



Please help us
with your
support of the
Wings of Love
Foundation

Wheatgrass for Good Health Organically Grown



An ounce of
prevention is
worth a pound
of cure.
Ben Franklin

What is Wheatgrass?

Wheatgrass refers to the young grass of the hard red winter wheat plant that is freshly juiced for animal and human consumption. Both provide chlorophyll, amino acids, minerals, vitamins, and enzymes. Wheatgrass health benefits are considered to range from providing supplemental nutrition to having unique curative properties. Some consumers grow and juice wheatgrass in their homes.

Wheatgrass is one of the most potently healthy substances on earth. One user reports, "Since I've been using wheatgrass I've noticed my energy levels go sky high, my skin clears up and colds, coughs and illnesses disappear forever." Others have seen their gray hairs vanish, Rosacea clear up, bad breath subside, allergies clear up and a whole lot more, including weight loss.

Benefits of Wheatgrass Juice

One of the best things about wheatgrass juice is that it is immediately absorbed into the bloodstream and gives you immediate energy.

Wheatgrass is an energizer. The vitality obtained from wheatgrass juice is remarkable. Two ounces of fresh juice equals 3 pounds of organic vegetables in vitamins and minerals. All you need to do to feel the amazing benefits of wheatgrass juice is drink 2 ounces. You'll feel refreshed and energized throughout the day.

Wheatgrass juice is nutritious. Wheatgrass juice contains most of the vitamins and minerals needed for human maintenance. It is a whole meal and a complete protein. Wheatgrass is also an excellent source of calcium, iron, magnesium, phosphorus, potassium, sodium, sulphur, cobalt, and zinc.

Wheatgrass juice is a body builder. It has about 30 enzymes and chlorophyll. It contains up to 70% chlorophyll, which is an important body builder. The chlorophyll molecule closely resembles that of the hemin molecule, the pigment that combines with protein to form hemoglobin. The major difference is the chlorophyll molecule contains magnesium as its central atom, and hemin contains iron. The molecular structure of these two substances is almost identical in all other respects. It builds the blood. Wheatgrass juice has been proven to build red blood cells quickly after ingestion. It normalizes high blood pressure and stimulates healthy tissue cell growth.



Wheatgrass cleanses the body. The many detergent factors of wheatgrass juice will drain the lymph system, which carries away many toxins from body cells. When an imbalance exists — sore tendons and joints, degenerative disease, etc. — there is a natural build-up of mucus in the lymph in that area. Wheatgrass juice will break down the mucus and allow it to drain. Wheatgrass is a powerful cleanser and may start an immediate reaction with toxins and mucus in the stomach and thus may cause nausea. Chlorophyll will bring toxins stored away in cells or fatty tissues into the bloodstream. Start with a 1-ounce serving and work up to two ounces daily. Drink on an empty stomach. For best results, drink within half-an-hour of juicing.

Wheatgrass juice is a wonderful aid in weight control. The starch of the wheat berry is stored energy which when converted to simpler sugars is a quick energy source. It is especially good for athletes because it is a juice and assimilated in 20 minutes. Wheatgrass picks up 92 of the 102 minerals in the soil and contains all vitamins science has isolated. Because one ounce of juice equals two pounds of produce nutritionally, it naturally shuts off the appetat in the brain. It helps in weight control. The nutritional value of wheatgrass juice is so high that many people don't feel those "cravings" that lead to overeating.

Some other amazing benefits of wheatgrass juice: Wheatgrass juice helps stop the growth and development of unfriendly bacteria. It acts to produce an unfavorable environment for bacterial growth, rather than by any direct action upon the bacteria themselves. Water-soluble chlorophyll inhibits the action of proteolytic bacteria (which break down protein into simpler substances) and enzymes.

