

# GREEN FOR LIFE

by Victoria Boutenko

## Dare to Observe

Only through observation can we learn to connect consequences with causes, and to become aware of what to expect from our diet and eating habits. For example, if we overeat late at night, we should not expect to feel fresh in the morning. The advantage of being aware of what is going to happen enables us to act deliberately in our everyday lives, and to achieve the goals we desire through conscious actions, instead of constantly and blindly following the advice of somebody “who knows better.”

When all we have is a compilation of someone else’s instructions, the best we can do is to hope and pray that the authors of such instructions were efficient in acquiring their knowledge and honest in their intentions. In other words, we hope that someone else cares for us more than we care for our own selves.

When we let others observe and reason for us, we consciously choose to stay blind and deaf. We become compelled to follow someone else’s instructions, one after another, and perform actions which do not make much sense to us.

To observe is our birthright. If we utilize our ability to observe, we can free ourselves from the labyrinth of confusions. Victoria Boutenko, the author, believes that our own conscious observations are a thousand times more important than any rigid scientific claim.

## What was Missing in our Raw Food Plan?

Victoria and her family were all extremely unwell. Her husband had hyperthyroidism and rheumatoid arthritis, she had heart problems and weight issues, her son had type 1 diabetes and her daughter had severe asthma.

They were all able to cure themselves with a 100 percent raw food diet.

After several years of being raw foodists, however, each one of them began to feel like they had reached a plateau where their healing process stopped and even somewhat began to go backwards. While they stuck to being 100 percent raw, they began to ask what was missing in their diet.

Victoria began to eagerly collect information about every single food that existed for humans. After many wrong guesses, she found one particular food group that matched ALL human nutritional needs: *greens*.

The truth was that her family did not eat enough greens. They did not like them. She didn’t know how many greens they needed. So she began to study Chimpanzees, since they are the animal closest to human beings.

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## How Chimpanzees Eat

Chimpanzees are very similar to humans. Scientists at the Chimpanzee & Human Communication Institute at Washington Central University believe that “chimpanzees should be categorized as a people.” According to the scientists from WCU, chimpanzees have their own language and culture that humans didn’t even suspect of them, probably because chimpanzees do not speak. They do, however, use their own sign language that scientists have been studying closely for over three decades.

The researchers at WCU acknowledge: “New evidence indicates that the technology and the communication of the chimpanzee community meets the definition of culture. We also know that chimpanzee’s cognitive capacities are very similar to our own both intellectually and emotionally. This is why chimpanzees are often used in medical studies.

If chimpanzees and humans are really so closely related, and studying this closeness is so critical to our health, why don’t we humans apply our studies both ways? How could it be that we put our worst human illnesses on chimpanzees but do not learn from them? Rather than making them sick, why not make ourselves well? Why not at least try out what they eat?

Victoria began studying chimpanzees’ diet and lifestyle.

Despite all the scientific research, human health is continuously declining. Many nutritionists connect human health problems with nutritional deficiencies. Humans have lost their natural way of eating. That is why it is so wonderful that there is another species on the planet that is so similar to us and is still eating the way they are supposed to eat.

### A Chimpanzee’s Diet:

- ▶ The two major food groups for chimpanzees are fruits and greens.
- ▶ Do not confuse greens with root vegetables like carrots, beets, or potatoes. Also do not confuse greens with non-sweet fruits like cucumbers, tomatoes, zucchini, and bell peppers. Chimps only eat root vegetables in the case of drought or famine as a fall-back food.
- ▶ The percentage of time that chimpanzees spend eating greens in relation to the rest of their diet varies from 25-50 percent depending on the season.
- ▶ Two to seven percent of their diet is pith and bark. (Piths are the stems and more fibrous parts of plants.)
- ▶ When the trees are blooming, in March and April, chimpanzees consume blossoms, up to 10 percent of their ratio.

