



Wheatgrass & Barley Grass

complete & life sustaining green superfoods

**Grass is the primary form of food. Man's most primeval nutrient,
that which nourished him for hundreds of thousands of years.....**

EdmondBordeaux Szekely

Wheat and barley grass is grown through a process called sprouting. These grasses are considered complete life sustaining foods, providing a complete range of nutrients. They contain high concentrations of living chlorophyll, bioactive enzymes, high quality protein and many vitamins and minerals. The nutrients in these grasses are completely assimilated by the human body within 20 minutes. For this reason, these are "quick energy" foods. They have broad effectiveness, both nutritional as medicinal.

"The grain of grass contains all the elements of which the body is composed including revitalizing and rebuilding materials, force producers for energy and also the eliminators of waste acids. Grass and sprouts are perfect foods."

- Dr. Ann Wigmore

How is it grown?

Wheat and barley grass comes from the leaves of the immature plant. The wheat and barley grains are germinated for a few days, after which they are seeded in trays. The young cereal grasses are ready for harvesting after 8-14 days, at the jointing stage when 6-10 inches tall. At this time, they reach peak nutritional value level and contain the maximum amount of active medicinal ingredients.

**" Let your food be your medicine
and your medicine your food "**

- Hippocrates

Superfoods

Wheat and barley grass, together with algae like spirulina and chlorella, are so-called green superfoods. Green superfoods go beyond green vegetables because, as whole foods, they are rich in functional nutrients and phytonutrients. They are a complex bundle of thousands of components.

**It is folly to dose ourselves with one or two vitamins when we know nothing of their
relationships to fifty other food factors**

- Charles F. Schnable

Chlorophyll

Whenever anyone talks about the healing power of grass, they mention chlorophyll first. Wheat and barley grasses are one of the best sources of living chlorophyll available. The chlorophyll molecule is almost identical to the hemoglobin molecule in human blood. It actively revitalizes your blood. We are as healthy as our blood is, and the more you rejuvenate your blood, the more you slow the process of aging. Chlorophyll also called "concentrated sun power", as it is the first product of light and, therefore, contains more light energy than any other element. Wheat and barley grasses have the highest chlorophyll content among other greens.

High quality vegetable protein

Our every cell contains proteins, the basic building blocks of our body. Protein is composed of amino acids. There are 22 amino acids, and the combination of these amino acids leads to formation of thousands of different proteins. Wheat and barley grasses contain 25% protein; 19 amino acids, including all of the essential amino acids.

Vitamins

Wheat and barley grasses are a rich source of vitamin A and C, and are particularly rich in Vitamins E, K, and B-complex. They are a natural source of laetrile (B17). This makes these grasses an exceptional source of dietary antioxidants, which combat premature-aging, cancer and various immunodeficiency diseases.

Enzymes

Enzymes are the catalyst required by any function of the body. Wheat and barley grasses are a natural source of many beneficial bioactive enzymes; they help increase the enzyme levels in our cells, aiding with the metabolism of nutrients and the rejuvenation of the body. These enzymes assist in dissolving tumors. Wheat and barley grasses are abundant sources of superoxide dismutase (SOD), a powerful antioxidant and anti-aging enzyme.

Minerals

Wheat and barley grasses contain 92 of the 102 minerals found in the soil, including high concentrations of the most alkaline minerals: potassium, calcium, magnesium and sodium. They also contain trace elements such as iron, zinc and selenium.

Usage & Dosage

The average doses are 2 to 6 grams per day (in powder or capsules), taken on an empty stomach at least half an hour before meals. Mix one spoon of powder (1.5g) in a glass of cold or lukewarm water 1 to 3 times a day. Or mix with lemon juice or any other of your favorite fruit/vegetable juices or smoothies to suit an individual's specific taste. For better absorption, avoid eating any food for half an hour before and after consumption. For detoxification, some users may increase their daily intake. Note: one gram of powder is obtained from 15 grams of fresh grass.

100% Food safe

Wheat and barley grasses are 100% natural and completely food safe. They can be used by people of all ages. It may cause a "detoxing reaction" or "healing crisis" in the beginning, which is a natural, significant body initiated process that can occur when accumulated toxins are being eliminated from the body. Initially, therefore, consumption may cause headache, nausea and/or stomach discomfort.

Wheatgrass vs. Barley Grass

They are very similar in nutritional content. Some people prefer the sweeter taste of wheatgrass, while others prefer the more bitter taste of barley grass.

Health benefits

- ✓ Although there are many diseases, all cures start with detoxification.
- ✓ detoxifies the blood and promotes blood production alkalizes and detoxifies the lymph, liver and blood cells
- ✓ detoxification and healing of the colon wall
- ✓ general detoxification of the body
- ✓ powerful antioxidant
- ✓ improves immune system
- ✓ increase of energy and endurance level
- ✓ useful for bodybuilders, gym-goers and other athletes
- ✓ assists weight loss
- ✓ stabilizes blood sugar levels and lowers blood pressure
- ✓ promotes wound healing
- ✓ useful against skin problems
- ✓ may help protect the body from carcinogens
- ✓ improves metabolism and digestion
- ✓ prevention of premature-aging

Wheat and barley grasses are great for health and well being!!