



## What is Brix?

When used on plant sap it is primarily a measure of the carbohydrate level in plant juices. The instrument used to obtain a brix reading is a refractometer. Refractometers measure the amount of bend or refraction in the rays of light as they pass through the plant sap. High brix readings equal higher quality foods. Higher quality foods feed our cells, not just our bellies.

### What Causes Light to Refract as it Passes Through Sap?

1. The amount of carbohydrates in the plant juice
2. The amount of dissolved minerals in the plant sap.
3. The amount of covalent bonding.

## High Brix Foods Have Greater Carbohydrate Levels = Higher Quality

Carbohydrates are the fuel the body uses for basic metabolic function. This has tremendous implications on digestion and human health.

## High Brix Foods Have Greater Mineral Density = Higher Quality

Calcium increases with higher brix readings. This is important because disorders and degenerative diseases can result from calcium deficiencies. In addition to increased calcium levels, high brix foods also supply more trace minerals such as copper, iron and manganese. Trace minerals function as co-enzymes in the digestive process. In addition, trace minerals have higher atomic weights so foods with higher trace minerals weigh more per unit than lower quality produce.

Minerals in foods are in a naturally chelated form and are bound to amino acids with a right-hand spin (biologically active) versus bound to amino acids with a left-hand spin (compounded by man, not biologically active). This translates into easy assimilation into the body compared to inorganic minerals taken in pill form.

## High Brix Foods Taste Better = Higher Quality

Taste is built upon carbohydrate and mineral levels in the produce. Low brix foods such as hydroponically grown foods or genetically modified foods have no taste, little or no aroma and poor nutrition.

## High Brix Plants Are Insect and Disease Resistant = Higher Quality

Plants in good health (high brix) emit a different frequency that insects do not tune in to. Nature is designed to use insects to get rid of poor quality plants that are unfit for human consumption.

## Animals Prefer High Brix Foods = Higher Quality

Animals prefer foods of the highest mineral density and health. In fact, deer will not graze on genetically modified corn stalks unless close to starving.

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