



The Wonders of WHEATGRASS

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We've seen the fountain of youth, and from it flows a powerful green elixir. Anne Wigmore helped to introduce wheatgrass -- a remarkable source of energy and vitality -- to America nearly 50 years ago. It's been shown, through research and testimonials, that wheatgrass has amazing restorative and healthful benefits. Did you know that drinking just 1 ounce of wheatgrass juice is the nutritional equivalent of eating 2 1/2 pounds of leafy green vegetables? Well, you're about to learn much more.

Wheatgrass stimulates and regenerates the liver, improves digestion and prevents tooth decay. Of course, nothing can replace exercise and a proper diet, but wheatgrass can help boost your energy by infusing your body with vitamins and minerals. It can also free your blood, tissues and organs of waste. Is it a miracle? Perhaps. But if you think about it, it all makes sense. Most of the foods we eat today lack vitality. They contain preservatives, pesticides and hormones. Foods are often processed or overcooked, which destroys most of their nutritional properties. For example, cooking food kills most, if not all, of its enzymes. Since wheatgrass juice is raw, drinking it gives us the vitamins, minerals and enzymes we need in one of the freshest and most natural forms available.

Chlorophyll

We all remember learning about how chlorophyll is essential to the survival of plants. Chlorophyll is a proteinous compound that converts sunlight into energy through photosynthesis. And it has benefits for humans, too. Unlike any other food or medicine, chlorophyll can protect us from carcinogens. Chlorophyll chemically neutralizes toxins, strengthens the cells, and detoxifies the liver and bloodstream. It can even increase the body's capacity to deliver oxygen and other nutrients to the cells, help to rebuild the blood stream, aid in stabilizing blood sugar levels, and wash drug deposits from the body. Wheatgrass is 70 percent chlorophyll, making it the supreme source of all these benefits.

Vitamins and Minerals

Minerals allow for the transfer of electrical currents throughout the body and help to regulate one's GI system and blood-building functions. This green juice has more than 90 organic minerals, including calcium, magnesium, potassium, iron and sodium, which aid in maintaining digestion, metabolism, oxygen transport and fluid regulation throughout the body.

Everyone needs vitamins. In one shot of wheatgrass juice, you get:

- Vitamin B: relieves stress; helps digestive system and adrenal glands; essential for brain formation
- Vitamin C: maintains health of skin, eyes, muscles, joints, teeth and gums
- Vitamin E: has antioxidant effects; prevents sterility and muscle degeneration; speeds the healing process of wounds and infections
- Vitamin A: prevents dry skin, brittle or weak bones, and night blindness

Enzymes

Anne Wigmore described enzymes as life energy, and indeed they are. Enzymes are the catalysts that spark biological and chemical reactions in the body -- anything from healing wounds to losing weight. They're important active ingredients in wheatgrass juice. Here are some of the enzymes found in wheatgrass:

- Protease: aids in protein digestion
- Amylase: facilitates starch digestion
- Superoxide Dismutase: protects cells from damage due to aging, infections, radiation and air pollutants
- Cytochrome Oxidase: an antioxidant used for proper cell respiration
- Transhydrogenase: keeps heart muscle tissue toned
- Lipase: fat-splitting enzyme

When you drink that shot of wheatgrass, you know you're doing something truly nourishing for yourself. Try the challenge: a shot 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, less fatigue, stronger immunity and a clearer head to face all of life's challenges!