilling fear in people’s hearts. This is a real fear since no cure for this devastating disease has yet been discovered. Further, since the primary route of infection is sexual intercourse, it is difficult to institute effective preventive measures.

There is also the danger of being infected with the AIDS virus when receiving transfusions of contaminated blood. The number of hemophiliacs who require blood transfusions is relatively large, and it is truly tragic that some have been infected with AIDS in this way.

The AIDS Virus Proliferates

Generally, the AIDS virus remains dormant for seven to eight years during which time no symptoms present themselves. However, it is like a sneaky, silent, deadly snake, lying in the weeds just ready to strike.

First, the AID virus infects cells within the body (e.g., T cells and macrophages). Once it has infected these cells, the virus gains entrance into host cells. Then components of the AIDS virus form within the cells and begin to proliferate.

Barley Leaves Extract to the Rescue!

The green juice of young barley leaves contains many ingredients beneficial to the body. One of these is a water-soluble compound which has been found extremely effective in suppressing the AIDS virus.

Not only is Barley Leaves Extract capable of suppressing proliferation of the AIDS virus, it is also effective in preventing infection.

Furthermore, barley contains substances that stimulate the secretion of prolactin and growth hormones from the pituitary gland's anterior lobe, necessary for the restoration of the normal immune response. These substances serve to revitalize the immune system.

Since Barley Leaves Extract has the power to suppress the proliferation of the AIDS virus, and to restore the body to its healthy state, it is an effective tool in fighting AIDS.

We realize that AIDS is a depressing subject, but it is an important one, since eliminating AIDS is an urgent problem for the entire human race. Research on AIDS and Barley Leaves Extract is currently being conducted at the Hagiwara Health Science Research Institute and at George Washington University under a joint program. Preliminary results indicate that BLE is effective in fighting AIDS. This could be a wonderful, life-saving breakthrough.

BARLEY LEAVES EXTRACT IS EFFECTIVE AGAINST DIABETES

Diabetes is a complex disease because, once it has developed, it is difficult to completely cure. Contributing factors include obesity, bad eating habits, and lack of exercise. Unfortunately, its prevalence continues to increase.

Diabetics are prone to a wide variety of complications. One of the most feared is damage to the blood vessels (accounting for 40% of the deaths from diabetes).

Barley Leaves Extract prevents hardening of the veins, and improves circulation. Therefore, Barley Leaves Extract is also effective for blood vessel damage caused by diabetes. Furthermore, we have learned from experiments conducted in our laboratory that Barley Leaves Extract is effective against the disease itself.

Effect on Lowering Blood Sugar Verified

Diabetes occurs when the supply of insulin, a type of hormone secreted by the pancreas, is deficient. When the insulin supply is deficient, glucose (a nutrient) is no longer absorbed by muscles and the blood sugar level increases. The sugar that is not absorbed is eventually eliminated in the urine. To counteract diabetes, it is important to stimulate the production of insulin. For this reason, insulin injections are commonly used in the treatment of diabetes.

We have discovered that Barley Leaves Extract functions in much the same way as insulin. When we injected the water-soluble components of Barley Leaves Extract intravenously into a control group of mice and into a group whose blood sugar level had been raised through injections of glucose, we found that the blood sugar level of both groups decreased significantly, and remained low for a long time. When we administered Barley Leaves Extract orally to the control group, we noticed no significant decrease in the blood sugar level. In other words, when Barley Leaves Extract is taken orally, it will decrease high blood sugar levels to normal, but will not alter normal blood sugar levels.

Since it has been proven that Barley Leaves Extract intake lowers high blood sugar levels, we can say with assurance that Barley Leaves Extract is effective against diabetes. This should be welcome news to diabetics.

RELIEVING THE AGONY OF PANCREATITIS!

Barley Leaves Extract has proven extremely useful in the treatment of pancreatitis (inflammation of the pancreas). In tests conducted at the Department of Internal Medicine, Tokyo University Hospital, physicians mixed Barley Leaves Extract with other medicines and dispensed the mixture to patients suffering from chronic pancreatitis. Approximately 75% of these patients reported that the pain disappeared or significantly lessened.

Since no effective means of treating pancreatitis had been discovered, the results of these tests drew a great deal of attention. Now Barley Leaves Extract is used by the Japanese medical profession in the treatment of pancreatitis. It was Professor Kubota of the Science University of Tokyo and this writer who discovered that Barley Leaves Extract contains powerful anti-inflammatory agents.

With these findings, more people world-wide could be helped.

EFFECTIVE AGAINST LIVER DISEASE

Letters received from regular users of Barley Leaves Extract often report improved liver function. Even those who have verified their liver abnormalities through liver function tests found these abnormalities decreased when Barley Leaves Extract was taken on a regular basis.

