FACTS ABOUT WHEATGRASS JUICE



Wheatgrass juice is that which has been extracted from organic winter wheat berries, grown in composted soil to the height of about six inches, it is then cut by hand and run through a special juicer that separates the juice from the pulp, making it ready to drink.

CHLOROPHYLL

One of the main components of wheatgrass juice is chlorophyll. In fact, 70% of the solid matter in wheatgrass is crude chlorophyll.

Chlorophyll helps to protect against carcinogens. It acts to strengthen the cells, detoxify the liver and bloodstream and chemically neutralize polluting elements in the environment.

Chlorophyll increases the function of the heart and affects the vascular system, the intestines, the uterus, and lungs. It helps in the stimulation and regeneration of the liver — the main organ of detoxification in the body.

Scientists have known about the deodorizing properties of chlorophyll for some time. It is for this reason that some drugs, chewing gum, breath fresheners and antiseptics contain chlorophyll.

WHEATGRASS AND OXYGEN

Wheatgrass juice contains liquid oxygen, which is vital to many body processes. It stimulates digestion, clearer thinking (the brain uses 25% of the bodily oxygen supply) and promotes better blood circulation.

Otto Warburg, a German biochemist, won a Nobel Prize for his study which revealed that cancer cells cannot exist in the presence of oxygen.

The enzymes, amino acids and chlorophyll in wheatgrass juice contain antibacterial compounds that are especially good at destroying anaerobic bacteria that thrive in oxygen-poor blood and tissue. Certain infections, ulcers, and putrification are caused, in part, by anaerobic bacteria that cannot live in the presence of oxygen-producing agents like chlorophyll.

VITAMINS AND MINERALS

Wheatgrass contains a full spectrum of vitamins and minerals, including thirteen essential ones, in addition to dozens of trace elements and enzymes.

Furthermore, wheatgrass also contains the equivalent amount of vitamin C as citrus and other fruits, and more than common vegetables like tomatoes or potatoes. Vitamin C is important to the health of the skin, teeth, gums, eyes, muscles, and joints. It acts as an antioxidant and aids general body growth and development.

Wheatgrass juice is also a good source of B vitamins, which assist the nervous and digestive systems and are essential for normal brain and body development as well as healthy adrenal function.

Due to the abundance of vitamins, minerals and enzymes in wheatgrass, it is an excellent tonic and rejuvenator. It is a high-quality source of fuel and is highly assimilable, requiring little energy to digest.

DETOXIFYING THE LIVER AND CLEANSING THE BLOOD

The liver performs more than 500 different functions, from digestion and storage to cleansing the blood and reorganizing nutrients. The liver removes toxic substances from our blood.

Three compounds found in wheatgrass help the liver to stay vital and healthy. Choline works to prevent fat deposits, magnesium helps draw out fat, and potassium acts as an invigorator and stimulant to the liver.

Amino acids and bioflavinoids are also found in wheatgrass. The amino acids are absorbed directly into the blood and act to neutralize toxic substances like cadmium, nicotine, strontium, mercury and polyvinyl chloride (a type of plastic) by changing them into insoluble salts which the body can eliminate easily.

Nobel Prize winner, Dr. Hans Fischer, while doing research on red blood cells, discovered that chlorophyll is remarkably similar to human blood on the molecular level. When wheatgrass juice is taken internally, its chlorophyll is rapidly assimilated into the bloodstream, due to its resemblance to hemoglobin. It enters the red blood cells and works to heal tissues, purify the liver, balance blood sugar and flush out toxins.

HOW DO I USE IT?

Wheatgrass is a powerful detoxifying agent, and is best taken on an empty stomach. To avoid the discomfort of the reactions to its cleansing, start off with an ounce and gradually work up to four ounces or more as your body becomes more purified. If desired, it can be diluted with carrot or other vegetable juices or water.

You must use a special wheatgrass juicer to extract the juice from wheatgrass. If you do not have a juicer, take five to ten blades of grass, chew well to extract the juice, then spit out the pulp. It is good for the gums and is a great breath freshener. Be sure to spit out the pulp. It is not digestible for humans.

Wheatgrass juice should be consumed within six hours, maximum, of being juiced.

You can grow wheatgrass or purchase it from a grower. You can also purchase dehydrated wheatgrass powder and tablets. However, fresh is best.

WHEATGRASS FOR PETS

Indoor cats and dogs crave green growing things. That's why they sometimes chew and eat house plants.

Animals can derive the same benefits from wheatgrass that people can. And you can help satisfy their craving by giving them something much healthier and tastier than your potted fern.

Buy a mini-flat and set it on the floor. Your pet will most likely nibble on it intermittently throughout the week. Don't be alarmed if, after nibbling, he spits up. It is his way of getting rid of the pulp and is perfectly natural.

Much of this information was excerpted from The Wheatgrass Book *by Ann Wigmore. For a brochure on living foods and wheatgrass, please contact the Creative Health Institute. The information in this article is not intended as a substitute for medical advice. If you have a health condition, please consult your health practitioner.*