



Green food

Tibet, Hawaii, Peru, Taiwan,
Ecuador, California and Brazil

My
Green
Life



My
Green
Life

the quintessence of nature

The word "quintessence" comes from Aristotle's natural philosophy and it is derived from the Latin phrase "quinta essential", i.e. the fifth element or essence, also known as the fifth heavenly element in the traditions of alchemy ...



The quintessence of the modern age is without doubt green food, sometimes also designated as super food. It comes from pure natural sources with a minimum degree of treatment and its significance is based on the diverse nutritional elements it contains. It is a source of essential vitamins, minerals, enzymes, antioxidants, amino acids and other substances which are important for our organism.

Whereas synthetic preparations are sets of isolated substances, the individual effective components in green food work in complicated and precisely defined relationships. They work on the principle of synergy, i.e. the mutual interaction of a greater number of substances, whose subsequent effect is then multiplied. Moreover, all of the effective components are contained in ideal ratios which ensure their correct absorption and optimal use.

Our mission is to seek out the best quintessence which can still be found in the long forgotten corners of our planet and on islands of pure environment. We then process these resources in an environmentally friendly manner, inspect them thoroughly and pack them while still fresh.

Mygreenlife products, the quintessence of the modern age, can be wherever you are. **Live your own MYGREENLIFESTYLE!**

Organic Chlorella

The Pacific island of Taiwan is the only place in the world which offers the best quality chlorella. It is distinguished by its purity and efficacy in an absolutely unique environment fed by natural spring water. It is a source of important vitamins and minerals. It is rich in chlorophyll and the chlorella growth factor (CGF).



THE USE OF ORGANIC CHLORELLA

- » it cleanses the digestive tract and assists in the detoxification of poisons, heavy metals and chemicals from the body
- » it supports the organism's natural defences and increases vitality
- » it assists in the development of beneficial gut microflora, improves digestion, intestinal function and peristalsis and acts against chronic constipation
- » it is beneficial during the treatment of intestinal inflammation (Crohn's disease of the small intestine, ulcerous colitis of the large intestine) and ulcerous gastric illnesses
- » has a beneficial influence on the quality of the blood
- » it reduces the blood cholesterol level and stabilises the blood sugar level
- » it has an extraordinary effect on the regeneration of tissue and the division and growth of cells and it assists healing
- » it improves the quality and condition of the skin, it assists during the treatment of acne, rashes, inflammations and eczema, but also during the treatment of badly healing wounds and burns
- » it reduces the acidity of the internal environment
- » it neutralises free radicals and significantly slows down the aging of the organism
- » it prevents the development of viruses, bacteria and mould in the organism
- » it supports the regeneration and convalescence of the organism subjected to long-term stress



ENERGY CHARACTERISTICS

From the point of view of Chinese medicine, the use of chlorella represents support for life, a slow process which increases the quality of our vitality. The emergence of the effect is very gradual and at the very beginning it is almost imperceptible. However, its effect over the long-term is very delicate and balanced and it remains an effective long-term screen even after its discontinuation. We use chlorella in a preventative dosage as a slow working preparation for a permanent increase in energy!



THE EFFECT ON THE ENERGY PATHWAYS

Chlorella mainly effects the energy pathways of the stomach, the spleen, the large intestine, the liver, the gall bladder, the pericardium and the meridian of three burners.



Hawaii Spirulina

We get the best spirulina in the world from the clean seawater in the middle of the virgin Hawaiian islands. Its absolute exceptionalism lies in the unique environment in which it grows and gains strength bathed in sunlight so that it can help the health and vitality of our body with the energy it has taken in and its unique composition. It provides a remarkable range of vitamins, minerals and nutrients. Hawaiian spirulina contains almost twice as many biologically beneficial substances as any other spirulina and approximately 30 nutrients which other types of spirulina do not contain at all. It is the best source of easily digestible plant protein (up to 70% of content given 80% absorbability).



