

Wheatgrass

Increases red blood cell count, lowers blood pressure...

It cleanses the blood, organs and gastrointestinal tract of debris. It stimulates metabolism and bodily enzyme systems in enriching the blood by increasing red blood cell count, and it dilates the blood pathways throughout the body reducing blood pressure.

Stimulates the thyroid, correcting obesity, indigestion, etc...

The thyroid gland is also stimulated and normalized by the use of wheatgrass juice -an important step toward the correction of obesity, indigestion and a host of other complaints.

Restores alkalinity to the blood...

Wheatgrass has an alkalizing effect on the blood. Its abundance of alkaline minerals helps reduce over-acidity in the blood. It can be used to relieve many internal pains. It has been used to successfully treat peptic ulcers, ulcerative colitis, constipation, diarrhea, and other complaints of the gastrointestinal tract.

How to drink it...

Ann Wigmore suggests drinking wheatgrass juice in small amounts throughout the course of the day, always on an empty or nearly empty stomach. In general, two to four ounces every day or every other day is sufficient. Slowly sipping small quantities of the juice gives your body an opportunity to get used to its taste and effect. Taking one to two ounce drinks straight or mixed with other juices (fruit and vegetable) and sipping slowly, will help prevent nausea or stomach upset. On a healing regime, Ann suggests you drink one or two oz. up to 3 or 4 times a day, and to take one day of rest.

Powerful detoxifier and liver blood protector...

The enzymes and amino acids found in wheatgrass can protect us from carcinogens like no other food or medicine can. It strengthens our cells, detoxifies the liver, bloodstream, and chemically neutralizes environmental pollutants.

Fights tumors and neutralizes toxins...

Recent studies show that wheatgrass juice has a powerful ability to fight tumors without the usual toxicity of drugs that also inhibit cell-destroying agents. The many active compounds found in grass juice can cleanse the blood and neutralize and digest toxins in our cells.

Whether you have a cut finger you want to heal or you desire to lose five pounds...

Enzymes must do the actual work. The life and abilities of the enzymes found naturally in our bodies can be extended if we help them from the outside by adding exogenous enzymes, like the ones found in wheatgrass juice.

Wheatgrass and sprouts are so healing because...

They trap the sun's energy and transfer it to our bodies. They are live foods richer in vitamins, minerals, and life energy than in proteins or fats...

Wheatgrass is a good source of B vitamins, as well as...

Giving us energy, and aiding the nervous and digestive systems. B vitamins are also essential for normal brain and body development and for the adrenal glands. Vitamin E

is found in wheatgrass, as well as C and A. Wheatgrass is a good source of calcium, builds strong bones and teeth and regulates heartbeat.

It's a fairly good source of iron, which is essential to red blood cell formation and transporting oxygen from the lungs to the cells. Wheatgrass supplies an optimum amount of sodium to aid digestion and elimination, and to regulate the amount of fluid in the body.

Wheatgrass juice contains as much potassium as citrus fruits, grapes, apples or melons – potassium helps maintain smooth mineral balance, and balanced body weight. It tones muscles, firms the skin and promotes overall beauty.

It's a good source of magnesium, important for good muscle function and bowel health, and for drawing fat out of the liver in cases of fatty infiltration.

17 amino acids found in wheatgrass...

Of the 8 essential aminos – if even one is missing can result in allergies, low energy, sluggish digestion, poor resistance to infection and premature aging. The replacement of that amino acid can easily result in the complete reversal of these symptoms.

- Lysine – body growth and blood circulation
- Isoleucine – for growth, especially in infants and for protein balance
- Leucine – keeps us alert and awake
- Tryptophane – builds rich red blood, healthy skin and hair, calms the nerves and stimulates better digestion
- Phenylalanine – aid thyroid gland
- Threonine – stimulates smooth digestion, assimilation of foods & overall body metabolism
- Valine – activates the brain, aids muscle coordination and calms nerves
- Methionine – cleanses and regenerates kidney and liver cells, calms emotions

Chlorophyll is the most important compound in wheatgrass juice...

The vital aspect of chlorophyll is its role in converting the sun's energy into a form that plants, animals and people can use. Chlorophyll is a sort of living battery. Plants get their energy directly from the sun, whereas animals and humans cannot. It is important to juice the grass right after it is cut and drink it within 30 minutes of being squeezed.

