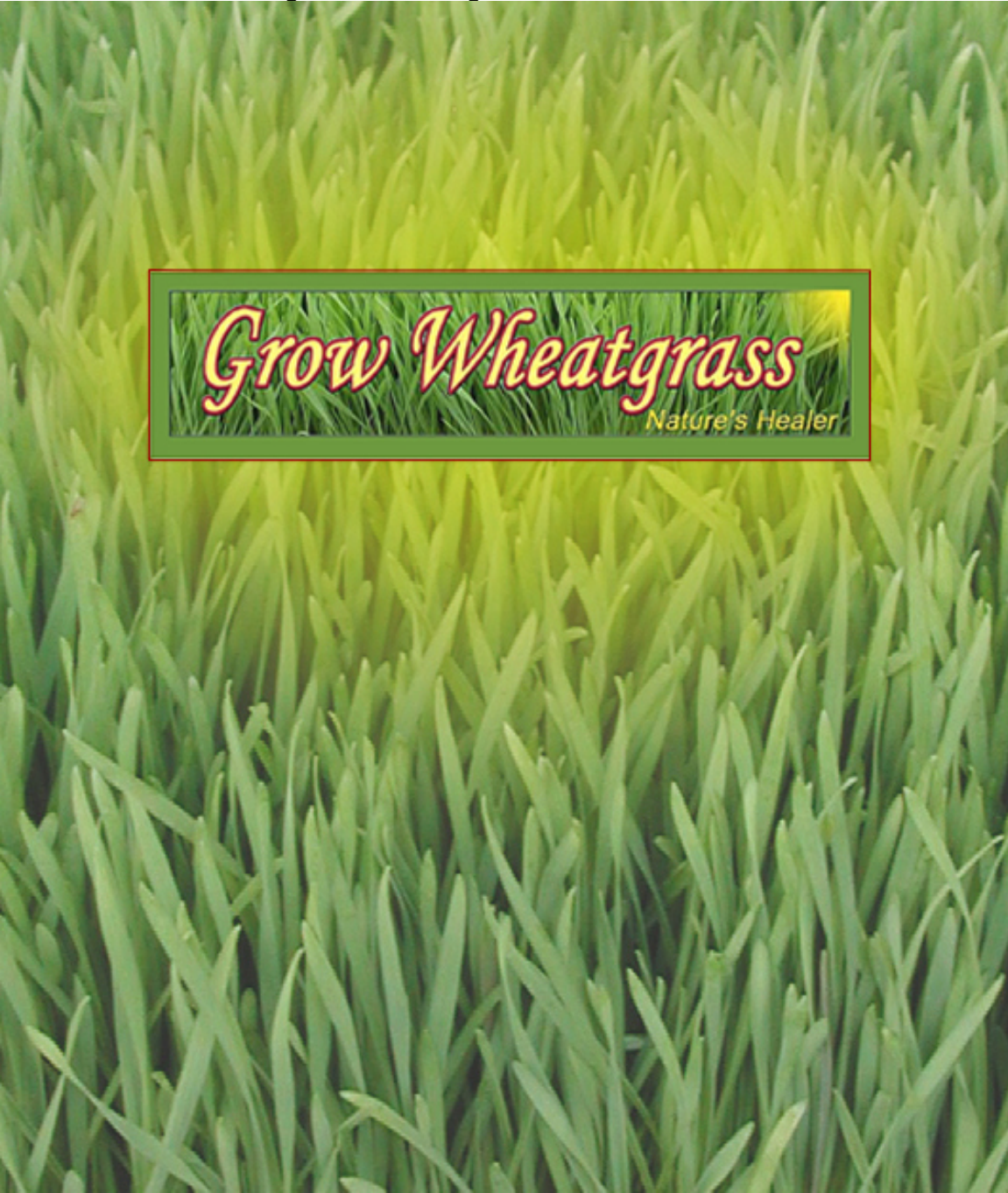


Five Secrets to Growing Great Wheatgrass





Hello,

Welcome to Grow Wheatgrass.

Wheatgrass juice is a blessing that has healed thousands of people all over the world. While Ann Wigmore was alive she was tireless in spreading the word of wheatgrass as a cleanser and body builder. She said that wheatgrass growing was easy and so do many other people. However it often turns out that they either don't grow it themselves or they grow it in a greenhouse. I have been a gardener all my life and I never grew anything that was such a target for mold and flies.

I wish it were as easy to grow as it says in the kits and the books. If it were then it would have spread throughout the health-conscious community by now. But the reality is that most people who drink wheatgrass juice do so randomly at a juice bar or buy their grass in trays from growers.

