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# The Benefits of Wheatgrass

## What are the health and nutritional benefits of Wheatgrass?

### What is wheatgrass?

**Wheatgrass is young sprouted wheat of 1 to 2 weeks of age.** Once wheatgrass reaches a height of 12 to 20cm it can be cut and then juiced. Due to its fibrous nature, wheatgrass is indigestible to humans, which is why it needs to be juiced and why cows need four stomachs to digest grass.



### The Nutritional Benefits

**Wheatgrass's deep green juice is abundant in vitamins, minerals, enzymes, protein and chlorophyll.** It contains every amino acid, vitamin and mineral necessary for human nutrition, making it one of the few actual "whole foods."

**Wheatgrass is so nutrient-rich, in fact, that only 30mls of freshly squeezed wheatgrass juice is equivalent in nutritional value to 1kg of leafy green vegetables.**

**Kilo for kilo, it has more vitamin C than oranges and twice the vitamin A of carrots.**

**Note: The above is only true when wheatgrass is grown on organic soil which has not been depleted of minerals.**

Containing 70% chlorophyll, wheatgrass juice increases the body's production of red blood cells (haemoglobin). This helps to normalise high blood pressure and stimulates healthy tissue-cell growth. Chlorophyll also has the ability to break down poisonous carbon dioxide which allows more absorption of oxygen into the bloodstream.

**Wheatgrass juice also contains enzymes** which help in the digestion and metabolism of nutrients, and abscisic acid, which is known for its anti-tumour properties.

Is it a miracle? Perhaps. 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.

**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.** It is quite simply one of the healthiest things you can put in your body.



### The Natural Cleanser

Every day our bodies accumulate internal waste and harmful toxins from eating processed and chemically grown food, breathing polluted air and drinking impure water. If we don't rid the body of toxins they can cause long term damage and disease.



**One of the fastest and surest ways to cleanse our bodies of environmental pollutants is wheatgrass juice.**

Its high levels of enzymes and amino acids work like a natural detergent to detoxify the liver, eliminate toxic heavy metals from the blood stream, rid the body of waste matter and help to strengthen the body's immune system. This allows valuable nutrients to then be distributed more efficiently throughout the body, along with stimulating healthy tissue cell growth.

Wheatgrass juice also has a dilating effect on the body's blood vessels which allows blood to flow more easily.

Basically it's like a daily grease and oil change for your body enabling it to operate at an optimal level in a highly oxygenated environment.

### The Health Benefits

**Here are some of the many health benefits wheatgrass has...**



Aids in the prevention of and fight against infections and improves the body's ability to heal wounds.

Helps remove heavy metals from the body.

Absorbs 92 out of the known 102 minerals from the soil.

Helps with skin problems such as eczema or psoriasis.

Chlorophyll in wheatgrass helps improve blood sugar disorders.

Helps eliminate body odours.

The high magnesium content in chlorophyll builds enzymes that restore the sex hormones.

Helps prevent tooth decay.

Chlorophyll in wheatgrass helps purify the liver.

Arrests the growth of unfriendly bacteria.

Is an energiser for body and mind.

Great for constipation and keeping the bowels open.

Is non-allergenic.

Aids in the prevention and fight against cancer.

### Taste The Goodness!

When we were kids we rolled around on the grass, scored our first goal on it, and some of us even ate it. Now the idea of drinking juice made from grass may seem distasteful, but try it for the first time and you may be pleasantly surprised by its subtly sweet taste.



**When you drink that shot of wheatgrass, you know you're doing something truly nourishing for yourself.**

Have 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, stronger immunity and a clearer head to enjoy life!

### How much juice should I drink?

**We recommend you start with 30mls of wheatgrass juice** followed with a glass of water, for the first few days. Once you are comfortable with this you can increase the amount up to 60mls, eg. 30mls twice a day. Wheatgrass has a strong cleansing effect and may make you nauseous if you start with too much.



If you have a hard time swallowing that shot of wheatgrass every day try mixing it with other juices.

See our [wheatgrass cocktails and other juice recipes](#) for more ideas.

