



NATURE'S CURE WHEATGRASS

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"Wheatgrass is referred to by health food experts as a GREEN SUPERFOOD as it has exceptional nutritional properties. Fresh wheatgrass is packed full of essential nutrients."

"In the future man will use the sunshine element of plants to regenerate and heal the human body."

"I am firmly convinced that what we need most today is a fundamental change in eating and lifestyle to give us healthier and stronger bodies to combat disease."

We can gain control over our diet, our health and our life by making simple changes in the way we live-by embracing natural idea of nourishment through wheatgrass. Wheatgrass is full of living enzymes energy that can promote healthy blood and rejuvenate aging cells.

INTRODUCTION TO WHEATGRASS

Wheatgrass is referred to by health food experts as a GREEN SUPERFOOD as it has exceptional nutritional properties. Fresh wheatgrass is packed full of essential nutrients. These include proteins in the form of amino acids a vast array of vitamins, minerals, essential fatty acids and enzymes, which are ideal for those seeking maximum cell vitality which is a foundation for good health. It contains over so many enzymes necessary for digestion, detoxification, so an enzyme boost from wheatgrass increases vitality and general well being, as it benefits all body systems.

Wheat grass juice is a unique source of fresh concentrated chlorophyll with all its phyto nutrients intact. Chlorophyll has powerful anti oxidant properties. It can strip out free radicals which are a damaging by product of metabolism. Free radicals encourage an acidic cell environment which contribute to the ageing process and hence have been implicated in the development of some serious diseases. Anti oxidant activity by wheatgrass "Mops up" the free radicals and restores chemical balance of cells. Scientists have noticed that the human blood, which carries oxygen to all our cells, is practically identical to chlorophyll on the molecular level. Wheatgrass juice contains a high level of oxygen. Dr. Warburg German biochemist has revealed in his studies, that cancer cells cannot exist in the presence of oxygen. Dr. Ann Wigmore of Boston, U.S.A, the well-known naturopath and pioneer in the field of living food nutrition has been testing the effect of a drink made of fresh wheatgrass in the treatment of Leukaemia. She claims to have cured several cases of disease by this method. Dr. Wigmore points out that by furnishing the body with live minerals, vitamins, trace elements and chlorophyll through wheatgrass juice, it may be able to repair itself. She is also the founder of Hippocrates health institute first applied them to human

health over 30 years ago. She has used wheatgrass juice on a daily basis for 30 decades, whether one is over or under weight has a tendency towards anaemia or is afraid of cancer, wheat grass can help. Knowing this well, Hippocrates the father of medicine states that "The body heals itself, the physician is only nature's assistant." Chlorophyll is another way as condensed solar energy, it increases the function of the heart, affects the vascular system, the intestine, the uterus and the lungs.

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In Anne Wigmore words, "In wheatgrass raw foods and exercise, I found what I feel is as close to the foundation of youth as we are going to

get. Twenty-five years after my discovery, my hair has turned fully natural brown again. My weight has been stable 119 and my energy level is limitless. For the past 10 years, I have required an average of only 4 hours of sleep at night and I haven't needed the services of a physician in years. My work has brought me all over the world on many demanding lectures, tours, sometimes for months at a time. Yet I have more energy than I ever remember, having as a child and I am no child at "76."

To produce good health, iron rich blood essential vitamins, minerals such a B12, folic acid, iron, copper, potassium and proteins must all be present in adequate amounts in the daily diet. It is impossible to obtain these from white bread, white sugar, packed and processed foods while these may contain minimal amounts of nutrients processing and cooking destroys the essential nutrients and even render some of them non absorbable by the body's system.

- 1) Wheatgrass is always used raw. All the nutrients present and already in a form that can be readily converted by the body into healthy red blood cells.
- 2) Another benefit of chlorophyll is stimulation and regeneration of the liver. The liver is the main organ in the body for Detoxification, storage of blood and reorganizing nutrients. Addition of wheat gram is the diet stimulates liver function and enriches red blood cells count.
- 3) A shot of wheatgrass juice is like a simple complete supplement which is a fantastic source of vitamins, having all the B group

vitamins, a vegetable source of vitamin B12 and also vitamins A, E, C, and K. Wheat grass is also rich in minerals major and minor. It contains calcium, magnesium, manganese, phosphorous, potassium, zinc and selenium plus many more trace elements.

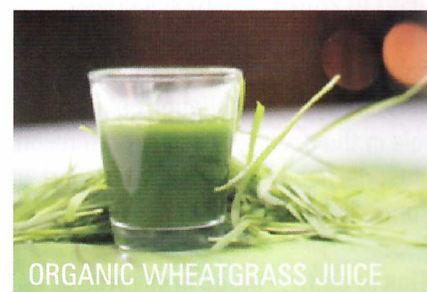
- 4) You can get the benefits of wheatgrass by chewing about 10-15 blades or juicy 35grams of wheatgrass for a 30ml shot. The benefits of drinking wheatgrass can seen in many ways in better digestion , increased libido in firmer , glowing skin and more stamina.
- 5) Freshly cut wheatgrass can be stored up to 7 days in an open plastic bag in the refrigerator.
- 6) Once juiced it should be consumed immediately within 15 mins of juicing, otherwise you lose the oxygen level and the juice turns completely bad.
- 7) At least 1 hour prior to drinking wheat grass juice in the stomach should be empty.
- 8) Wheat grass extracts from the soil in only one single growth 108 minerals out of 130 minerals. Thus for every growth the soil needs to be changed as it has no more nutrients for the second growth, hence it is the grown in trays rather than farms.
- 9) Presently in India also the cancer rate is extremely high, out of every 10 individuals one is a cancer patient.
- 10) So let's, "Make this world a better place to live in."

Hold on your thoughts before you encounter any misconceptions, let me clarify that it is not only wheat grass alone which is going to work wonders, one has to detoxify the body completely. The mind, body and soul have to work in total combination.

Mind you, if you call this a miracle than God bestows his favour same on all of us. I shudder to think how a human physic functions, as divine has created the human body as the preserver of the soul.

We create stress, lust for money, greed, jealousy preserve it deep down in our unconscious mind and become the creators of various unknown diseases to which science has found no definite cure.

I shall remember this in times of difficulty instead of saying "God I have a big problem, I will learn to say, hey!" Problem I have a bigger God." Everything will be alright.



ORGANIC WHEATGRASS JUICE



COLD PRESS
WHEAT GRASS
JUICER MACHINE
WITH ORGANIC
WHEATGRASS
NON
PLASTIC
CAPSULES

VARIOUS DISEASES WHICH CAN BE TAKEN CARE OF WITH WHEATGRASS, RAW AND LIVING FOODS ARE:

High BP	Allergies	Sinus	Obesity	Arthritis
Asthma	Heart Diseases	Acid reflux	Chronic Fatigue	HIV AIDS
Fibromyalgia	Lupus	Ingestion	Candida	Diabetes
Heart burn	Depression	Belly palsy	Parkinson Disease	Constipation
Multiple Sclerosis	High Cholesterol	Migraine		