Wheatgrass juice, which is high in beta-carotene, can contribute to a reduction in the risk of developing some kinds of cancer. Dr. Chiu-nan Lai, PhD at the University of Texas Cancer Center, Dept. of Biology in Houston, Texas has determined through using the Ames Bacterial Mutagenicity Test that chlorophyll

is the active factor in wheat sprout extracts, which inhibits the metabolic activity of carcinogens. The National Cancer Institute reports that 19 of 21 studies over the years have indicated diets high in beta-carotene contribute to at least a 40% risk reduction in developing some kinds of cancer.

Chlorophyll, found in wheatgrass juice, helps in rebuilding the blood stream and reducing Anemia.

When chlorophyll is taken internally (wheatgrass juice), it reduces or eliminates body and breath odors. Studies show that it is effective in neutralizing odors in the mouth from food, beverages, tobacco, and metabolic changes (halitosis). It also effectively neutralizes odors from perspiration due to physical exercise, nervousness, menstrual odors, etc.

Chlorophyll is beneficial in the treatment of skin diseases and first and second degree burns. The bland soothing effect of chlorophyll (wheatgrass) ointments is very beneficial in the treatment of various skin diseases involving the outer and underlying layers of the skin.

Wheatgrass can help to eliminate dangerous chemicals in fluoridated water and found on fruits and vegetables. One ounce of wheatgrass in a gallon of fluoridated water can turn the fluorine into harmless calcium-phosphate-fluoride compound. Used in wash water it adds softness to the face and hands. In the bath, it is most soothing. It stops bleeding, itching, and helps sores and pimples to heal. Additionally, fruits and vegetables contaminated by sprays were thoroughly cleaned and the negative food transformed by wash water with a wisp of wheatgrass placed in the water.

Chlorophyll is effective in clearing up your sinuses. Chlorophyll packs inserted into the sinuses had a drying effect, clearing up congestion, and gave immediate relief. Congested head colds were cleared up within 24 hours. Regularly drinking wheatgrass juice can help fight off colds.

Now that you have read about all of the benefits of wheatgrass juice, what's stopping you from drinking it? All you need is an ounce or two of juice to feel the benefits. We offer two types of juicers that juice wheatgrass as well as fruits and vegetables, and boost your energy in minutes.

Making pasta, nut butters, healthy baby food, frozen desserts and being a soy milk maker make the Healthyjuicer price truly unbelievable.

About the Healthyjuicer™ — Juicing Wheatgrass as Well as Fruit and Vegetables

Most people know about the extensive health benefits of juicing, but nobody enjoys the process of setting up the juicer and worst of all, cleaning up afterwards.

The Healthyjuicer is rugged, efficient, and best of all, easy to use and clean.

The main benefit of a masticating juicer is that it crushes the fruits and vegetables as opposed to shredding them as your average centrifugal juicer does. This process of crushing and squeezing extracts more juice and also has less heat buildup than from the high speed at which centrifugal juicers work, which destroys the enzymes and other vital nutrients. The Healthyjuicer produces a healthier juice!

Have you ever tried to juice leafy vegetables such as parsley, spinach or even cabbage in a centrifugal juicer? A good portion of it is wasted and just passes through as these juicers do not have any crushing ability.

Vegetables are expensive today, especially organic ones. Why throw your money away by not extracting as much juice and nutrients as possible from them?

The Healthyjuicer is more efficient at juicing wheatgrass. At right is an actual picture of two samples of wheatgrass after being run through the juicers. The top one is from a typical metal hand juicer and the bottom one is from the Healthyjuicer. Notice how the bottom sample from the Healthyjuicer is like a piece of rope, completely dry with every bit of juice extracted.



Organically Grown Wheatgrass by the Tray or Cut and Bagged
Manual and Electric Juicers • Growing Supplies • Growing Lessons
Regina Levy Cussell
305-246-5683 • 305-610-1598 (mobile) • regina@wheatgrassing.com
Visit us every Saturday at the Coconut Grove Farmers Market

Good Health First and Foremost