Choline and Potassium are Beneficial to the Liver

We believe these promising results are because Barley Leaves Extract contains large amounts of choline and potassium. Choline is so effective at breaking down fats (that accumulate in the liver), that choline preparations are used therapeutically by the medical profession. Potassium is also needed by the liver. People who suffer from cirrhosis (liver disease) are deficient in potassium.

Therefore, the balanced nutrients contained in Barley Leaves Extract (such as choline and potassium) improve liver function.

STIMULATE SECRETION OF GASTRIC JUICES WITH BARLEY LEAVES EXTRACT

Another remarkable attribute of Barley Leaves Extract is its efficacy in improving the health of the digestive tract. We repeatedly hear that people who had been tormented by stomach pain for an extremely long time have suddenly noticed their symptoms disappear almost instantly after taking Barley Leaves Extract. Additional reports from many people indicate that severe stomach ulcers have healed when taking Barley Leaves Extract.

We feel that these beneficial results are due to the minerals and enzymes present in Barley Leaves Extract, and their synergistic action.

First of all , enzymes in Barley Leaves Extract aid digestion. Further, the chlorophyll quickly heals ulcers by stimulating the formation of new granular tissue in the mucous membrane of the stomach.

Finally, it is common knowledge that digestive tract disorders (such as ulcers) are caused by stress. When stress increases, potassium is discharged, and peristalsis is impeded. Barley Leaves Extract, which contains potassium in abundance, helps to improve these conditions.

REMARKABLY EFFECTIVE ON ATOPIC DERMATITIS A "MODERN" MALADY

A marked increase in the number of allergy sufferers has been noted. Inevitably, any random group of children will include at least one child who is an allergy sufferer. Allergies wear a number of faces. Examples might include rhinitis, asthma, and atopic dermatitis, to name a few.

It was once believed that allergies would disappear as individuals reached maturity, but there are many instances where allergies have remained throughout adulthood. This is often the case with atopic dermatitis. Those afflicted with this condition are plagued by constant, severe itching and eczema. Since many are unable to stop furiously scratching themselves, they may be unable to properly perform their jobs. This is a serious concern for breadwinners.

Allergies are thought to be caused by an immune system reaction. Unfortunately, medical science has not attained sufficient understanding of the immune system, and the ideal treatment has yet to be discovered.

The Root of the Problem - Blood Acidification

When we examine blood from patients with allergies, we observe that their blood is acidic, instead of slightly alkaline, which would be normal. Furthermore, many of the medicines used to treat allergies actually stimulate blood acidification.

Rather than treating the symptoms with medication, the best approach is to treat allergies by normalizing cell function. To do this, we first must reduce the level of acidity in the body. This is probably why so many people who drink Barley Leaves Extract have seen their allergic symptoms lessen and even disappear.

More and more people suffer from allergies today because they "exist" in a state of semi-illness. They are not well, they have a disease of bodily function. This is probably due to (a) poor nutrition and (b) ingestion of contaminated food. Therefore, the first priority is to get the body functioning normally with Barley Leaves Extract.

Asthma and Allergy Can Be Improved by Diet

In the industrial districts of Kawasaki, Yokkaichi, Keiyo and Kitakyushu, Japan, there has been found to be an unnaturally high percentage of persons suffering from infantile asthma and other allergic diseases. This fact is, of course, a serious problem. But we cannot afford to simply point an accusing finger at smoke and waste gases from factories and forget how feeble we have allowed our bodies to become through insufficient nutrition.

If given a chance, the human body can do a pretty good job of defending itself, as the following experiment demonstrates. When we remove the lid of a sterilized Petri dish, then close it after a lapse of several seconds and allow it to stand at 98.6° F., a very large number of bacteria are seen to grow in it. Where do they come from? From the innumerable number of pathogenic bacteria and fungi always present in the air.

There are various pathogenic bacteria and fungi adhering at all times to the fingertips or the mucous membrane of the skin, but we still do not always get a disease. Even when infected by bacteria, some people get sick and others do not.

The same relationship exists between air pollution and allergic patients. If a person of an allergic constitution lives in polluted air, he naturally will undergo a different reaction than a healthy person. Furthermore, persons who are quite healthy in clean air have a different reaction in polluted air, but still do not show such a reaction in the form of disease. In view of this, it is most important to make the body strong so it can withstand a bad environment. The tough body, in which normal cells are working actively, is made possible only by daily diet.