- ▶ Chimpanzees do not eat very many nuts, but their diet could be up to 5 percent seeds.
- ▶ Particularly in November, they consume small amounts of insects and even small animals, however, this part of their diet is irregular and insignificant, as they could go months and months without consuming any animals, and seem to have no ill effects.

This information shows that humans are supposed to eat far more greens than most people think. The standard American diet is totally and completely different. It is the intake of greens that has declined most dramatically in the human diet.

## The Standard Raw Food Diet

A raw food diet demonstrates a vast improvement over the regular diet, since all ingredients in a raw diet are uncooked, and full of enzymes and vitamins. That explains why so many people reported that they instantly felt better on a raw diet.

- ▶ Raw foodists typically eat a lot of fruit, especially if we keep in mind that bell-peppers, cucumbers, zucchini and tomatoes are also fruits.
- ▶ However, even though raw foodists typically consume noticeably more greens than people on an average mainstream diet, greens almost never constitute 45 percent of their food.
- ▶ Most people on a raw food diet consume large amounts of fruits, nuts and seeds. Often they use nuts as a substitute for carbohydrates, particularly when trying to mimic cooked dishes with raw ingredients, even though nuts are 70-80 percent fat.
- ▶ Raw foodists generally increase their consumption of oils and avocados because the most common way of eating salads, their main staple, is to have it mixed with dressing, sauce or guacamole.
- ▶ Another large caloric percentage in a typical raw diet also belongs to root vegetables mostly due to juicing. Also, roots taste sweeter than greens and thus comprise a large portion of raw salads.

When we compare the typical raw food diet with the chimpanzee diet, we can clearly see that there are two main ways to further improve our individual eating patterns: to increase our consumption of greens, and to reduce our intake of nuts, seeds, and oils.

Greens that can significantly improve our health include broccoli, spinach, kale, Swiss chard, romaine lettuce, and celery.

## Green Smoothie Revolution

Many people, including Victoria and her family, don't particularly love eating greens. They are often viewed as food that needs to be eaten, generally hidden and eaten quickly so that other more enjoyable foods can be consumed.

Since Victoria was convinced that greens were the missing ingredient in her diet, she was constantly looking for ways to eat more of them. But eating large quantities in salads was making her feel ill.

## Why Don't People Like Greens, and Even Feel Ill When Eating Them?

- ▶ Greens possess more valuable nutrients than any other food group, but all these nutrients are stored inside the cells of plants. These cells are made of tough material, probably as a means of survival for the plant, making it difficult for animals to eat.
- ▶ To release all the valuable nutrients from within the cells, the cell walls need to be ruptured. To rupture these sturdy cells is not easy.
- ▶ This is why eating greens without chewing them thoroughly would not satisfy our nutritional needs. In simple words, we need to chew our greens to a creamy consistency in order to get the benefits. But after many decades of eating mostly heavily processed foods, modern people have lost their ability to chew normally.
- ▶ In order to digest the released minerals and vitamins, hydrochloric acid in the stomach has to be very strong, with a pH between 1 and 2.
- ▶ This is most likely the reason why eating large amounts of plain greens is not pleasant.

## Discovering Green Smoothies

Out of a desire to eat more greens, Victoria decided to “chew” them in the Vita-Mix blender (a high speed blender). First she blended a bunch of kale with water, but felt queasy from the strong smell. It seemed inconsumable.

After some brainstorming, she added several bananas and blended it again. And that was when the magic began! It smelled pleasant, was tasty and fresh. When she drank it, her stomach felt fine. She realized this was the first time in her life that she consumed two good-sized bunches of greens in one day, and without any oil or salt.

## Green Smoothie Benefits

- ▶ After about a month of green smoothie drinking, two moles and a wart she had since early childhood peeled off her body.
- ▶ She felt more energized than ever before.