Since I quit my day job and worked on this system full-time I have dedicated more time to growing wheatgrass inside a house than most people would ever do in a lifetime. I am doing some things than no-one has done before – my five secrets! What I would like to ask you before we begin is to keep my secrets to yourself. Unfortunately, there is a lot of copying on the net but I have put out this book at a price that everyone can afford to pay. In fact you will save the cost of the book with the first tray of good grass you grow.

My mission is to spread the word of wheatgrass so there is a sprouter on every street, if not in every home. So that when wheatgrass comes up people say "Yay, that's the stuff that makes you strong!" instead of "Yuck!" That will take an incredible amount of time and energy. So I am asking you to contribute to that good cause by sending people to my site to buy their own book if they ask you how you grow such good wheatgrass. Or buy a sprouter, it is truly the best way to grow wheatgrass at home.

Blessings on your growing,

Pam



Five Secrets of Growing Great Wheatgrass

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Principles of growing wheatgrass inside the home

First I would like to say that this is not a complete book about wheatgrass. There are two great books out there already: "Wheatgrass, Nature's Finest Medicine" by Steve Meyerowitz and "The Wheatgrass Book" by Ann Wigmore. So I am not going to repeat the basics about juice or why it is good for you. A lot of that information is on my site. I imagine you already know that and want to get on with growing this miraculous stuff in the easiest way possible.

The system that I have developed for growing wheatgrass inside depends on having a sprouter. It is a lot more work and mess if you have trays of grass all over your house. Of course I think that having a sprouter that is made specifically for wheatgrass is the ideal thing and you could always buy a kit from my site and build your own. If you buy a sprouter or a kit after reading this book I will deduct the cost of the book from the price.

So now on to the basics. Wheat seed is hard and dry. It can be stored for years in a cool, dark place and still be used ground up for flour. Some of those seeds will probably even sprout. If it is stored in a very hot place like a grain silo in the Midwest it will only be good for flour and not for sprouting. In fact it would be a disaster if grain grown for flour started to sprout, kind of like potatoes that you keep in a dark cabinet. Often grain is treated with all kinds of chemicals to stop this from happening. So you can see how important it is to get seed that is organic and grown for sprouting. The percentage of wheat grown in this country for sprouting is so minimal that it doesn't even register in statistics. We are in the minority here folks, most people like their wheat in donuts, not in green shoots.

Sprouting: Before the wheat seed has a 1 inch shoot it likes to be dark and humid; picture it under the ground waiting for the right amount of rain to fall so it can germinate.

We accelerate that process by soaking the seed in water in the dark. First the seed swells up, then it cracks through the outer husk and puts out a little root. Then in a couple of days it puts out a little straight shoot as well. The root heads downward and the shoot heads upwards. Even when it is in total darkness it knows which way is up. Is that amazing or what?

After the wheat seed has a 1-2 inch shoot it needs light; picture it in nature breaking through the soil. It also needs the right amount of water at the roots, which the growing medium provides. We can provide the light through a sunny window or skylight or with the use of grow lights above the sprouter. If the grass stays in the dark part of the sprouter too long you will see it turn yellow instead of green and look less healthy. A little light will soon cure it and green it up. There is plenty of chlorophyll in the indoor grass and it is chlorophyll and enzymes that

are the major healers. In the winter you need to run full spectrum lights for 12-14 hours so that there are more hours of light than nature provides. I have these lights on my site now, the best ones at the best price on the net.

Another condition that has to be met to keep your grass happy is the right temperature. Being winter wheat, it doesn't like a lot of heat, but it will not grow well if it is too cold either. It likes the same temperature range as I do 60 – 75 degrees. The seeds actually generate their own heat by their growth process and need ventilation since, like all plants, they take carbon dioxide out of the air and change it into oxygen. If the sprouter is inside a house that is being heated in the daytime but not at night you can experiment with covering the sprouter with an old blanket or towel to keep it warmer. It will slow down the growth if it gets too cold. Here in California I don't cover it at night but it has slowed down it's growth rate this winter. It takes 12 days instead of ten to grow and doesn't get as tall. In spring and summer it gets 10 inches tall in 10 days.

So, it is basically very simple: figure out how much light, water and heat the seeds need to be happy in your environment and you've got it made. The seeds will let you know the answers to all three of those requirements.

- If there is not enough water they will not germinate evenly or grow well.
- If there is too much water they will rot. You will be able to tell by the weight of the trays if they need water once you get used to it.
- If there is not enough light they will be pale green or yellow and weak looking. In the winter without extending the light hours the grass will grow slowly and will not flourish.
- If they were put out in full sun on a hot day they would wilt and dry out.
- If they are kept too cold they will not flourish but just sit there unchanged day after day.
- If they are too hot and humid they would both rot and mold.

If you follow my directions you will soon find it easy to keep the grass happy and thriving.