Adrenocortical Hormones Only Make Disease Chronic

Allergic problems tend to be chronic and difficult to cure by traditional medicine. These include urticaria, bronchial asthma including infantile asthma, chronic eczema typified by atopic dermatitis, acute eczema, rhinitis and rheumatism.

It is believed that allergic diseases are associated with immunoreactions within the body, but their causes have not yet been completely elucidated. For this reason, no decisive therapeutic method has been available.

An examination of patients with allergies shows that their blood pH is on the acidic side, while it should normally be alkaline.

Adrenocortical hormones (steroids) have been frequently used for allergic diseases to stop itching and pain or as anti-inflammatory agents. They did not fundamentally cure the diseases, but there were dramatic effects on inflammation. These hormones finally led the United Nations to issue a notification recommending that these adrenocortical hormone preparations not be used as internal drugs.

Frequently, allergic patients have a poor secretion of adrenocortical hormone. In healthy persons the body reacts against external stimulation and can suppress symptoms that result from the stimulation. However, this function is not performed sufficiently in the allergic patient, and hence therapy has been practiced to supply adrenocortical hormone agents from outside.

The problem with this therapy is that hormone releasing organs, as I stated earlier, characteristically slow down their own production as soon as particular hormones are introduced from outside. If an adrenocortical hormone agent releasing organ is out of order, the organ becomes more out of order. This is like giving money, apparel, and luxurious meals to a lazy person who won't work.

If we rub our skin hard, it becomes reddish. If one has an allergic constitution, even slight rubbing makes the skin reddish. It is due to dilation of the capillary vessels that the rubbed portion gets reddish or itchy. Rubbing the skin activates certain enzymes which then decompose proteins to form a histamine-like substance. The substance dilates the vessels in a way that causes liquid components of the blood to ooze from the vessels and induce itching. By this process, stimulation to the skin results in reddish swelling and itching.

If the skin becomes abnormal in this way, another enzyme such as histaminase comes into action to restore its normal condition. If the action of the histaminase is weak, however, even a slight stimulation results in abnormal reaction in the skin.

Supplying Minerals Is a True Therapeutic Method Against Allergic Problems

Persons with allergic rhinitis or asthma are susceptible to colds, and in extreme cases they have recurring colds year-round. Usually, aspirin, various pyrazolone derivatives and antihistamines are used to treat the colds. These drugs, when taken internally, cause acidification of the blood. The reaction is more pronounced when the preparation is injected, although it is not clear why. But there is every reason to believe that the following occurs:

When foreign matter (a substance which is absent in the body and does not participate in its physiological functions) is taken into the body, a reaction to remove it naturally goes into effect. This activity is that of cells and involves enzymes. At this time, the metabolization of minerals is considered to be temporarily increased. This leads to a temporary insufficiency of minerals within the body, which in turn is believed to cause acidification of body fluids.

If this is the case, then the hormone therapy in use today is like giving money voluntarily to a robber.

The important thing in treating allergic diseases is to make the adrenal glands and other internal organs return to normal metabolism.

For this purpose, it is absolutely necessary to maintain the ion balance of minerals within the cells so that a complex enzyme system can work sufficiently. The fundamental method of preventing allergic diseases would be to follow a diet high in alkaline foods, of which Barley Leaves Extract is the most effective. This preventative and curative method does not involve the risk of side effects.

AN ANSWER TO HALITOSIS AND BODY ODOR

Barley Leaves Extract is effective against halitosis (bad breath), plus body and underarm odor. Although these conditions are not diseases, you know they are no laughing matter. If you are afflicted by one of these problems, it may have harmful effects on your social, business, or home life. It is important to conquer these conditions, since doing so is simple good manners.

Chlorophyll and its deodorizing action instantaneously and effectively combat body odor, halitosis, and underarm odor. This is why it is an ingredient in various products designed to stop body odor and halitosis (such as chewing gum). Since Barley Leaves Extract contains significant amounts of chlorophyll, it is very effective for this purpose. For example, drinking Barley Leaves Extract in one cup of water will make halitosis disappear.

Halitosis is often caused by pyorrhea (periodontal disease) or stomach disorders. Since Barley Leaves Extract has an "inflammation-quelling action," it is able to kill odors at their source.

Stopping Odor at the Source

Chlorophyll has a powerful deodorizing effect, but the wonderful thing about Barley Leaves Extract is its ability to eliminate the actual source of the odor.

In many cases, body and underarm odor are not inherently unpleasant. They simply become unpleasant when perspiration or secretion is broken down by bacteria. Therefore, unpleasant odors can be killed by stopping these bacteria from breeding. This can be done by filtering the water-soluble components of Barley Leaves Extract through filter paper, mixing them with cold cream, and applying them to the underarms or other areas of the body.