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- ▶ Cravings for heavy foods like nuts or crackers, especially in the evenings, had totally disappeared.
- ▶ Wrinkles on her face went away and she began to hear compliments from other people about her fresh look.
- ▶ Her nails became stronger.
- ▶ Her vision sharpened.
- ▶ She had a wonderful taste in her mouth, even upon waking in the morning.
- ▶ She stopped craving unhealthy foods when she got tired.
- ▶ As she started sharing these smoothies with family, friends and coworkers, their health improved as well.

## Why is it hard to Love Greens?

Leaves are far more nutrient dense than roots. The compelling difference between nutrients in these two parts of the plants is obvious and indisputable. Think about thousands of tons of highly nutritious food, the green tops of the root vegetables that are wasted year after year due to our ignorance, while the majority of people suffer from chronic deficiencies.

Why don't greens taste good to us? Isn't our body wise enough to intuitively crave what it needs? Yet few people crave highly nutritious greens.

It seems clear that if we do crave the foods with stimulants, like sugar, caffeine, white flour, it means that our intricate bodily balance has become distorted.

In the last few centuries, the human body has changed. The foods that have more stimulating tastes have become more appetizing to us than natural, unprocessed foods.

Victoria strongly believes that it is possible to restore our ability to like and crave healthy foods. We could learn to live on a natural, healthy diet, even though we have developed some powerful, unnatural cravings.

## Greens: A New Food Group

People consider a huge range of foods vegetables, when there is actually a massive difference between them.

- ▶ Some errors are quite serious and could cause health problems.
- ▶ As an example of this, placing starchy roots in the same category with tomatoes and rhubarb could prompt customers to make improper food combining choices.

- ▶ Many nutritionists believe in the benefits of proper food combining. For example, starchy tubers combined in one meal with sour fruits or vegetables can create fermentation and gas in our intestines.
- ▶ Placing greens and vegetables into the same category has lead researchers to the erroneous conclusion that greens are a poor source of protein. Contrary to this popular belief, greens are an excellent source of protein.
- ▶ Victoria proposes that we separate greens from vegetables, now and forevermore. Greens have never received proper attention and have never been researched adequately because they have been incorrectly identified as vegetables.

## Abundance of Proteins in Greens

An essential amino acid is one that cannot be synthesized by the body, and therefore must be supplied as part of the diet. Humans must include adequate amounts of nine amino acids in their diet.

The Recommend Daily Allowance for protein is greatly overestimated.

- ▶ Studies of the diets of chimpanzees compared to that of humans confirm the same truth.
- ▶ The aminos that are low in one plant are high in another. If we maintain a variety of greens in our diet, we will cover all essential aminos in abundance.
- ▶ It is far easier to benefit from the protein in vegetables than it is from the protein in meat or cheese, because the protein in vegetables is freshly made by sunshine and chlorophyll, and easy to absorb. The protein in meat and cheese is complex and has already been through another animal's system.
- ▶ The ironic result of consuming this imperfect source of protein, (animal protein), is that many people develop deficiencies in essential amino acids.

## Fiber: "The Magic Sponge"

Without fiber, complete elimination is nearly impossible, if possible at all. Almost all the toxins from every part of the body, including millions of dead cells, end up in the colon.

Insoluble fiber, found in greens, nuts and seeds, looks like a sponge, and indeed it serves us as a miraculous sponge, because every piece of it can absorb many times more toxins than its own volume.

If we do not consume fiber, toxic waste accumulates in our bodies, which causes a range of problems:

- ▶ Our skin tries to take on the elimination "job" and as a result the skin becomes rough and bumpy.

- ▶ When our bowels are clogged, our body attempts to excrete more mucus, through our eyes, nose, and throat.
- ▶ We sweat a lot more, and the body uses every possible channel to eliminate, but it's like pushing the garbage out through the window screen instead of the door.
- ▶ By consuming enough insoluble fiber, we can eliminate toxins from the body the easy and normal way.

Juicing gets rid of all of the fiber, while green smoothies ensure none of the fiber is lost. Our entire system greatly benefits from a diet high in fiber. Flaxseeds are one of the greatest sources of fiber, nature's sponge.

