



barleygrass powder

What is Barleygrass?

Naturya Organic Barleygrass Powder is taken from the immature leaf of the barley plant, which is one of the world's oldest crops, and was nurtured in ancient Egypt, China and Greece.¹ It is thought that Roman gladiators used to consume barleygrass before heading into the Coliseum.²



Today, barley is still one of the world's most widely produced crops. Barleygrass contains a vast range of vitamins, minerals and amino acids, and is commonly used in detoxification regimes, in part because of its alkalising effect on the body.

Processing

Naturya Barleygrass Powder is grown on the unpolluted outdoor fields of a farm in North China. It is certified as organic by the UK's Soil Association and the EU, which means the farm is regularly inspected by internationally recognised organic certification bodies to ensure that the rigorous organic standards are being met.



The barley is planted in November and harvested in March or April of the following year, when the intermodal tissues begin to elongate to form the stem of the adult wheat plant. The plants are harvested at this stage because the nutrition levels are at their peak; the levels of amino acids, polyphenols and vitamin C all decrease as the plant ages.³ A further advantage of harvesting the barley at this immature stage is that it has yet to produce any of the grains that contain gluten, leaving the product entirely gluten free. The barleygrass is hand-cut at the base, before being carefully cleaned and sorted. The barleygrass is then dried at a low temperature and ground into a fine powder. The process from picking to powder takes a maximum of two hours.⁴

The Science

Barleygrass is a good source of vitamins and minerals, including iron, calcium, and vitamins B1, B2, B6, C and E.¹ It is also a good source of antioxidants, including superoxide dismutase (SOD).¹ Superoxide dismutase provides a variety of health benefits, fighting the development of motor neurone disease, arthritis and inflammatory diseases.⁵

Barleygrass powder is very rich in fibre and has been shown to help lower overall cholesterol levels.⁶ Consumption of barleygrass is thought to help cause a significant reduction in LDL ('bad' cholesterol)

and a rise in HDL (the 'good' cholesterol).⁷ Studies have shown that the intake of barleygrass can also assist with a drop in blood sugar and glaciated haemoglobin levels.³

Barleygrass is rich in magnesium, a mineral that helps to convert the food we eat into energy and, by helping the parathyroid glands to work, boosts bone health.⁸ Barleygrass contains all the essential amino acids, which is a rare quality in plants. It also contains a wide spectrum of enzymes and phytochemicals.⁹ One of these phytochemicals is chlorophyll, which is thought to inhibit bacteria and reduce internal odours, as well as enhancing heart and lung functions.^{10 11} Barleygrass is an alkaline food, which some people believe helps to counteract the acidity generated by stress and the body's daily functions to restore us to our naturally alkaline levels.¹²



Barleygrass is nutritionally very similar to wheatgrass. There are a few differences between the two foods though, with barleygrass containing more calcium, potassium, chlorophyll and enzymes than wheatgrass.¹ Ultimately, in a choice between the two it often comes down to personal taste, with barleygrass having a more bitter flavour than wheatgrass. Of course, you can always combine the two powders, as many Naturya customers do.

How to enjoy Barleygrass

Barleygrass powder is a staple of green smoothies. Whizz it in a blender with some vegetables and seasoning, or try blending it with fruit, yoghurt and honey. It's simple to consume as a drink: tasty with fruit juices, and some people enjoy its slightly bitter taste with water. You might also want to try mixing barleygrass into dips or home-made energy bars.

As ever, feel free to experiment. If you come up with a great recipe then why not send it to us along with some pictures? The best recipes stand a chance of winning some free Naturya products and being uploaded to our site for everyone to try!

1 Simonsohn, B., 2001. Barley Grass Juice: Rejuvenation Elixir and Natural, Healthy Power Drink. Lotus Press.

2 Drugs.com, 2009. Barley Grass. www.drugs.com

3 Paulickova et al, 2006. Evaluation of Barley Grass as a Potential Source of Some Nutritional Substances. Czech J. Food Sci. 25 [2].

4 Supplier pers. comm.

5 Krishnamurthy, P. and Wadhvani, A., 2012. Antioxidant Enzymes and Human Health. InTech

6 Zeng, Y. et al, 2012. Use of functional foods for diabetes prevention in China. African Journal of Pharmacy and Pharmacology. 6[35].

7 Venugopal, S. and Iyer U.M., 2010. Management of diabetic dyslipidemia with subatmospheric dehydrated barley grass powder. International Journal of Green Pharmacy. 4[4].

8 NHS, 2011. Vitamins and minerals. www.nhs.uk

9 Bawazir, A.E., 2010. Investigations on the Chronic Effect of Talbina (Barley Water) on Hormone (Cortisol and Testosterone), Reproductive System and Some Neurotransmitter Contents in Different Brain Areas of Male Albino Rats. American-Eurasian Journal of Scientific Research. 5[2].

10 Dr Perricone, 2005. Dr Perricone's 10 Superfoods You Should Add to Your Diet Today. www.oprah.com

11 Kumar, P. et al, 2011. Nutritional Contents and Medicinal Properties of Wheat: A Review. Life Sciences and Medicine Research. Volume 2011.

12 Lally, M., 2012. Does your diet pass the acid test? Forget Dukan and Atkins – these days, the A-list way to a flat tummy is 'eating alkaline'. Daily Mail, 22 July.



nutrient-rich power foods
www.naturya.com