THE USE OF HAWAIIAN SPIRULINA

- » it optimises the movement of food through the digestive tract and improves the feeling of satiety
- » it helps control body weight and the build-up of natural muscle potential
- » it is perfect nourishment during high workloads, stress and sports performance
- » it stabilises the blood sugar level
- » it provides the necessary minerals, vitamins and nutrients
- » it increases the creation of lactobacilli and in doing so improves the intestinal microflora
- » it significantly supports the organism's immunity
- » it stimulates the lymphatic system
- » it is rich in nucleic acid (RNA/DNA) which are important for cell regeneration and influence the aging process and wear and tear on the organism
- » it accelerates the healing of wounds
- » it contains iron which influences the creation of red blood cells and haemoglobin – in doing so, it favourably influences the transportation of oxygen, reduces the tiredness and the feeling of exhaustion
- » it effectively breaks down undesirable toxic substances and removes them from the body naturally
- » it supports cerebral activity and the ability to concentrate



ENERGY CHARACTERISTICS

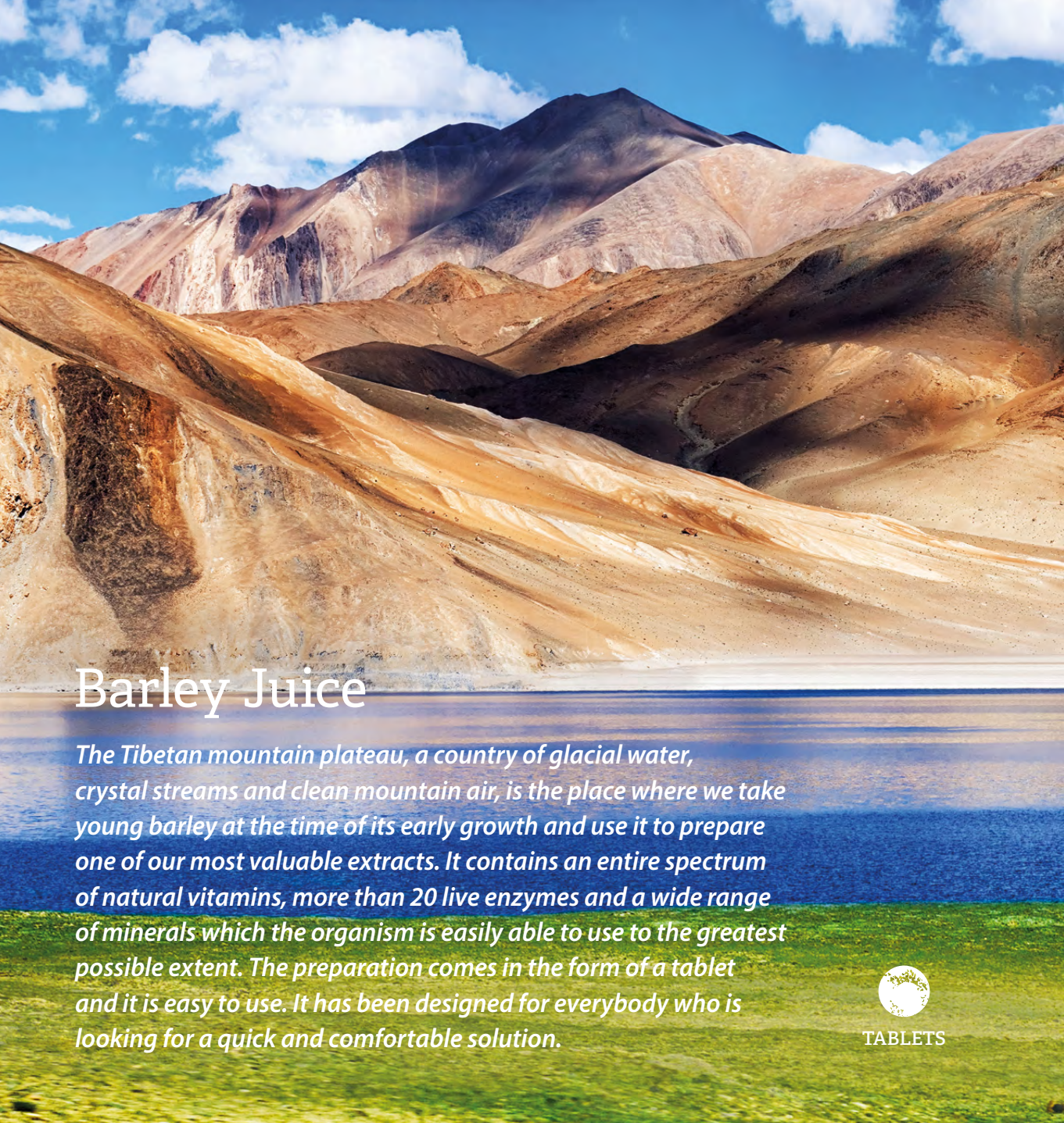
Spirulina quickly renews the body's efficiency and regenerates the organism during high stress loads, so we can not only offer it to supplement strength, but it can also be successfully used within the framework of the preservation of a youthful body and mind. Its rejuvenating effects assist in maintaining the body's high degree of adaptability, including in moments of poor diet (alcohol, unhealthy parties...). It represents one of the best variants of harmonisation during the overall derailment of the organism.



