

Use this Food Group for Next Level Healing

written by Yarden Slater
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There is something important I want to share with you today. Back in January when I started walking again after my broken 5th metatarsal incident (which in January had still not fully knitted), I started feeling extremely exhausted by early evening, often waking up still feeling tired. My body was working very hard to heal this bone and deal with my walking on it, and it was taking its toll. I changed my diet by removing the little bit of cooked carbs I was eating which definitely helped but not all the way. As time went on, this

exhaustion slowly lifted but I still was not back to my original energy levels.

Last month, I finally figured out the missing piece of the puzzle by vastly increasing the amount of fresh leafy greens in my diet. This idea was calling my name from somewhere in the back of my mind, but it wasn't until I recently read *Green for Life* by Victoria Boutenko that I finally understood the healing potency of this food group and the urgency of increasing it to fifty percent of my diet.

Leafy greens such as kale, mustard greens, collard greens, romaine lettuce, green onions, parsley, dandelion, and others contain within them the healing power of chlorophyll, alkalize the body, strengthen stomach acid, contain a huge amount of fiber, and are abundant in amino acids (most usable protein) and omega 3s. They have been shown to vastly improve numerous health issues including anemia, fatigue, cancer, gall stones and kidney stones, constipation, arthritis, asthma, skin conditions, anxiety, sores, allergies and heart problems.

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Four weeks after increasing my green smoothies and leafy green salads intake to 50% of my diet, I am once again back to my pre-broken foot energy levels, I lost the last few pounds that I had gained during the four months when I wasn't walking, and my nails have never been stronger or shinier.

Life is not easy sometimes but if you're going through a rough patch and you get sick or exhausted due to your body working hard to heal, from stress, chemicals, negative emotions, or addictions, before giving up or subjecting yourself to chemical medicine and risky invasive procedures, try the simple route.

Unburden your body of nonfoods such as processed food, junk food, sugary drinks and soda, pastries, and white flour. Now add the highest vibrational food on earth – greens and fruit. Try eating 40% greens, 40% fruit, 20 percent real food.

The power to heal is inside of you. It's alive in you right now. Ignite it by discontinuing your subjugation to the modern world "food" and unleash it by nourishing, cleansing, and energizing your body with greens and fruits and real food.

Go back to simplicity.

How about prioritizing family, health and happiness?

Health of the body, clarity of the mind and purity of the heart are your soul's greatest treasures. Ascend to your higher self by committing to eating high vibrational food, adhering to the simple laws of nature, and genuinely connecting to God through self-introspection and refinement.