

# FRESH WHEATGRASS JUICE

## Nature's Great Healer

**ENERGIZER:** The vitality obtained from wheatgrass juice is remarkable. Two ounces of fresh wheatgrass juice is equivalent to the nutritional value of roughly 4 pounds of organic green vegetables in vitamin and mineral content. On an empty stomach, it is assimilated into the blood in about 20 minutes. The vitality lasts throughout the day.

**NUTRITIONAL:** Wheatgrass juice is a complete food that can be taken orally with no toxic side effects. It contains most of the vitamins and minerals needed for human maintenance. It is also a complete protein with about 30 enzymes and is approximately 70% crude chlorophyll.

**BLOOD BUILDER:** Both chlorophyll (as in wheatgrass juice) and hemoglobin (red blood cells) are molecularly similar. The only actual difference is that the central element in chlorophyll is magnesium and in hemoglobin it is iron. Chlorophyll has the ability to break down poisonous carbon dioxide and release free oxygen. This inhibits and reduces the action of anaerobic bacteria (a disease-producing micro-organism). Wheatgrass juice has been shown to build red blood cells quickly after ingestion. It normalizes high blood pressure and stimulates healthy tissue-cell growth.

**BODY CLEANSING:** The many detergent factors of wheatgrass juice can drain the lymph system, carrying away many toxins from all body cells. When an imbalance or injury exists (examples: sore tendons or joints; degenerative disease; etc.), there is a natural build-up of mucous in the lymph particular to that area. This mucous is encapsulated, helping to ensure the proper flow of lymphatic fluid. Wheatgrass juice helps to breakdown the mucous and allow it to drain. This helps to relieve pressure and allow healing.

**BODY HEALING:** According to Survival of the 21st Century, "In therapeutic amounts, it will detoxify the body by increasing the elimination of hardened mucous, crystallized acids and solidified, decaying fecal matter. Wheatgrass juice's high enzyme content helps dissolve tumors. It is the fastest, surest way to eliminate internal waste and provide an optimum nutritional environment. Wheatgrass juice can also be used as a poultice or wash, stimulating healthy new cells and fighting infections."