Barley Leaves Extract Stops the Hazardous Effects of Synthetic Drugs

First of all, it should be understood that when a living body is operating soundly, substances which it needs are formed naturally within the body, and it is insignificant and unnecessary to supply foreign matter from outside. If essential substances within the body are lacking, it is necessary to replenish them to some extent. But the sources of supply must be raw natural substances. These substances should be natural foods plentiful in enzymes and minerals, for our health can be seriously damaged by attempts to load the nutritional system artificially.

In this regard, I have already mentioned the great effectiveness of chlorophyll and the ineffectiveness and hazardous nature of artificial chlorophyll, chlorophyllin. The importance of potassium is equally recognized in the medical field. A drug containing potassium chloride is sometimes used for therapeutic purposes. However, a living body necessarily develops an abnormal reaction against such a synthetic drug. A side effects reported with the use of potassium chloride is the appearance of a tumor in the large intestine. This of course, would not occur were the potassium to be taken in a natural form such as in green barley leaf juice which is a food.

The same can be said with regard to sodium glutamate or lysine. Certainly experimental data are available which demonstrate the favorable effects of glutamine acid and lysine on the activity of the brain. With this formation, these substances have come into use in large quantities and, predictably, it has been discovered that such use of them may cause side effects.

Similarly, it is dangerous to take proteins in high concentrations simply on the ground that proteins are nutritionally very important. To take a great quantity of only one type of substance will usually lead to trouble.

The relationship of the body to those ingredients essential for our subsistence is that of a key to a keyhole. Artificial substances such as synthetic drugs may bring about temporary effects, but do not fit in the keyholes. Let me give an example of what I mean by this.

Generally, adrenocortical hormones are anti-inflammatory agents which are used extensively throughout the world. Derivatives of the adrenocortical hormones are called steroidal agents. Long ago the World Health Organization warned that steroidal agents should not be used except in special or emergency cases. Physicians, however, seem to have no hesitation about using them for treating inflammation.

Steroidal agents are used orally for the treatment of diseases of internal organs, such as gastritis and hepatitis, and externally or parenterally for treatment of dermatitis, chronic eczema and burns. However, on long-term administration, steroidal agents cause a loss of natural hormonal secretions which protect against inflammation. The hormone-producing organs are rather lazy, and once they sense the external application of hormones, they stop producing hormones by themselves. Thus, ironically, when large quantities of hormones are given from outside the body, the adrenal glands lose their ability to produce those hormones by themselves.

When administration of an adrenocortical hormone is stopped, the disease immediately gets worse. Thus, hormone treatments begin again. If this is repeated, the secretion of hormones becomes weaker and abnormalities include "moon face" and loss of vigor. It is even said that many of those who habitually take an adrenocortical hormone commit suicide.

To remedy this condition, an activating agent is necessary which invigorates the adrenal glands themselves and promotes hormonal secretion. Barley Leaves Extract is very effective as such an activating agent. With long-term use of BLE, its polypeptide-like enzymes act on the adrenal glands to promote hormonal secretion.

LOOK BETTER AND FEEL BETTER LONGER

Why do we age? When we've solved this mystery and found a way to counteract aging, we may be able to achieve eternal youth. However, medical science has yet to solve this puzzle. Since some people age more slowly than others, the key to this secret may lie in those individual differences (still waiting to be discovered).

There is a saying "the aging process begins in the blood vessels." Blood vessels are oxidized by free radicals, oxides, fatty peroxides and other substances. In addition, wastes can harden and weaken them. The result is high blood pressure and poor circulation, which lead to angina and heart attacks. By keeping the blood vessels young, we can significantly slow the aging process.

Barley Leaves Extract is loaded with ingredients that prevent oxidation of lipoprotein, a major component of blood vessel walls. These ingredients prevent blood vessel hardening and help maintain their elasticity, thus retarding the aging process. Further, Barley Leaves Extract prevents formation of cholesterol deposits and improves circulation.

Want Youthful Looking Skin?

We all want to keep our youthful skin. When our skin looks fresh and lustrous, we look younger and even feel more young at heart. Since the skin is the most visible portion of our body, we inevitably look younger when our skin appears fresh, vital and youthful.

Most women turn to cosmetics when their skin is in poor condition. They keep trying different products or brands in their endless search for the fountain of youth. But cosmetics can never produce that natural, glowing look.

When internal organs are not functioning well, the skin loses its luster. Also, when the blood and skin acidify, the skin becomes dry and flaky. Even those whose skin has lost its luster due to internal organ malfunction or acidification can have radiant skin once again. How? By drinking Barley Leaves Extract regularly, that lustrous, healthy skin care can be restored. This is possible because Barley Leaves Extract improves internal organ function and corrects the acidification problem.

