

## **Green Magic**

### **A magical drink to keep you moving.**

**Celery** has a high content of vitamin A, B1, B2, B6, and C. It also contains rich supplies of potassium, folate, calcium, magnesium, iron, phosphorus, sodium, and plenty of essential amino acids. Celery helps lowering blood pressure and balance body's PH. Celery juice is a perfect after workout as it replaces lost electrolytes and rehydrates the body with its rich minerals. The celery juice improves human skeletal muscle function (Affourtit C, Bailey SJ, Jones AM, Smallwood MJ, Winyard PG, On the mechanism by which dietary nitrate improves human skeletal muscle function. *Front Physiol.* 2015 Jul 29;6:211. doi: 10.3389/fphys.2015.00211. eCollection 2015).

**Swiss chard** is among the first crops grown on lunar or planetary space stations (Logendra LS, 2012). Swiss chard represents a highly renewable and good source of nutrients. Swiss chard contains apigenin flavonoids, namely vitexin, vitexin-2-O-rhamnoside and vitexin-2-O-xyloside, which show antiproliferative activity on cancer cell lines (D'Imperio M et al, 2015 and . Ninfali P1, Angelino D, 2013).

**Cucumber** is rich in vitamins A, C, k, folate, manganese, molybdenum, potassium, silica, sulfur, and lesser amounts of vitamin B complex, sodium, calcium, and phosphorus. The alkalinity of the minerals in the juice effectively helps in regulating the body's blood PH, along with regulating blood pressure. It regulates normal blood clotting, assists the transport of calcium throughout the body and is helpful for bone health: It has been shown to stimulate bone formation by promoting osteoblast differentiation and carboxylation of osteocalcin (Villa JK, Diaz MA, Pizzuolo VR, Martino HS, Effect of vitamin K in bone metabolism and vascular calcification: a review of mechanisms of action and evidences., *Crit Rev Food Sci Nutr.* 2016 Jul 20:0). It can help with flu symptoms by normalizing body temperature and it supplies the necessary electrolytes and restores hydration.

**Lime** is very beneficial for skin, keeps it shining, protects it from infections and reduces body odor due to the presence of a large amount of vitamin C and flavonoids. The high levels of soluble fiber found in limes make it an ideal dietary aid to help regulate the body's absorption of sugar into the bloodstream, reducing the occurrence of blood sugar spikes that are a serious risk to diabetic patients.

**Green Apples** contain a variety of phytochemicals, including quercetin, catechin, phloridzin and chlorogenic acid, all of which are strong antioxidants.

Apples are a rich source of phytochemicals, and epidemiological studies have linked the consumption of apples with reduced risk of some cancers, cardiovascular disease, asthma, and diabetes ([Jeanelle Boyer](#)<sup>1</sup> and [Rui Hai Liu](#), *Nutr J.* 2004, doi: Apple phytochemicals and their health benefits; [Wolfe K1](#), [Wu X](#), [Liu RH.](#), *J Agric Food Chem.* 2003 Jan 29;51(3):609-14., Antioxidant activity of apple peels)

**Ginger:** the actions and health benefits of ginger are associated with its antioxidant properties (Aeschbach R, et al, Antioxidant actions of thymol, carvacrol, [6]-gingerol, zingerone and hydroxytyrosol. Food Chem Toxicol. 1994;32(1); Ahmad N, et al, " Antioxidants in chemoprevention of skin cancer", Curr Probl Dermatol. 2001;29).

Thus ginger exhibits a variety of protective and anti-inflammatory effects. (Dedov V. N, Tran V. H, Duke C. C, Connor M, Christie M. J, Mandadi S, Roufogalis B. D. Gingerols: A novel class of vanilloid receptor (VR1) agonists. Br J Pharmacol. 2002;137(6):793–8. (Ann M. Bode and Zigang Dong, Herbal Medicine: Biomolecular and Clinical Aspects. 2nd edition, Chapter 7The Amazing and Mighty Ginger).

HIMALAYA F&B