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### The Complete Protein Source

Proteins are a very important nutrient needed by the body and are responsible for a huge array of diverse functions throughout the body including cell renewal, creation of hormones to building of muscles, blood and organs.

Proteins are made up of amino acids, and they are essential to proper digestion and assimilation of foods, strong immunity against disease, rapid healing of cuts and wounds, proper liver function and regulation of our level of mental awareness.

When it comes to supplying protein, **wheatgrass juice provides a large array of the essential amino acids.**

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### Drinking Wheatgrass During Pregnancy

See [About Us](#) for more information.

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### Where can I read more about wheatgrass and the benefits of drinking it?

**Here are some links to various articles and websites about wheatgrass that you may find interesting.**



[www.wheatgrassprofessional.info](http://www.wheatgrassprofessional.info) - Wheatgrass for health professionals - many interesting articles written by a general practitioner using wheatgrass for therapy in his practice in Melbourne.

[www.cancerlynx.com](http://www.cancerlynx.com) - A case study regarding a woman's fight against peritoneal cancer.

[www.hippocratesinst.com](http://www.hippocratesinst.com) - Articles about health and wheatgrass written by the Hippocrates health institute (A health institute teaching and researching natural and alternative healthcare).

[www.wholisticresearch.com](http://www.wholisticresearch.com) - Article written about wheatgrass by Wholistic Research Company in UK.

[www.rawfoodinfo.com](http://www.rawfoodinfo.com) - An article about wheatgrass and cereal grasses written by Steve Meyerowitz.

[www.wheatgrass.com](http://www.wheatgrass.com) - An online book about cereal grasses (wheatgrass) written by "Pines Wheatgrass" (USA)

[www.parrotparrot.com](http://www.parrotparrot.com) - How wheatgrass can be healthy for your pets.

[Click here](#) to view a list of references and books on the benefits of wheatgrass and other grasses, as well as a website written by a general practitioner in Melbourne and with his observations on wheatgrass used as therapy for his own patients.

If you find more interesting articles about wheatgrass or related topics please [let us know](#) so that we can let other people know.

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## How to buy

There are thousands of dedicated people around the world that have embraced the wheatgrass phenomenon. **Try it yourself and witness the change.** We believe that it will make a difference to your life. (especially in the long haul)



Click on the link to find out how to purchase the best, certified organic **fresh wheatgrass** supplies in the Melbourne metropolitan area.

For an easy, cheap alternative to buying ready grown trays from your local organic shop, why not try growing your own?

Sprout's wheatgrass kit has all the necessary materials needed to grow your own nutrient rich wheatgrass and includes a comprehensive guide on **How to grow your own wheatgrass.**

Please refer to the Products page for more information about **wheatgrass growing kits** and many other wheatgrass related products.

### Vital Greens

Vital Greens Promotional Offer 25.00% off!..

Plus Free Freight

[www.nhd.com.au/Vital\\_Greens](http://www.nhd.com.au/Vital_Greens)

### The Ultimate Detox Juicer

Easy clean cold press juicing Voted #1 best juicer

[www.quarran.com.au](http://www.quarran.com.au)

### Secret to Losing Weight

Featured on A Current Affair. Over 100 Kg lost.

See Actual Photos.

[www.GabrielMethod.com.au/LoseWeight](http://www.GabrielMethod.com.au/LoseWeight)

### Alkaline SuperFoods

Save up to 50% Off Sale! Alkalise & Energise Your Body NOW

[AlkalineCookBook.com.au](http://AlkalineCookBook.com.au)

### Wheatgrass Works Wonders

Medical doctor gets great healing results for skin & other conditions

[DrWheatgrass.com](http://DrWheatgrass.com)

### Artificial Grass

Premium Quality from \$24.00 sq mtr Cut to size, Free Delivery

[www.ozturf.com.au](http://www.ozturf.com.au)

### GBX Green Barley

Australian Organic Green Barley Maximum

Nutrient preservation

[www.Return2Health.net/GreenBarleyX](http://www.Return2Health.net/GreenBarleyX)

### AIM Herbal FiberBlend HFB

Bowel Health & Constipation Relief Wholesale

Prices from \$42 (6 pack)

[www.qkbowelhealth.com](http://www.qkbowelhealth.com)

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