## Greens for Homeostasis

This extraordinary ability of all living organisms to repair themselves is the only power that can heal any illness. All other healing techniques invented by people can be successful only if they are directed towards helping the body's own natural ability to regulate itself.

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A physiological process that keeps all substances in the body at the levels necessary for optimal body health is called homeostasis. If we are helping our homeostasis—we are taking the best possible care of our health.

Homeostatic balance depends on the performance of the endocrine glands. If the glands do not secrete the proper amount of hormones, the homeostatic balance in the body will shift and disease could start.

By drinking green smoothies we support our endocrine system and homeostatic balance in the most optimal way.

## The Significance of Stomach Acid

Low stomach acidity (hypochlorhydria) is a condition that occurs when the human body is unable to produce adequate quantities of stomach acid. Low stomach acidity inevitably and dramatically impacts digestion and absorption of most nutrients necessary for health.

If stomach acid is insufficient, there is no barrier against parasites and other unwanted visitors.

Blending is similar to chewing. Eating blended food can make a dramatic improvement to our health. After being broken down in a high-speed blender, pieces of food become the perfect size for assimilation. As a result, the body doesn't keep the food in the stomach as long but sends it right into the small intestines, allowing the body to produce less hydrochloric acid. Consequently, consuming blended foods saves us energy and keeps us youthful.

Many people with digestive problems are able to greatly improve their assimilation by adding blended greens to their diets. While cooking makes the food softer and easier to digest, most essential vitamins and enzymes in the food get destroyed in the process of heating. Blending is a lot less harmful than cooking because it saves all the vital nutrients in the food.

## The Roseburg Study

Victoria, with the help of Doctor Feiber conducted a test in Roseburg Oregon where 25 participants with low hydrochloric acid levels (HCL) drank one quart of green smoothie every day for 30 days, at which time another HCL test was taken. One person dropped out in the middle of the study due to nausea. Out of the other 24 participants, 16 of the group showed vast improvement in their production of HCL.

The fiber content and nutrient value of the green smoothies made for an incredible success. All the participants also noted many other improvements in their health, some of which were dramatic changes such as more energy, improved eyesight, reduced cravings, vast weight loss, lowered cholesterol, improved digestion, better sleep, and even reversal of cancer,

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## The consumers of green smoothies should expect:

- ▶ To have better absorption of valuable nutrients
- ▶ To lessen the possibility of infection and parasites
- ▶ To heal allergies
- ▶ To improve overall health

## Greens Make the Body More Alkaline

Mainstream medicine seems to have been focusing on the secondary causes of disease.

Over 75 years ago Otto Warburg was awarded the Nobel Prize for his discovery that cancer is caused by weakened cell respiration due to lack of oxygen at the cellular level. According to Warburg, damaged cell respiration causes fermentation, resulting in low pH (acidity) at the cellular level.

Different foods have different pH levels. For example, parmesan has an extremely acid forming pH, while spinach is extremely alkaline. Knowing the pH indexes of various foods can help us balance our personal daily meal plans.

“Bad” cholesterol, lipoprotein (LDL) is made by our own liver in order to bind the toxins and deactivate the acidic waste that comes from certain foods, such as fats and animal protein.

Food is not the only factor to affect our pH balance. Any stress can potentially leave an acidic residue in our body; conversely, activities that are calming and relaxing can make us more alkaline.

Good alkaline pH balance is easily maintained by consuming large quantities of dark leafy greens.

Out of all the choices that we have in consuming greens, the green smoothie is a winner because it is a complete food, it is fresh, and it takes less than a minute to prepare.

## Healthy Soil is More Valuable than Gold

If we care which nutrients we receive from plants, we absolutely cannot ignore the quality of nutrients plants receive from the soil because we literally consume minerals from the soil through plants.

Our well-being depends on the quality of the land in which our food grows because the original source of nutrients for humans comes from soils, not plants.

Conventional agriculture attempts to feed the plants while the organic method nourishes the microorganisms in soil.

