

Wheatgrass Juice

What is wheatgrass?

Wheatgrass is seven-inch tall grass, grown from wheat grain on one inch of soil. Juiced wheat grass is perhaps one of the most nutritious and cleansing juices available. It is a rich source of vitamins A, B, C and E, which are all antioxidants. Grasses contain all of the known minerals and are especially rich in calcium, phosphorous, iron, potassium, sulphur, cobalt and zinc, many of which are essential for the brain to function well. Wheatgrass also contains chlorophyll, the green pigment many experts call 'nature's healer' because it produces an unfavourable environment for bacterial growth in the body and helps eliminate toxins.

What are the benefits of wheatgrass juice?

Wheatgrass works by filling nutritional gaps in the diet and cleansing the blood. Wheat grass juice benefits the blood cells, bones, glands, hair, kidneys, liver, muscles spleen, teeth and other body parts. It can be applied to the skin or scalp; implanted rectally to cleanse and heal the large intestine; or used to wash the eyes, gums, sinuses and teeth. Wheat grass juice contains natural enzymes, which help the bodies defence mechanism by strengthening cells and removing poisons such as cigarette smoke, toxins, and heavy metals from the blood stream. It is also a safe and extremely potent aid to weight loss because it suppresses appetite and stimulates metabolism and circulation.

Ann Wigmore has been largely responsible for the popularity of wheat grass juice. In *The Wheat Grass Book*, she provides a detailed description of wheat grass, its properties, uses and remarkable regenerative and anti-ageing abilities - as well as methods of growing and juicing wheat grass. She says wheat grass juice contains many anti-ageing properties. Among these are super oxide dismutase (SOD), vitamins A, B complex, C and E; chlorophyll; a full spectrum of minerals and trace elements including calcium, iron magnesium and potassium; a number of special enzymes and amino acids (proteins).

Dr. Bernard Jensen, author of *Health Magic Through Chlorophyll*, states that chlorophyll can be used as an antidote to pesticides and can help eliminate drug deposits from the body. Research performed by the US Army shows that chlorophyll-rich foods might be effective in decreasing the effects of radiation.

How do you take wheatgrass juice?

Choose fresh, deep green coloured wheat grass. One handful will produce about an ounce of juice that can be taken alone or mixed with other juices such as carrot or apple. Once juiced, the grass is not stable and will go off quickly, so it should be consumed within fifteen minutes. For best results, sip fresh-squeezed wheatgrass on an empty stomach, taking a couple of minutes to finish it. Some people experience nausea when they begin taking wheatgrass juice. If this happens, reduce your intake and build gradually from one to four ounces per day.

Responsive conditions:

Acne	Circulatory Weakness	Cancer
Ageing (premature)	Colitis	Impotence
Anaemia	Constipation	Kidney Disorders
Arthritis	Diabetes	Liver Disorders
Asthma	Eye Disorders	Lung Disorders
Bladder Disorders	Fatigue	Nervous Disorders
Blood Pressure (high or low)	Hay Fever	Skin Disorders
Bone Disorders	Hair Loss	Ulcers
Bronchitis	Heart Disease	Weight Loss
Infection	Hypoglycemia	