THE EFFECT ON THE ENERGY PATHWAYS

Spirulina mainly effects the energy pathways of the liver, the gall bladder, the pericardium and the three burners (triple energizer), the stomach and the spleen.





Barley Juice

The Tibetan mountain plateau, a country of glacial water, crystal streams and clean mountain air, is the place where we take young barley at the time of its early growth and use it to prepare one of our most valuable extracts. It contains an entire spectrum of natural vitamins, more than 20 live enzymes and a wide range of minerals which the organism is easily able to use to the greatest possible extent. The preparation comes in the form of a tablet and it is easy to use. It has been designed for everybody who is looking for a quick and comfortable solution.



TABLETS



THE USE OF BARLEY JUICE

- » it favourably acts on the delicate detoxification of the organism
- » it supports the metabolism, reduces the acidity of the internal environment
- » it reduces the risk of the onset of lifestyle illnesses
- » it assists with digestion disorders and digestion difficulties
- » it acts against internal and external inflammations
- » it improves the quality of the blood and the blood count and it supports the creation of blood cells and improves the supply of oxygen to the tissue
- » it normalises the blood sugar levels (suitable for diabetics)
- » it acts beneficially on the hormonal system, it is beneficial to the climacteric and for preparing the body for pregnancy
- » it is used with a number of skin conditions (acne, allergic rashes, spots) and injuries (burns)
- » it accelerates the healing of wounds, it supports the regeneration of the skin and the mucous membranes and it protects the skin against harmful types of radiation
- » it slows down the aging of the cells
- » it improves the psyche and reaction speed over the long-term
- » it encourages and refreshes the organism and generally improves the condition
- » it reduces body odours and freshens the breath



ENERGY CHARACTERISTICS

Barley is almost the exact opposite of chlorella. The rapaciousness of the young spring crop gives us active energy practically immediately. The effect is, however, significantly time limited. Barley behaves similarly to small wood-burning stove. They start to heat up immediately, but they quickly cool after going out. The effects of barley are therefore very strong and fast, but short-term. We usually use barley for an immediate increase in usable energy! (sport, active holidays, demanding social evenings)



THE EFFECT ON THE ENERGY PATHWAYS

Barley influences the energy pathways for the stomach, pancreas and spleen, the large and small intestines, the liver, the gall bladder, the heart, the pericardium and three burners.



Organic Barley Juice

The enchanting scenery of South California is the place where we are able to prepare one of the most valuable extracts from the plants of young barley in the period of its early growth. It contains an entire spectrum of natural vitamins, more than 20 live enzymes and a wide range of minerals which the organism is able to easily utilise to the maximum possible extent. The preparation in the form of a powder is designed for the preparation of beverages which further strengthen its effects. It is effective from first contact with the mouth and subsequently during its passage through the entire digestive tract.



