

## 6 BODY & MIND

APRIL 4, 2004



# Blades of Glory

The nondescript wheatgrass packs in quite a punch. Is it any wonder that it's known as a 'miracle weed'?

**I** FIND real life more beautiful than fiction. It yanks me out of my hum-drum routine and pole vaults me into high-octane inspirational zones.

That's how I feel when stockbroker Priti Shroff tells me all about her sister Tanvi Mayani's battle with cancer during which Priti's search for answers comes in the form of 'Natural Living'. Priti flew down to Atlanta to study under Brenda Cobb, student of the legendary Anne Wigmore. She then set up her own Healing Institute. Tanvi, who was put on the Natural Living lifestyle, begins to feel rejuvenated and hasn't had to undergo chemotherapy since.

At the Healing Institute, "We detox the mind and body by emotional

catharsis," Priti explains. After a detailed case history is taken, meditation, exercise, diet and other lifestyle changes are introduced.

The course includes lunch which comprises raw foods, wheatgrass juice, energy soup, rejuvelac water, veggie kraut and more. "I follow this diet myself and 90 per cent of my food is raw and uncooked," explains Priti.

In fact Anne Wigmore, who was diagnosed with cancer at the age of 50, and lived a vigorous life till 80, said: "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. I



have more energy than I ever remember having as a child and I'm no child at 76."

Priti recommends that either you munch on wheatgrass or drink the juice. In fact, she grows her own organic wheatgrass and sells it by the packet, which lasts for a week in the fridge.

The green blades of wheatgrass are power packed with proteins and 17 amino acids like alanine which contribute to healthy blood, isoleucine for mental health, leucine for energy, tryptophane for digestion and calm nerves.

## BODY TALK



RASHMI UDAY SINGH

Wheatgrass is also known to be beneficial in cases of allergies and constipation to fibromyalgia and multiple sclerosis. Is it any wonder that Priti feels more energetic than ever or that her sister has resumed her work as solicitor?

**Healing Institute, 706 Shivtirth, Bhulabhai Desai Road, Mumbai, Phone: 022-24952811**  
**prishroff@hotmail.com**  
**(Rs 2,500 for five-day course/ Rs 5,000 for 10-day course)**

Do keep calling and writing. And do keep smiling. For all your health queries, call 022-22161313 or log onto [www.rashmiudaysingh.com](http://www.rashmiudaysingh.com). Write to P. O. Box No 19946, Colaba, Mumbai-5 or e-mail [hol@rashmiudaysingh.com](mailto:hol@rashmiudaysingh.com)