Barley Leaves Extract is extremely effective in restoring appearance of youthful skin. In fact, young barley leaves show dynamic results in the treatment of skin diseases. Barley Leaves Extract enhances the function, not only of internal organs, but of the entire body as a whole. This results in more active body metabolism and rejuvenated skin.

Even sumo wrestlers know that when they're in good shape, their skin will glow. These wrestlers practice their art in a virtually naked state, so more of their skin is visible.

Liver spots are another skin problem. A growing number of people report that facial liver spots vanish and the after-effects of over-exposure to the sun disappear without a trace after using Barley Leaves Extract.

The Ravages of Ultraviolet Rays and Polluted Air

The skin is protected by fats (such as squalene) of dermal cells. However, ultraviolet rays, nitrogen oxides, and polluted air cause cells and cell membranes to oxidize resulting in blemishes and liver spots which can turn into skin cancer. Barley Leaves Extract antioxidant ingredients curb the oxidization of sebum, plus suppress inflammation, age spots and aging.

Better Looking Skin

Barley Leaves Extract not only corrects malfunctions of the internal organs, but also beautifies the skin itself. The enzyme SOD, present in Green Barley Leaves Extract, is the major cause of this effect.

Previously, we noted that SOD is an enzyme that fights free radicals. However, SOD has other applications, it also beautifies and rejuvenates the skin. Some enthusiastic fans of Barley Leaves Extract who had previously suffered from abnormal skin darkening or acne for many years have reported that their acne has disappeared, and that their skin is now completely clear and radiant.

Further, Barley Leaves Extract contains many vitamins in perfect balance, and the action of these vitamins makes a difference. Many people have the mistaken impression that consuming large amounts of vitamin C is the best they can do for their skin. Consuming large amounts of one particular vitamin is the worst thing you can do. It is my opinion that this can even cause skin cancer.

RELIEF FOR MANY ILLS

BARLEY LEAVES EXTRACT (BLE) HELPS LOST HEALTH: TESTIMONIAL LETTERS

I ORIGINALLY INTRODUCED Barley Leaves Extract (BLE) with the modest purpose of presenting it to the public as a healthy convenience food to take the place of the unhealthy junk foods which have come to occupy such a large percentage of the modern diet. While my intention was to promote better health through the method of preventive nutrition and while I believed that BLE would not restore health to those damaged by synthetic drug treatments, I did not at first conceive of it as a drug or medicine intended to treat a specific ailment.

Thousands of letters from people who used Barley Leaves Extract have expanded my estimation of its powerful curative effect on ailments in people who had given up on receiving any benefit from traditional methods of treatment.

Some of the letters which have come to my association of greens and health are reproduced here to give you an idea of the many symptoms of ill health against which BLE has proven effective.

Of course, these letters represent the simple, unsolicited response of the public, not controlled scientific test cases, and must be read in that light.

Asthma and Eczema

From Miss Michiko Nogami, a seventeen-year old girl: "I have been suffering from asthma since childhood, and also frequently from eczema. I have made many visits to my town's asthma clinic, with little benefit.

"Then I heard of Barley Leaves Extract and immediately tried it. After taking it a little more than one month, I found myself free of eczema. I also noticed that the attacks of asthma were reduced and even when I had an attack of it, the symptoms were milder.

"After taking Green Barley Leaves Extract for six months, I scarcely have any attacks and I find my skin has become increasingly beautiful. I can't believe what has happened.

Obesity

From Mrs. Fumiko Yoshioka, sixty years old, Yahata-Ku Kitakyushu-Shi:
"I am short in height, but weigh far too much at 65 kg. (145 lbs.). I have high blood pressure and get considerable shoulder stiffness. Hoping to cure this condition, I began to try Barley Leaves Extract after reading about it in a book on natural foods.

"I once took an antihypertensive which is supposed to be good for losing weight. But I stopped taking it and stuck only to Barley Leaves Extract and other natural foods which seem more effective. I now rarely have shoulder stiffness and my weight has decreased to 60 kg. (134 lbs.). I'm now trying hard to lose more weight."

Beautification, Skin Rejuvenation

From Mrs. Mijoko Hashizume, forty-four years old, Kita-ku, Osaka:
"My interest was raised by an article in a certain women's magazine, I began to take Green Barley Leaves Extract about six months ago. At that time I had a poor complexion, dull and dark in color. Now my complexion has become vivid and fair, despite the fact that I am using the same cosmetics as before. All my friends have been surprised by the change and my husband says that I seem to have become younger."