THE USE OF ORGANIC BARLEY JUICE

- » it has a favourable effect on the delicate detoxification of the organism
- » it supports the metabolism, reduces the acidity of the internal environment
- » it reduces the risk of the onset of lifestyle illnesses
- » it assists with digestion disorders and difficulties
- » it acts against internal and external inflammation
- » it improves blood quality and the blood count and it supports the creation of blood cells and improves the provision of oxygen to the tissues
- » it normalises the blood sugar level (it is suitable for diabetics)
- » it acts favourably on the hormonal system, it is beneficial in the climacteric system and for the preparation of the body for pregnancy
- » it is used with a number of skin conditions (acne, allergic rashes, spots) and injuries (burns)
- » it accelerates the healing of wounds, it supports the regeneration of the skin and the mucous membranes, it protects the skin against harmful types of radiation
- » it slows cell aging
- » it improves the psyche and reaction speed in the long-term
- » it encourages and refreshes the organism and improves the condition in general
- » it reduces body odours and freshens the breath



ENERGY CHARACTERISTICS

Barley is almost the exact opposite of chlorella. The rapaciousness of the young spring crop gives us active energy practically immediately. The effect is, however, significantly time limited. Barley behaves similarly to small wood-burning stove. They start to heat up immediately, but they quickly cool after going out. The effects of barley are therefore very strong and fast, but short-term. We usually use barley for an immediate increase in usable energy! (sport, active holidays, demanding social evenings)



THE EFFECT ON THE ENERGY PATHWAYS

Barley influences the energy pathways for the stomach, pancreas and spleen, the large and small intestines, the liver, the gall bladder, the heart, the pericardium and three burners.





Spirulina Barley

Two different worlds combined in one exceptional preparation. The west: The high mountain lakes in the Andes are the place where we obtain and carefully process pure and valuable spirulina at a high altitude under the strong sun. The east: The Tibetan mountain plateau, a country of glacial water, crystal streams and clean mountain air, is the place where we take young barley at the time of its early growth and use it to prepare one of the most valuable extracts.



TABLETS



THE USE OF SPIRULINA BARLEY

- » it acts favourably on the delicate detoxification of the organism, it cleans the blood, the liver and the kidneys and it renews the internal environment
- » it is a rich source of vitamins, minerals, enzymes, amino acids, proteins and unsaturated fatty acids which are easily utilisable by the body
- » it protects the body against the undesirable effects of environmental pollution and harmful radiation, it slows down the aging of the organism
- » it improves immunity against inflammation and chronic infections
- » it reduces the level of cholesterol and fat in the blood, it prevents the formation of blood clots (the prevention of thromboses, heart attacks and strokes)
- » it supports the function of the circulatory system and in doing so reduces blood pressure
- » it is a beneficial additive during the treatment of diabetes – it normalises the blood sugar level
- » it improves the blood count, supports the creation of red and white blood cells and improves the supply of oxygen to the tissues and it is beneficial during anaemia and blood loss
- » it regenerates damaged cells in the skin and mucous membranes
- » it regulates the immune response, reduces allergic reactions and allergic skin rashes
- » it assists in the fight against obesity
- » it assists the organism during tiredness



ENERGY CHARACTERISTICS

Spirulina Barley is an exceptionally interesting supplement to the previous preparations. The effects of the spirulina reduce and moderate the wild effects of the barley, which are not always acceptable in the long-term, but which on the other hand accelerate the effects of the spirulina. The result is always a very well-balanced preparation for the category of highly stressed individuals who need to quickly top up their active energy, but are not able to use barley over the long term.



THE EFFECT ON THE ENERGY PATHWAYS

Spirulina Barley influences the energy pathways of the stomach, pancreas and spleen, small and large intestines, liver, gall bladder, heart, pericardium and three burners.