Remarkable similarity to our own blood...

The 2nd most important nutritional aspect of chlorophyll is its remarkable similarity to hemoglobin, the compound that carries oxygen in the blood. Dr. Hagiwara, a Japanese science and health educator, is a leading advocate for the use of grass as food and medicine. He reasons that since chlorophyll is soluble in fat particles, and since fat particles are absorbed directly into the blood via the lymphatic system, that chlorophyll can also be absorbed in this way. In other words when the "blood" of plants is absorbed in humans, it is transformed into human blood, which transports nutrients to every cell of the body.

Wheatgrass implants reverse damage from inside the lower bowel...

In the case of illness, they stimulate a rapid cleansing of the lower bowel and draw out accumulations of debris. Hold for 20 minutes.

It will soothe sunburned skin...

And also acts as a disinfectant. Rubbed into the scalp before a shampoo, it will help mend damaged hair and alleviate itchy, scaly scalp conditions.

Wheatgrass juice is soothing and healing for...

Cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils, sores, open ulcers, tumors & so on. Externally, it eliminates itching almost immediately Editor's note: the use of a wheatgrass poultice has been a successful way to promote healing and it is often recommended even over breast tumors, but it may cause a skin rash in some people. Discontinue if that happens.

As a sleep aid...

Merely place a tray of living wheatgrass near the head of your bed. It will enhance the oxygen in the air and generate healthful negative ions to help you sleep more soundly. Use as a poultice and replace every two to four hours.

Add some to your bath water and settle in for a nice, long soak. Wheatgrass Fast...

Every AM and PM perform a simple water enema to cleanse the colon. Follow with a wheatgrass implant. You can take 4 or more implants throughout the day, using up to 6 oz. of wheatgrass juice. Drink one to four ounces of wheatgrass juice straight, 3 x per day. Alternately, you can dilute the juice with water or even add it to a green drink, e.g., take one in AM, one at noon, and last one at dinner. Follow all wheatgrass drinks with an 8 to 12 oz. green drink about ½ hour later. When you are thirsty between the 3 meals of wheatgrass and green drinks, drink lemon water, lightly sweetened with raw honey or Stevia. Drink 3 quarts of liquid each day.

Gargle with wheatgrass...

To sweeten the breath and firm up and tighten gums.

Don't cook it...

We can only get the benefits of the many enzymes found in grass by eating it uncooked. Cooking destroys 100 percent of the enzymes in food.

Neutralizes toxins...

Wheatgrass neutralizes toxic substances like cadmium, nicotine, strontium, mercury and polyvinyl chloride.

The benefits of a liquid oxygen transfusion...

Wheatgrass juice contains liquid oxygen. Oxygen is vital to many body processes: it stimulates digestion (the oxygen of food), clearer thinking (the brain utilizes 25 percent of the bodily oxygen supply), and protective oxygenation of the blood (a defense against anaerobic bacteria). Cancer cells cannot exist in the presence of oxygen.

Turns gray hair to its natural color again, raises energy levels...

Daily consumption of wheatgrass juice and sprouts can turn gray hair to its natural color again, and give you a limitless energy level.

Beauty treatment that slows down the aging process...

Wheatgrass will cleanse your blood and help rejuvenate cells, slowing the aging process down, way down, making you feel more alive. It will help tighten loose and sagging skin.

Lessens effect of radiation...

One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.

Restores fertility...

Wheatgrass restores fertility and promotes youthfulness.

Just soaking in it can double your red blood cell count...

Dr. Bernard Jensen, found that none of the blood builders are superior to green juices and wheatgrass. In his book Chlorophyll Magic from Living Plant Life, he mentions several cases where he was able to double the red blood cell count in a matter of days merely by having patients soak in a chlorophyll-water bath. Blood building results occur even more rapidly when patients drink green juices and wheatgrass regularly.

Ann Wigmore – on her own experience with wheatgrass...

At fifty years of age my hair was gray, I had a terrible case of colitis and other colon problems. I suffered from low energy and had no clear direction in life. Out of desperation I turned to nature for relief. ...In wheatgrass, raw foods and exercise, I found what I feel is as close to the fountain of youth as we are going to get. Twenty-five years after my discovery, my hair was turned fully natural brown again. My weight has been a stable 119 and my energy level is limitless.