Pimples and Rough Skin

From Miss Noriko Kojo, twenty-five years old, Kakogawa City, Hyogo Prefecture: "I use to have rough skin, which I presume was caused by a weak stomach and intestinal tract, and I also get pimples frequently. From time to time, I took a digestive aid or juice of aloe, but because of its bitterness and bad smell I frequently stopped practicing that remedy. I began to take Barley Leaves Extract at the suggestion of my friend. I found it unexpectedly easy to drink. For three months, I have taken a large spoonful of Barley Leaves Extract two or three times a day. Now, the pimples have disappeared and the rough skin has become smooth and vivid. Moreover, my stomach has become healthy."

"When girls drink coffee in the office, I now usually drink fruit juice with Barley Leaves Extract in it."

Anemia

From Miss Kazuko Onishi, twenty-one years old, Nwerima-ku, Tokyo: "I used to suffer from anemia and sometimes felt dizzy whenever I got busy at work. I tried various hematonics, but was advised not to rely on drugs alone. I therefore began to take Barley Leaves Extract.

"I took Barley Leaves Extract dissolved in water when I woke in the morning and before I went to bed. After two months, I noticed that I had no dizziness even when my work was busy. My complexion became better.

"I also feel that my tendency to get tired eyes has improved. I now regard Barley Leaves Extract as my doctor."

Sexual Life - Reduced Potency

From Mr. Isao Salta (pseudonym), thirty-five years old, Kawasaki City, Kanagawa Prefecture: "After I turned thirty-five, I noticed I was becoming susceptible to fatigue and loss of vitality. I attributed this to my busy work and came to fear that I would not be able to live a normal life. Above all, I was concerned when I lost interest in my sexual life. I became impatient at the thought that I was too young to be in that condition. But the problem became worse as I grew more frustrated and tried to improve it.

"My wife then happened to suggest Barley Leaves Extract. I began to take it, not expecting much. Now, after six months, I am completely free from the fatigue I previously felt and have regained my vitality. I also have found my abnormal fatness subsiding a little and my sexual life returning to normal.

"I certainly felt very thankful for Barley Leaves Extract, although at first I did not seriously believe it."

Constipation

From Miss Nobuko Shimizu (pseudonym), age nineteen, Kokura-ku, Kitakyushu:

"I am a nineteen-year-old student. From childhood, I have been mentally unstable and have always felt impatient. Many people say I lack good judgment. I think that it is due to persistent constipation.

“When I entered college and began to live alone in an apartment house, this trouble became even worse. At one time, I was extremely uneasy about it. A pharmacist then suggested powdery Barley Leaves Extract. At first, I doubted its effect and did not take much of it. I have taken it every morning and night.

“Although constipation has not been completely cured, I find myself more stable mentally and feel that I am more quick in making decisions. My life has been changed.”

Shoulder Stiffness and Lumbago

From Mr. Zenji Matsuyama, fifty years old, Neyagawa, Osaka: “I am a bus driver. Probably because of tension during work, I had considerable stiffness. I went to a professional massager. The massager also practices ionization therapy and recommended Barley Leaves Extract, saying that massage could relieve the stiffness but not cure it.

“Within a month I began taking it, I found myself without shoulder stiffness. When I had heavy stiffness in my shoulders I was impatient during work, but now I enjoy my work very much.

Gastritis, Gastropnoxis and Peptic Ulcer

From Mr. Masayuki Yokata, sixty years old, Oura, Nagasaki: “I was diagnosed as having a peptic ulcer which was treated with an oral drug at a hospital at Nagasaki Medical College. I happened to hear the lecture of Dr. Hagiwara and consequently began to take Barley Leaves Extract. In about one month, I improved in appetite which led to the power of curing the disease from inside the body. I still keep taking Barley Leaves Extract earnestly.

Diabetes

From Mr. Shigeyuki Yamano, fifty-seven years old, Chigasaki, Kanagawa Prefecture: “One year ago, I was diagnosed as having diabetes. I have succeeded in improving my constitution and curing the disease by taking only natural foods and green juices without any synthetic drugs.

“Before this cure, I could not do any work which required incessant attention. Now I can work energetically and my complexion has improved”.

"What I took for this purpose included not only Barley Leaves Extract but ordinary green juices, hachimigan (a Chinese herb drug), royal jelly, (an enzyme preparation) honey, apple vinegar and mushroom extract preparation. I cannot say for sure which of these was actually effective.

"In any case, I believe that it is best to cure diabetes by taking a carefully controlled diet and natural health promoting foods which can improve the constitution."

Hypotension and Hypertension

From Mrs. Nobuko Matsui, thirty-three years old, Sasebo City, Nagasaki Prefecture: "After the birth of my third child, I developed hypertension. It caused me headaches and swelling in my left hand. I was compelled to lie in bed for three months after delivery.

