



A Basic Guide To Wheatgrass Powder and its Benefits for YOU!

History of Wheatgrass

"I see a world without sickness, sorrow, or mental disturbance in which we are living in perfect balance, abundance, health and harmony." -- Dr. Ann Wigmore

Dr Ann Wigmore (1909-1994), was single most responsible for popularizing the usage of Wheatgrass. She has hailed Wheatgrass as 'A complete natural food' providing all the necessary nutrition. Dr Ann Wigmore founded the 'Hippocrates Institute, Boston, USA in 1963' and when she was very ill looked at nature to heal her, she completed extensive research and experiments to explore the therapeutic value of Wheatgrass after seeing how it helped her recover from Gangrene. She travelled extensively and lectured in over 35 countries demonstrating the value of wheatgrass.

There has been much more research since, there are many Clinical Trials and Studies, Laboratory Studies and Literature Reviews; some of the findings include:

Wheatgrass has protective effect on blood during chemotherapy (Wheat J., Currie G., Coulter K. J. Aust. Trad. Med. Soc. 2006;12(3):135--137))

Severe burns recover quickly with chlorophyll (2 cases) (Haughton, H. 1950. Med.J.Aust. 337-340.)

These are but a few snippets of information and never meant to be an in depth analysis of the literature but merely a pointer to the beneficial effects of using wheatgrass either as a juice or in powder form.

I will list below some of the many benefits that are associated with the use of wheatgrass and leave you to consider whether its right for you!

It is natural made from very young and tender, freshly grown wheatgrass sprouts usually cultivated when 6 to 7 days old.

Benefits:

- It is free from additives eg colouring, preservative and flavour.
- It has large quantities of Chlorophyll which is very close in molecular structure to human haemoglobin.
- *It is a naturally rich source of vitamins, minerals, fibre, amino acids(including 9 essential amino acids)*
- wheatgrass is a complete food that contains 98 of the 102 earth elements.
- It helps relieve constipation.
- It helps in the treatment of some cancers.
- It helps the body detox.
- It helps to improve skin condition.

- It helps with weight loss.
- It helps increase vigor.
- People have reported feeling more alert, improved eyesight and night vision.
- A major benefit of taking wheatgrass juice is that it is easily digested with little energy.
- It lessens the effect of radiation or too much sun on our skin.
- It lowers blood pressure.

Vitamins and minerals found in 2g serving

Amounts found in serving		% Daily Value based on a person having 2,000 calories per day.
Vitamin A	1000 IU	20%
Vitamin C	4.66mg	8%
Vitamin D		
Vitamin E	213.33mg	1086%
Vitamin K	23.33mcg	29.33%
Vitamin B6	26.0mg	1300%
Vitamin B12	0.06mcg	0.66%
Riboflavin	173.33mg	10196%
Choline	3.33mg	
Thiamin	7.33mg	488%
Niacin	168.0mg	840%

Ideas for taking wheatgrass:

A couple of tablespoonful's in a smoothie will certainly enhance its nutritional value and add some colour!

Wheatgrass drink a tablespoonful of wheatgrass mixed in water, placed in fridge until nice and cool!.

Add a tablespoonful of wheatgrass to vegetable soup to enhance taste, nutritional value and colour.

There are many more on the internet. ENJOY!

