

# Benefits of Wheatgrass Juice



Everyone's heard about all of the great benefits of wheatgrass, but what are they specifically? 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, or the equivalent of two cups of coffee. All you need to do to feel the amazing benefits of wheatgrass juice is drink two ounces of it! You'll feel refreshed and energized throughout the day.

**Wheatgrass juice is a body builder.** It is very high in 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 mucous in the lymph in that area. Wheatgrass juice will break down the mucous 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. Drink on an empty stomach. Keep refrigerated and drink the same day.

**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, Ph.D., 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. A 20-year study of 20,000 telephone company workers has found that a natural ingredient in carrots and leafy green vegetables significantly reduced the risk of lung cancer in cigarette smokers. They determined that a diet high in beta-carotene negated the bad effects of 30 years of smoking. 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.** Studies on various animals have shown chlorophyll to be free of any toxic reaction. The red cell count has returned to normal within 4 to 5 days of the administration of chlorophyll, even in those animals that were known to be extremely anemic or low in red blood cell count.

**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 neutralized 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 are very beneficial to the treatment of various skin diseases involving the outer and underlying layers of the skin. For first and second-degree burns, the use of chlorophyll has been established as an outstanding aid. Sunburn can also be alleviated by the use of chlorophyll ointment at the time of exposure. This can reduce discomfort, and possibly infection, to a minimum. Applied after severe sunburn, it has the same gratifying results as on regular burns. The same can be said of X-ray burns. Chlorophyll can also reduce or eliminate foul odor associated with burns. Instead of using ointments, you can drink wheatgrass juice for all of the benefits of chlorophyll.

**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 eliminate and fight off colds!