"I continued to take the drug given by my physician, but at the same time I began to take Barley Leaves Extract at the suggestion of a sister of my husband. In about one month the headache went away. The blood pressure did not easily decrease. But, at the end of five months, it dropped from 120/130 to 160/100.

"Furthermore, occasional bleeding from the nostrils stopped. Although I thought that my life might end at the age of thirty-three, I now see that my life has been saved."

Heart Disease

From Mr. Yuji Koga, fifty years old, Beppu City, Oita Prefecture: "My wife, who has been weak all her life, finally collapsed not long ago. After a detailed examination, she was diagnosed having a fairly serious case of valvular heart disease.

"She was hospitalized at once but the doctor said that because of her age she didn't have the strength to withstand an operation. The doctor told me that it was important for her to eat alkaline foods. I therefore attempted to have her take Barley Leaves Extracts at the suggestion of my friend.

“At first I feared whether my wife, who is of a neurotic nature, would take it. However, she found it tasty and began to drink a glass of Barley Leaves Extract in water every morning and night. I myself began to take it. She stopped having frequent dizziness resulting from high blood pressure, and she seems to have changed in character.

“Since she began to take the Barley Leaves Extract she has had a good appetite and a good complexion. At first I gave up the hope of her recovery. But now she will be able to leave the hospital soon.”

Nephrosis

From Mrs. Masae Yamamura, thirty-five years old, Hitoyoshi City, Kumamoto Prefecture: “My eldest son, now in the fourth grade primary school, was diagnosed as having nephrosis at an early age. He has been hospitalized many times. When he was in the hospital his condition improved a little but he always regressed to his original condition in about three months. He had to be absent from school so often that he could not catch up with the other children.

“Finally, I was informed of the existence of Barley Leaves Extract by a person who said it cured his renal disease. Like a drowning person who catches at a straw, I began to let my son take Green Barley Leaves Extract. After leaving the hospital, he continued to take it for one year. I have tried to reduce animal protein in his diet and replace it with as much vegetable protein as possible. After several months of this, I noticed that his urine became clearer and flowed better. Furthermore, the edema that had appeared whenever he got tired and the cloudiness in his eyes disappeared. Thus, for a year, he has had no need to be hospitalized. Although his condition has not been completely cured, he goes to school every day”.

“I now believe that it is a good diet, and Barley Leaves Extract will save my son, not drugs.”

Cirrhosis Hepatitis

From Zennosuke Yamaguchi, forty-one years old. Sumiyoshi-ku, Osaka: “I ran a small company. Probably because I over worked myself or drank too much in entertaining customers, I came down with liver trouble and was hospitalized for about three months. When I was permitted to leave the hospital, I again had to work hard. A blood examination soon showed that the disease was worse.”

“Feeling hopeless, I began to think I would have to choose whether to destroy the company or my health. At the suggestion of a business friend, I began to take Barley Leaves Extract. At first I doubted its effectiveness, but with a certain amount of desperation, I drank about five glasses of Barley Leaves Extract every day. In two months my disease was completely cured.

“Neither the doctor nor I could believe it, but repeated examinations have revealed no illness. It was like a miracle”.

“Now, my business goes well and so does my health. Barley Leaves Extract is to thank.”

Inhibition of Cancer

From Mr. Junji Ishiyama, fifty-eight years old, Nakabe Kanagawa Prefecture:

“I was diagnosed as having gastric cancer in an early stage. For six months I ate a special diet consisting mainly of unpolished rice and vegetables. At the same time I was given a Suzuki-type visible ray therapy. About one month ago, I also began to practice loquat leaf therapy. At that time Dr. Suzuki recommended Barley Leaves Extract. The cancer vanished at the end of six months after I began the visible ray therapy. My persistent constipation also disappeared. I have found my stomach and intestines in good condition and feel very comfortable.”

“I feel lighter in the legs and seem to be more healthy than before.”

THE BEST WAY TO USE BARLEY LEAVES EXTRACT

It is not possible to make Barley Leave Extract at home; it is very difficult, and the results are inconsistent. The easiest way to obtain Barley Leaves Extract is to purchase and consume the powder sold commercially under various product names. Doing so also increases the likelihood of following the regimen.

Avoid Dissolving Barley Leaves Extract in Hot Water

Don't use hot water. If you dissolve BLE powder in hot water (at a temperature suitable for making tea, for instance), chlorophyll and all enzymes (important ingredients of BLE) will be rendered ineffective. BLE should be dissolved in water or juice. But, it is perfectly all right to swallow the powder without dissolving it, if you find this form palatable.

