

## **Nutritional intervention and therapeutic effects of chlorophyll intake in diabetes mellitus, hypertension, hypercholesterolemia and obesity**

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Life style diseases are a major cause of severe morbidity and mortality today and are posing a challenge to the healthcare professionals in both developing and developed nations. A prospective study was conducted over a period of six months on 50 volunteers suffering from diabetes mellitus type-2, insulin dependent diabetes, hypercholesterolemia, obesity and sustained hypertension and 50 healthy individuals as controls. The results have revealed a significant reduction in blood glucose, blood cholesterol, blood pressure and body weight with twice daily intake of green smoothie on an empty stomach followed by a protein rich breakfast comprising of sprouted pulses. In addition, a vegan diet has been found to be effective in lowering the biochemical parameters in all these volunteers. Interestingly, a sizeable number of sufferers even gave up insulin and were put on oral medicines. Green Smoothy is a blended drink consisting of leafy greens and water where blending is done a bit too vigorously so as to break the leaf's

cell wall to bring out the chlorophyll. Data were collected at baseline and post-intervention and included anthropometric and physiologic measures along with a nutrition survey. Waist circumference and waist-to-hip ratio was specifically studied in obese volunteers. Thus, results of the present study amply provide an interim support indicating consumption of green smoothie as a possible primary prevention strategy for chronic conditions as listed vide supra. This home-made smoothy formulation coupled with a discontinued use of tea, coffee, milk and milk products has shown to help reduce the health risks or even reverse the effects of chronic conditions. The author proposes a more elaborate study on a larger sample spread over at least a couple of years to demonstrate and establish a significant correlation between green smoothie and its ameliorating effects in these chronic conditions.

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