- ▶ Conventional farmers ignore the microorganisms in the soil and aim their efforts at supplying potassium, nitrogen and other chemicals for the sake of plants, while organic gardeners take care of feeding the living things in the soil, which provide harmoniously balanced nutrients to the plants.
- ▶ Just as humans cannot live on chemicals instead of food, microorganisms in the soil cannot survive when fed artificial fertilizers.
- ▶ When all microorganisms get destroyed with chemicals, the soil turns to dust. No plants can grow in dust, no matter how rich in various chemicals this dust is.
- ▶ Chemical fertilizers are missing live enzymes which contribute to the most unique qualities of all soils.

Through the plants we eat, we receive essential nutrients that were created by microorganisms in the soil. The more organic matter in the soil, the more nutritious is the food grown in this soil.

Most of the soil of agricultural farms in the USA contains less than 2 percent of organic matter, while originally, before the era of chemistry, it was 60-100 percent.

Chemical fertilizers could never enrich the living soil but could only damage or even destroy it with the most devastating consequences for plants, animals, and people.

## Healing Powers of Chlorophyll

Chlorophyll is as important as sunlight! No life is possible without sunshine and no life is possible without chlorophyll. Chlorophyll is liquefied sun energy. Consuming as much chlorophyll as possible is exactly like bathing our inner organs in sunshine.

To experience optimal health we need to have 80-85 percent of “good” bacteria in our intestines. Friendly bacteria manufacture many essential nutrients for our body, including vitamin K, B-vitamins, numerous helpful enzymes and other vital substances.

Such “good” or aerobic bacteria thrive in the presence of oxygen and require it for their continued growth and existence. That is why if we do not have enough oxygen in the cells of our body, “bad” bacteria take over and begin to thrive, causing an extreme amount of infections and disease.

Victoria believes that the dominance of anaerobic “bad” bacteria in our intestines is the prime cause of all disease.

Chlorophyll carries significant amounts of oxygen with it and thus plays a critical role in supporting the aerobic bacteria.

- ▶ Therefore, the more chlorophyll we consume, the better our intestinal flora and overall health will be.
- ▶ Considering that greens are a major source of chlorophyll, it is difficult to find a better way of consuming chlorophyll than drinking green smoothies.

Chlorophyll has been proven helpful in preventing and healing many forms of cancer and arteriosclerosis. Abundant scientific research shows that there are hardly any illnesses that could not be helped by chlorophyll.

With high oxygen content in chlorophyll and high mineral content in green plants, greens are the most alkalizing food that exists on our planet. By including green smoothies into our diet we can keep our bodies alkaline and healthy.

## The Wisdom of Plants

Plants, people, and animals have developed a strong symbiotic connection.

- ▶ Plants do not mind if people and animals eat their fruits because such practice benefits the plant by spreading its seeds for future generations.
- ▶ The goal of all plants is the continuation of their species and providing adequate living conditions for them. That is why nearly all the fruits in the world have a round shape, so that it could roll away and start a new life.
- ▶ Plants have learned to make their fruit colorful, palatable, and nutritious to ensure that its consumers not only eat one fruit but continue to return for more.

The roots of plants are underground and not intended for human consumption but for the microorganisms in the soil. The trunk is purposely covered with hard and bitter bark.

Plants demonstrate their perfect ability to develop symbiosis with different creatures. Plants “allow” humans and animals to eat all of their fruits, but only part of their leaves, because plants need to have leaves for their own use — which is manufacturing chlorophyll. In nature, it is intended that we eat a wide variety of greens rather than just sticking to one type.

Wild edibles often contain more vitamins and minerals than commercially marketed plants. Eating as many varieties of greens is the best way to get all of the nutrients we need to enjoy optimum health.

## Jaw Exercises

While eating green smoothies in blended form is healthy, the jaw also needs to continue to workout in order for the digestive system to function optimally.