Tastes Great

Barley Leaves Extract has no bitter taste, nor does it taste or smell strange in any way. Even children should have no trouble consuming it. The absorption process takes place best when your drink BLE slowly. Keep it in your mouth for a few seconds and then swallow.

Safe and Effective

The recommended dosage for adults is 2 or 3 teaspoons of BLE (1 teaspoon for children) per day. We recommend that those with severe symptoms double the dosage.

Even if you take BLE in large amounts, there will be no problem. Unlike pharmaceuticals or synthetic vitamin preparations, BLE is composed entirely of natural substances. BLE contains nutrients in an ideal balance, so there is no need to worry about side effects.

Some symptoms (digestive disorders, for instance) respond almost immediately to the powers of BLE. Due to the condition's severity and individual differences, more time may be needed for BLE to take effect and for you to see a reduction in symptoms. Therefore, please be patient and continue taking BLE on a regular basis. You should notice results from this "green goodness" within three months.

Remember that BLE is a food product. Therefore it gives the body more energy and enhances the body's inherent restorative powers (that is, it helps the body heal itself).

REVOLUTIONARY BARLEY LEAVES EXTRACT IN REVIEW

Though barley has been part of our lives since antiquity, only recently has it been possible to capture this exquisite BLE - the green barley leaves! This, then, is successful culmination, the climax of efforts to overcome obstacles in capturing the green genie in a bottle.

Barley Leaves Extract is a delicious, health-giving green powder, produced by an award-winning, revolutionary, new manufacturing process. BLE is loaded with essential vitamins, minerals, enzymes, chlorophyll, and antioxidants in a naturally balanced form which is easy for the human body to absorb and utilize.

The health wisdom of the ages, verified by years of modern research from Japan and America, combined with this new manufacturing process, make vitamin nutrients digestible and available to every cell in our bodies.

My Barley Leaves Extract (BLE) can revolutionize your health, give you more energy, help you to look good, feel good, smell better, and live longer, plus fight those killer chronic diseases such as:

- high cholesterol
- heart disease
- atherosclerosis
- high blood pressure
- allergy
- arteriosclerosis
- gastritis
- constipation
- weight control
- cancer
- collagen diseases
- diabetes
- liver problems
- AIDS
- allergies
- acne

This exciting new product has given me the opportunity to help millions of suffering people throughout the world. I want to help you.

My fervent hope is that everyone will try this wondrous health food for a healthier, happier more pain-free, and productive life. Can I help you with Barley Leaves Extract?

Author Profile

YOSHIHIDE HAGIWARA, M.D.

Dr. Hagiwara was born in Oita Prefecture in 1925. After World War II, he lived in Hiroshima; therefore, he is intimately aware of the deadly results of radiation. In 1949 he graduated from Kumamoto University with a degree in pharmacology, and immediately established the Hagiwara Pharmacy. In his spare time, he devoted himself to research and development. In 1960, he earned a medical degree (M.D.). In 1962, he was awarded the All-Japan Inventors' Prize for his "Method of Manufacturing Hair Restoratives and Cosmetic Bases." In 1964 he accepted the Blue Ribbon medal from Japan's Prime Minister. In 1982 he won the Pharmaceutical Meritorious Service Award, and in 1987 was awarded the Science and Technology Agency Director-General's Prize for "The Development of A Method for Manufacturing Powder from Young Barley Leaves." He held prominent positions in numerous pharmaceutical and health food associations, and is currently vice-chairman of the Japan Kanpo Shoyaku (Chinese Herbs) Manufacturers Association and Director of the non-profit foundation, Japan Health Food Association. He spent the 1992 academic year at the University of California as a visiting professor. In 1994 he was awarded the Japanese 1994 Drug and Medical Meritorious Service Award for developing techniques to extract and stabilize vitamins, minerals, and live enzymes for powdered health supplements. Among his writings are Barley Leaves Extract (Yodensha), published in English translation by Keats Publishing Co.

PEACE OF MIND AND BODY THROUGH BARLEY LEAVES EXTRACT

On those days when nothing is going right and the pressure is about to make you burst, in this stress-filled, pressure-packed, go-go society, do you ever dream of a warm summer day? Just kicking back and getting away to some lush green meadow, lying there under some big old oak tree and looking up at a clear, deep-blue sky, away from everything? The rolling hills! The never-ending sea of rich green barley surrounds you, swaying to the soft caress of a cool, but gently soothing breeze. The rich sweet scent is like a rare exotic perfume engulfing your body, your soul, your very being. The invigorating splendor of it all! In this feast of the senses, you are once more at peace with yourself and the world around you.

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