

Wheatgrass

Most people who have explored the wondrously wide avenues of self-healing have heard about wheatgrass. Wheatgrass juice has been proven over many years to benefit people in numerous ways: cleansing the lymph system, building the blood, restoring balance in the body, removing toxic metals from the cells, nourishing the liver and kidneys and restoring vitality. One ounce of wheatgrass juice has the vitamin and mineral equivalent of 2.2 pounds of fresh vegetables. It contains most of the vitamins and minerals needed for human maintenance, including the elusive B12. Many of the benefits of wheatgrass juice stem from the fact that it is a living food, which is a complete protein with about 30 enzymes and is approximately 70% crude chlorophyll. To be effective wheatgrass juice has to be drunk immediately after juicing and, up until now, has not been easy to grow at home in the quantities required for healing, so wheatgrass has not achieved the popularity it deserves.

Wheatgrass juice is the nectar of rejuvenation, the plasma of youth, the blood of all life. The elements that are missing in your body's cells - especially enzymes, vitamins, hormones, and nucleic acids can be obtained through this daily green sunlight transfusion. Wheatgrass juice has been proven over many years to benefit people in numerous ways: cleansing the lymph system, building the blood, restoring balance in the body, removing toxic metals from the cells, nourishing the liver and kidneys and restoring vitality.

George S. Bailey, Ph.D. - "Chlorophyll, the natural plant pigment that lends its color to grass, leaves, and many of the vegetables we eat, may play an important role in prevention of certain cancers. Researchers in the early 1980s discovered that chlorophylls and related chemicals can inhibit the ability of certain DNA-damaging chemicals to cause mutations in bacteria. How might this kind of "anti-mutagenic" activity be important in cancer prevention? Molecular geneticists now know that most if not all human cancers carry mutations in one or more genes that control the rates at which individual cells divide, differentiate, or die. According to current thinking, various combinations of mutations that upset this delicate balance to favor uncontrolled cell growth can then enable this irreversibly damaged cell to form a primary cancer in the lung, liver, blood, bone, skin, or another body organ. Therefore, it seems at least theoretically possible that the anti-mutagenic power of the chlorophylls might allow them to inhibit or reduce the formation of cancers in humans. Recent progress in our laboratory and elsewhere has brought this promise closer to realization."

The solid content of juice made from wheatgrass is 70 percent chlorophyll. Chlorophyll is often referred to as "the blood of plant life" and has almost the same chemical structure as hemoglobin (oxygen transport molecules in red cells in human blood), according to studies done in 1911. The difference between the two is that in human blood the metallic element of the hemoglobin is iron, while in chlorophyll this atom is magnesium. Chlorophyll goes into the red blood cells immediately. The red cell count was returned to normal within 4 to 5 days of the administration of chlorophyll in animals which were known to be extremely anemic.

Chlorophyll was praised in the 1940 American Journal of Surgery by Benjamin Gruskin, M.D. for its antiseptic benefits. The article recommends the following clinical uses for Chlorophyll - to clear up foul-smelling odors, neutralize infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner ear inflammation and infection, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.

Nutritionist Bernard Jensen lauds the virtues of Chlorophyll because of the magnetic and electrical quality of the raw enzymes it contains. According to Dr. Earp-Thomas, 15 pounds of fresh wheatgrass is equivalent in nutritional value to 350 pounds of the choicest vegetables.

Dr. Birscher, a research scientist, called chlorophyll "concentrated sun power." He says chlorophyll increases function of the heart, affects the vascular system, the uterus, the intestine and the lungs. According to Dr. Birscher, nature uses chlorophyll as a body cleanser, rebuilder and neutralizer of toxins. Wheat grass juice can dissolve scars that are formed in the lungs from breathing acid gasses. The effects of carbon monoxide is minimized since chlorophyll increases hemoglobin production. Wheat grass juice helps to reduce high blood pressure as the juice helps to reduce toxins from the body and gives the blood iron which helps circulation. It purifies the blood.

A small amount of wheatgrass in the human diet helps prevent tooth decay. Tooth decay is the result of other degenerative changes in the body. Gargle with wheatgrass juice for toothaches. Gargle with wheatgrass juice for a sore throat.

Taking wheatgrass juice we will feel the difference in our sense of strength, health, spirituality, endurance and wellbeing. Research scientist Dr Birscher called chlorophyll "concentrated sun power. Chlorophyll increases the function of the heart, affects the vascular system, the intestines, the uterus and the lungs"

Wheatgrass and radiation

Tests have been made which point to a chlorophyll (wheatgrass) rich diet affecting the survival of experimental animals after lethal doses of radiation. In 1950, Lourau and Lartigue reported that cabbage supplement (chlorophyll) increases the resistance of guinea pigs to radiation.

How much?

Start with one ounce a day with a small amount of water. As you become accustomed, stop the water and work up to 6 ounces of wheatgrass juice a day. Your energy level will be very high. Wheatgrass juice should be mixed thoroughly with your saliva before swallowing. Drink slowly one hour before meals. Wheatgrass juice is a powerful cleanser and may cause nausea, through starting an immediate reaction with toxins and mucus in the stomach.

Toxicity studies have shown that chlorophyll is absolutely non-toxic when administered orally or intravenously to animals and humans.

The juice should be extracted either by chewing or utilizing a slow action machine. Some manual juice extractors are very good for the purpose. Grasses can be grown year round in any apartment or house, city or country.

Healing with Wheatgrass Juice

1. Wheatgrass Juice is one of the best sources of living chlorophyll available.
2. Chlorophyll is the first product of light and, therefore, contains more light energy than any other element. (more on [Chlorophyll](#))
3. Wheatgrass juice is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.
4. Chlorophyll is the basis of all plant life.
5. Wheatgrass is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissues function at an optimal level in a highly-oxygenated environment.
6. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
7. Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and uses up very little body energy.
8. Science has proven that chlorophyll arrests growth and development of unfriendly bacteria.
9. Chlorophyll (wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of any toxic reaction. The red cell count was returned to normal within 4 to 5 days of the administration of chlorophyll, even in those animals which were known to be extremely anemic or low in red cell count.
10. Farmers in the Midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones.)
11. Chlorophyll can be extracted from many plants, but wheatgrass is superior because it has been found to have over 100 elements needed by man. If grown in organic soil, it absorbs 92 of the known 102 minerals from the soil.
12. Wheatgrass has what is called the grass-juice factor, which has been shown to keep herbivorous animals alive indefinitely.
13. Dr. Ann Wigmore has been helping people get well from chronic disorders for 30 years using wheatgrass.
14. Liquid chlorophyll gets into the tissues, refines them and makes them over.
15. Wheatgrass Juice is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr Earp-Thomas, associate of Ann Wigmore, says that 15 pounds of Wheatgrass is the equivalent of 350 pounds of carrot, lettuce, celery, and so forth.
16. Liquid chlorophyll washes drug deposits from the body.
17. Chlorophyll neutralizes toxins in the body.
18. Chlorophyll helps purify the liver.
19. Chlorophyll improves blood sugar problems.
20. In the American Journal of Surgery (1940), Benjamin Gruskin, M.D. recommends chlorophyll for its antiseptic benefits. The article suggests the following clinical uses for chlorophyll: to clear up foul smelling odors, neutralize strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infection, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea in many cases.