Organic Maca

Maca is a legendary plant from the Peruvian Andes used for centuries in traditional healing. The extensive plateaux there are surrounded by high mountains consisting of limestone, dolomite and other minerals. Wind and rain dissolve them and enrich the soil in the lowlands with them. Maca has the wonderful ability of absorbing all of these substances and storing them in a pure, natural form. It contains many trace elements, vitamins, a large number of amino acids, glycosides, sterols, tannins, saponins, terpenoids and many others.



THE USE OF ORGANIC MACA

- » it returns strength and strengthens vitality
- » it increases the resistance of the organism and its ability to adapt
- » it increases physical fitness and resistance during stress
- » it quickly returns strength during conditions of physical exhaustion
- » it strengthens cerebral activity and improves the memory
- » it reduces the influence of stress factors
- » it moderates mental exhaustion and chronic tiredness
- » it moderates the results of excessive alcohol use
- » it preserves bone and muscle strength
- » it accelerates the regeneration processes
- » it assists in the maintenance of the hormonal balance
- » it stimulates sexual activity
- » it has a positive effect on the creation and quality of sperm



ENERGY CHARACTERISTICS

Maca influences the organism ranging from the supplementation of active energy in the regular life of a healthy person through to severe tiredness syndrome and on to significant support during serious illnesses. Its important task lies in the modification of the organism's adaptability. Strengthening adaptability assists when resolving problems requiring the body's own strength to be increased and focussed. This manifests itself in the physical plane, for example, in increased immunity.



THE EFFECT ON THE ENERGY PATHWAYS

Maca mainly influences the areas of the organs and the energy pathways which vitalise the body – the liver, the gall bladder, the lungs, the pericardium and the three burners.





Organic Acai

The dense Brazilian jungle is home to the slender *Euterpe oleracea* palm. Its fruits contain a significant number of biological substances which are essential for the body. Vitamins B₁, B₂, B₃, A, C and E, minerals, unsaturated fatty acids, amino acids, flavonoids, proteins, fibre and in particular antioxidants. They have the highest level on the ORAC scale of all types of fruit. Clinical studies have proven a three-scale improvement in the activity of the antioxidant mechanisms even during a single use.



THE USE OF ACAI POWDER

- » it has a significant influence on the reduction of oxidation stress
- » it supports the functioning of the immune system
- » it slows down the signs of aging and the formation of wrinkles
- » it improves and brightens the appearance of the skin
- » it successfully supplements the medical treatment of chronic illnesses, for example arthritis, it effectively suppresses the activities of the enzymes participating in inflammatory processes
- » it assists in the health of the circulatory system and the digestive tract
- » it is of benefit to diabetics – it reduces glycaemia on any empty stomach, the level of circulating insulin and the overall and LDL cholesterol
- » it is recommended during increased physical and mental activity
- » it has the ability to naturally burn off excess fat reserves
- » it assists during sports performances, work stress or during exam time
- » in combination with a correct diet and sufficient physical activity, the use of acai can lead to weight loss caused in all probability by the removal of the stress effect of free radicals and reviving the metabolism



ENERGY CHARACTERISTICS

Acai significantly supplements active energy and gives an individual the feeling of active energy even immediately after use. It can be successfully used during convalescence or during the supplementation of strength during increased mental or physical energy loads. Acai cultivates Fire, it is a significant product with regard to everything which is connected with Fire or with the three burners (triple energizer) and especially with a lack thereof (tiredness, any immobilisation – stroke, injuries, multiple sclerosis, heart weakness, coronary artery disease, tiredness syndrome, burnout syndrome, female sterility, allergies, autoimmune illnesses, blood disorders, the brain, psychiatric problems, some lung problems ...).



