



The many wonders of Wheatgrass

Wheatgrass is one of the so-called green foods that are valued by health-conscious individuals as great natural source of nutrients. In Juice form it contains 70% chlorophyll, which is often referred to as the blood of plant life. It closely resembles the molecules of human red blood cells. Chlorophyll has been shown to produce an unfavorable environment for bacterial growth in the body and therefore effective in increasing the body's resistance to illness.



- Wheatgrass juice keeps hair from graying
- Wheatgrass juice is 70% chlorophyll
- Chlorophyll is the first producer of light and therefore contains more light energy than any other element
- Wheatgrass is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimum level in a highly-oxygenated environment
- Chlorophyll is the basis of all plant life
- Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer
- It only takes ten minutes to digest wheatgrass juice which helps remove heavy metals
- Science has proven that chlorophyll arrests growth and development of unfriendly bacteria
- Farmers in the Midwest who have sterile cows and bulls put them on

wheatgrass to restore fertility. The high magnesium content in chlorophyll builds enzymes that restore the sex hormones

- Chlorophyll can be extracted from many plants, but wheatgrass is superior because it has been found to have over 100 elements needed by man and woman. If grown in organic soil, it absorbs 92 of the known 102 minerals from the soil
- Liquid chlorophyll gets into the tissues, refines them and makes them over
- An ounce of wheatgrass is equivalent to two and a half pounds of vegetables, wheatgrass has 23 times the minerals and vitamins of vegetables
- Liquid chlorophyll neutralizes toxins and washes drug deposits from the body
- Chlorophyll improves all blood sugar problems, helps purify the liver and enhances the capillaries
- Wheatgrass juice cures acne and even removes scars after it has been ingested for seven to eight months. The diet must improve at the same time
- Gargle with wheatgrass juice to help a sore throat, it may be held in the mouth for 5 minutes to eliminate toothaches. Wheatgrass juice also prevents tooth decay
- Wheatgrass juice is high in enzymes and acts as a detergent in the body which helps deodorize
- Wheatgrass juice can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobin production
- Wheatgrass juice contains calcium, phosphorous, magnesium, sodium, and potassium
- Television, especially colored, gives off radiation. Put some green plants or wheatgrass in front of the TV, and it will absorb radiation. Also wheatgrass or green plants will absorb pollution and odors in your home
- This information is derived from the writings of doctors and research scientists and is not meant to replace the services of your physician, but only to offer educational information.