

Asparagus - An Anti-Aging Wonder



Young asparagus shoots are filled with energy to help keep us young, help us recover and prevent neurological disorders and symptoms.

Filled with phytochemicals such as chlorophyll and lutein that act as critical organ cleansers. They get deep into organs such as the liver, spleen, pancreas and kidneys, scrubbing out the

toxins they find there. Chlorophyll bonded to amino acids provides an avenue for heavy metal detox.

Some of the phytochemicals found in asparagus are toxin inhibitors. This means that once toxins such as DDT, other pesticides, and heavy metals have been driven out of the organs, these specialized phytochemicals stay behind and repel new toxins from taking up residence there. This toxin inhibition makes asparagus an amazing tool for battling virtually every variety of cancer.

When under stress, we tend to lose B vitamins very rapidly. Asparagus which is high in very easily absorbable B vitamins helps us reestablish our proper level of these key nutrients.

Also high in silica and trace minerals such as iron, zinc, molybdenum, chromium, phosphorus, magnesium, and selenium, asparagus is one of the most adrenal-supporting table foods.

Asparagus is also alkalizing to the body by flushing out unproductive acids.

Tips:

1. Thicker fatter asparagus spears tend to be the most nutritious. The younger the better.
2. Juice/blend a few stalks with your other vegetable juice ingredients such as celery and cucumber.
3. For an incredible spring organ detox. Eat one bunch of asparagus per day for the entire month of April or May. (Other months work too).

Asparagus Soup:

This creamy soup is perfect for those spring nights that still have a bit of chill in the air and yet give you hope of renewal the season has to offer. When asparagus is unavailable, it's the perfect comfort food to make with frozen asparagus instead. Either way, it's a hit that's sure to win fans from the moment they smell it cooking on the stove.

5 c. chopped asparagus ½ yellow onion, roughly chopped 2 garlic cloves ½ tsp. poultry seasoning ¼ tsp. sea salt 1 T. olive oil ½ c. almonds Seasoning to taste	Place asparagus, yellow onion & garlic in saucepan. Add 2 c. water, cover, and simmer. Steam for 5-7 min. until asparagus is tender. Remove from heat. Drain off water (save to thin soup if you choose). Transfer mixture to blender. Add remaining ingredients, blend till smooth. Allow steam to escape. Enjoy hot or cold. Enjoy at least once a week.
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