THE EFFECT ON THE ENERGY PATHWAYS

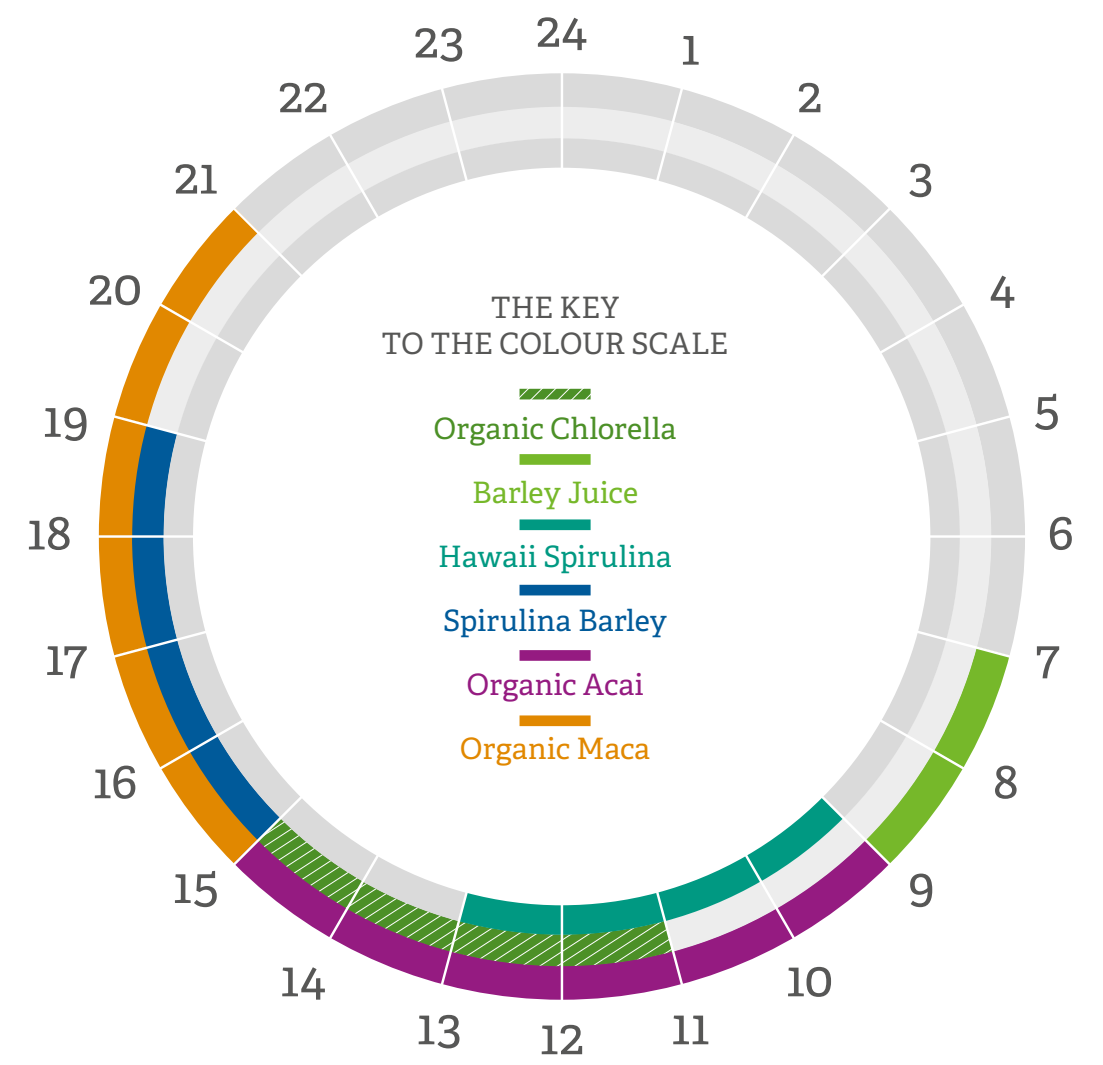
Acai mainly affects the area of the organs and the energy pathways which enable the fast supplementation of active energy – the liver, the gall bladder, the heart, the pericardium and the three burners (triple energizer), as well as the lungs and the stomach.



Green food throughout the year



Green food during the course of the day





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