Doing jaw exercises, or using a device called a jaw exerciser, can help in this process, as well as whitening teeth and maintaining healthy gums.

If we do not exercise, our bones detrain and lose strength from inactivity. To strengthen our bones we need to exercise. No pills, food, or supplements can substitute for exercise to make our bones stronger.

Many people have problems both with the narrowing of their jaws and thinning of the jawbone, which can lead to many dental problems.

Raw, natural, unprocessed food requires a lot of chewing, while most processed foods are too soft and do not need any work on behalf of jaw muscles. The absence of a workout for the muscles of our jaws is probably one of the major factors contributing to the development of weak, narrow, and degenerative jaws.

## A Tribute to Doctor Ann

Not only did Dr. Ann Wigmore discover and thoroughly research the great healing properties of wheatgrass, but she also developed and thoroughly described the process of growing wheatgrass in trays at home or any location. She came up with an inexpensive wheatgrass juicer to make this elixir of life available to everyone.

Dr Ann Wigmore lived the last several years of her life almost completely on blended foods, a large part of which consisted of greens. She noticed that blended foods were assimilated more easily. She observed that eating blended food gave her superior health and cut her hours of sleep down to two hours per night.

Dr. Ann Wigmore clearly saw the tight connection between organic soil and human health, and she began promoting organic gardening and composting in the sixties when most people were just beginning to embrace chemical fertilizers as the future of agriculture.

In addition to her profound research in the field of human health, Dr. Ann was an animal rights activist. She fought against the fluoridation and chlorination of drinking water, and against chemical pollution.

The latest discoveries in science prove Dr. Ann was right in the majority of her predictions and recommendations.

## Testimonials

Many people have experienced tremendous benefits from incorporating green smoothies into their lives. Some of the remarkable healing benefits that people have had include:

- ▶ Weight loss
- ▶ Getting out of a wheelchair
- ▶ Less sleep and better quality sleep
- ▶ Alleviated depression and more stable, happy moods
- ▶ Fewer food allergies
- ▶ Lowered cholesterol
- ▶ Looking ten years younger
- ▶ Healing eczema
- ▶ Reversing cancer
- ▶ Fewer cravings for sweets and other unhealthy foods
- ▶ Reversal of cataracts and improved eyesight
- ▶ More energy

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## Green Smoothie Recipes

The book offers a huge range of healing smoothie recipes such as:

### **Raw Family Wild Banango**

Blend well:

- 2 cups lambsquarters (plantain, chickweed or other weed)
- 1 banana
- 1 mango
- 2 cups water

### **Blueberry Pudding**

Blend well:

- 1 stalk of celery
- 2 cups fresh blueberries
- 1 banana
- 2 cups water

### **Valya's Favorite**

Blend well:

- 8 leaves of Romaine lettuce
- 5 cups watermelon
- 1 cup water

### **Sweet and Sour**

Blend well:

- 6 to 8 leaves of red leaf
- 4 apricots
- 1 banana
- 1/4 cup blueberries
- 3 cups water

### **Strawberry Field**

Blend well:

- 1 cup strawberries
- 2 bananas
- 1/2 bunch romaine
- 2 cups water

### **Chia Seed Green Pudding**

Soak 1 Tbsp chia seeds for 1 hour in 1 cup of water.  
In one hour you will have 1 cup of chia jell.

Blend well:

- 1 cup of chia jell (1 Tbsp chia seeds, soaked for 1 hour in 1 cup of water)
- 4 apples (sweet and juicy kind, peeled)
- lemon (juiced)
- 4-5 leaves of kale
- 1 sprig mint (optional)
- 2 cups water

### **Kiwi Enjoyment**

Blend well:

- 4 very ripe kiwis (green or golden)
- 1 ripe banana
- 3 stalks of celery
- 2 cups water

### **Igor's Favorite**

Blend well:

- 1 bunch spinach
- 4 apples (peeled)
- 1 whole lime with peel
- 1 banana
- 2 cups water

