

# Wheatgrass Juice Benefits



*Just one ounce of fresh wheatgrass juice can contain the vitamins, minerals, enzymes and amino acids found in 2.5 pounds of raw vegetables.*

- Excellent source of easily absorbable vitamins, minerals, enzymes and complete proteins
- Helps to prevent and fight against infections.
- Improves the body's ability to heal wounds.
- Helps remove toxic heavy metals from the body.
- Helps with skin problems such as eczema or psoriasis.
- Helps improve blood sugar disorders.
- Helps reduce and eliminate body odors.
- The high magnesium content builds enzymes that restore sex hormones.
- Helps prevent tooth decay.
- Helps to cleanse the liver.
- Arrests the growth of unfriendly bacteria.
- Natural energizer.
- Great for constipation and proper bowel function.
- Non-allergenic.

## ***What is Wheatgrass?***

Grass is one of the staple foods of the world – the natural, complete food of much of the animal kingdom. Wheatgrass is young sprouted wheat, 1 to 2 weeks old. Once wheatgrass reaches a height of 5 to 7 inches it can be cut and juiced. Due to its fibrous nature, whole wheatgrass is indigestible to humans, so it needs to be juiced.

## ***How does wheatgrass juice taste?***

It is a vivid emerald green color with a complex flavor – hints of vanilla, licorice root, raw peas and aniseed can be detected in it. You may be surprised by its sweetness.

## ***Why must wheatgrass juice be consumed fresh?***

The most potent form of wheatgrass is the fresh juice as nutrients are lost in pasteurizing or preserving. Like many raw and highly nutritious foods, fresh wheatgrass juice is highly active chemically and is thus unstable. Fresh is best.

## ***Why do I need this?***

Every day our bodies accumulate internal waste and harmful toxins from eating overcooked, processed and chemically grown food, breathing polluted air and drinking impure water. If we don't rid the body of these toxins they can cause long-term damage and disease.

Wheatgrass juice is a fast and sure way to cleanse our bodies of environmental pollutants. Its high levels of enzymes and amino acids work like a “natural detergent” to detoxify the liver, eliminate toxic heavy metals from the blood stream, rid the body of waste matter and help to strengthen the immune system.

### ***How much do I need?***

If energy is generally good but you are having an off day, then one ounce can be enough to get you going again. If energy levels are regularly down then a daily shot over a period of about a week can help improve things.

We recommend starting with 1 ounce of wheatgrass juice followed with a glass of water, for the first few days. Once you are comfortable with this you can increase the amount to 2 ounces a day. Wheatgrass has a strong cleansing effect and may make you nauseous if you start with too much. If you have a hard time swallowing that shot of wheatgrass every day try mixing it with water.



### ***Is wheatgrass a food?***

Deep green chlorophyll from wheatgrass juice is abundant in vitamins, minerals, enzymes, and protein. It contains every amino acid, vitamin and mineral necessary for human nutrition, making it one of the few actual “whole foods.”

Wheatgrass is so nutrient-rich, that just one ounce of freshly squeezed wheatgrass juice is said to be equivalent nutritionally to about 2.5 pounds of leafy green vegetables. A single ounce of wheatgrass will not contain all the calories, dietary fiber and some other nutrients found in 2.5 pounds of leafy greens, so we still recommend including a variety of fresh organic vegetables in your diet as much as possible.

Wheatgrass juice is also a complete protein source. Proteins are responsible for an array of diverse functions throughout the body ranging from cell renewal and creation of hormones, to building and repairing muscles, blood and organs.

Proteins are made up of amino acids, which are essential to proper digestion and assimilation of foods, immunity against disease, rapid healing of cuts and wounds, proper liver function and regulating our level of mental awareness.

Have a shot or two of wheatgrass every day. We think you’ll notice the difference. By giving your body the vital nutrients and antioxidants it needs, you’ll have more energy, a stronger immune system and a clearer mind.