

Wheatgrass

It looks like grass. It smells like grass. But it tastes like, well, we'll be honest, grass. However, mix it with Orange Juice or chase it down with something and it's delish! So, it must just be grass, right?

Wrong.

Wheatgrass is simply the sprouted form of Wheat, and like most sprouts it is very different nutritionally from its more mature form. **Wheatgrass alkalizes the body** whereas Wheat is acidic.



Wheatgrass is **one of the healthiest foods** on the planet. It's punch includes:

- Chlorophyll
- Vitamins A (carotene), B, C, and E
- 19 Amino Acids including arginine, serine, absenismic, lysine, aspartic acid, glycine, alanine, methionine, leucine, & tryptophane.
- Calcium
- Iron
- Magnesium
- Potassium
- Sodium
- Selenium
- Zinc



- Enzymes such as
 - cytochrome oxidase for cell respiration
 - lipase for fat splitting
 - protease for protein digestion
 - amylase for starch digestion
 - catalase for tissues
 - transhydrogenase for the heart muscle
 - superoxide dismutase to protect from air pollution

Drink Wheatgrass daily for diet, health, and productivity.

Chlorophyll Borophyll? Certainly not!

Billy Madison may have scoffed at Chlorophyll, but we know better.

Wheatgrass is mostly made of Chlorophyll, and that has some amazing impacts on the body.

Chlorophyll is chemically similar to hemoglobin, so the human body is able to just tweak it so that **Wheatgrass actually increases the hemoglobin in your body!**

Okay, so what?

Hemoglobin allows your blood to carry higher amounts of oxygen to every part of the body. That means:

- your **blood** will be **purier**
- you can better cope with blood sugar disorders, such as **diabetes**
- your body can **combat the effects of air pollution, cigarette smoke, and heavy metals**
- your **brain function will improve**

Maybe Billy Madison should have had some Wheatgrass....

Wheatgrass Improves Digestion

All those vitamins and the 90-plus minerals in Wheatgrass help, but so do the Amino Acids *Amylase*, *Protease*, and *Lipase*.

They allow your body to **better process proteins, fats**, and any old thing you put in there really.

But the biggest bonus to digestion might come through the **cleansing your body** will go through if you regularly have Wheatgrass.

Cleansing the Body with Wheatgrass

The human body is stuffed with all kinds of nasty things that would be better somewhere else, things like **hardened mucous, crystallized acids, and—cover your ears (or eyes)—solidified, decaying fecal matter.**

So how do you get all that gross stuff out of there?

Why, drinking Wheatgrass of course!

Not only will the **Vitamins B, C, E, and carotene obliterate free radicals**, but Wheatgrass will also **cleanse the blood, organs, and gastrointestinal tract!**

Saponin chips in to the cleansing by giving your lymphatic system a gentle shove into action.

And given that another great way to cleanse the body is exercise, well....

Drink Wheatgrass for Diet, Fitness, and Athletic Performance

Wheatgrass is a **complete protein**. It contains 19 different Amino Acids **essential to health**, and especially **important if you are dieting**, improving your fitness level, or trying to perform as an athlete.

And all the Antioxidants in Wheatgrass are important to remove the free radicals that intense exercise can cause.

Drink Wheatgrass for Smooth, Condition-free Skin

Because of the extremely high levels of vitamins, your skin gets all the **nourishment** it needs to be at its **smoothest** and **glowiest**. Your wounds will heal more quickly, which means less chance of scarring.

If you have **eczema** or **psoriasis**, Wheatgrass will help you manage your condition. Even **rosacea** pales next to the power of Wheatgrass!

Vigor, Anti-Aging, Anti-Greying, and Your Breath

That pretty much says it all.

When you drink Wheatgrass regularly, you will notice an **increase in your energy levels**. You'll be more **vigorous** all day long, even into your old age.

That's because one of the properties of Wheatgrass is to limit the impact aging has on your body. You'll feel and look young, and that includes your hair too.

The mix of Vitamins and Amino Acids keeps your hair healthy and your scalp well fed, so you are likely to **keep your thickness and color longer**.

Even bad breath is eliminated by Wheatgrass.

It's getting pretty hard to turn down isn't it? So why not try Wheatgrass for a month and let us know how it goes?!