It is work at first to learn about the seeds but it is also very rewarding and exciting to get your first crop. It is a grounding, anchoring thing to do, just like having a garden or a pet; something you have to take care of every day whether you feel like it or not. And if the reason why you are growing grass in the first place is because you are really sick, then find someone to help you with it until it makes you stronger.

Secret Number One

The first secret is the use of perlite growing medium mixed 1\2 and 1\2 with Canadian sphagnum peat moss instead of potting soil. The perlite growing medium is the major miracle in water control. It is widely used in hydroponic gardening but no-one else has used it for wheatgrass to my knowledge. The other automatic sprouter on the net is grown without any growing medium at all so it needs continual watering. It has a misting system that keeps the plants too wet and creates mold. I used to use perlite alone but I have added in the peat moss this winter. Many people in different areas with different climates have found the mix of perlite and peat moss to be the best growing medium. Ann Wigmore used peat moss as the base for her homemade compost. The Canadian Sphagnum peatmoss is better than the American peatmoss – cleaner and more even in texture.

One of the other growing mediums I tested was a new coconut fibre mat being experimented with by growers and the perlite mix outperformed it amazingly. By the fourth day the perlite grown grass looked 2 days older. I tried vermiculite, which is another hydroponic soil replacement but it didn't work as well and there were some rumors of asbestos contamination with it. I tried soil and compost of all kinds and found it too messy. I also found that if you read the small print there are some kind of manures in almost all the potting soils. I don't care for animal manures so close to my food. When I harvest the wheatgrass I don't expect to have to wash it before I juice. Ann Wigmore said never to use animal waste or chemical fertilizers.

Some organic people have told me that animal wastes have been used in organic gardening for ever and are perfectly safe. But that was before the animals were fed the kind of junk they are now. Animals are given hormones and antibiotics and other chemicals regularly and those are all in their waste products. In fact cows are routinely fed ground up diseased dead cows now, which has led to Mad Cow Disease. Composted steer manure back on the ranch in 1900 was a good clean fertilizer. Composted manure now is toxic waste. The composting process does not get rid of these chemicals.

Perlite is a generic term for a naturally occurring siliceous rock. When this rock is heated in a furnace it expands 4-20 times, like popcorn and then it will retain water. It is chemically inert and has a ph of 7. It not only holds water but also aerates the roots of the seedlings in a way that soil does not.

The other good news about perlite is that you can get it from your local nursery. If they don't have it they will get it for you. I pay ten dollars for a huge bag, about 4 cu ft, that lasts over a month. There was a large variation in this price when I called around. Do not ever buy the small bags, just order the big one, the

difference in price is amazing. The peat moss is also available in the nursery. It is compacted and a bag lasts a long time. Do not let it dry out in storage or it will repel water instead of hold it. You can fix this by leaving it in the bucket with the wet perlite overnight.

You can only use the mix once but you can recycle it by stacking the mats of roots and perlite upside down in the dark somewhere until the wheat rots and then digging it in to your garden soil or using it in potting mixes. If you don't have a garden you probably know someone who does who would be glad of it. It aerates all garden soils, especially clay.

I get two reactions from people when I tell them I grow without soil. Some people are excited to be released from dealing with dirt and think it is a great idea. The others say that good compost gives the grass nutrients that they can't get any other way and that Ann Wigmore said to use compost.

Wheat does not have a tap root at the tender age we juice it so it is not taking in any nutrients from the soil. This is not a widely known fact but it is true. Maybe Ann Wigmore didn't know it. She also was from the old school – she even made her own compost in her kitchen, something not too many people are prepared to do. What she considered to be easy was probably not the same as the present generation of home growers. Perhaps, if she had lived even longer, she would have embraced the idea of growing without the mess of soil. She always used her own compost and didn't put chicken manure, bat guano or other animal wastes in it. In fact, all her compost had in it was peat moss, wheat mats, kitchen waste and worms. Most people now buy potting soil and most soil on the market does have animal wastes or chemical fertilizers in it. As for the absorption of necessary nutrients, we deal with that in the next chapter.

Secret Number Two

The second secret is the use of seaweed fertilizer from sprouting to harvest. This makes the wheatgrass grow better and also provides chelated minerals that are present in the juice. I use MaxiCrop from MaxiCrop.com because it tests out the best but there are other seaweed fertilizers on the market. See what you can get locally. MaxiCrop is certified organic.

The kelp that is used for MaxiCrop has some amazing growth factors that have not even been isolated. The kelp grows a foot a day in the ocean! Also it has absorbed the minerals into a living form so it must be better than ground-up rock.

When I was demonstrating my sprouter at a raw food retreat in Ojai recently many people said that it was the best tasting wheatgrass juice they had ever tasted. That is because of the cleanliness of the perlite and the addition of the MaxiCrop. As both Ann Wigmore and Steve Meyorowitz say in their books, wheatgrass juice is very hard to test. By the time it gets to the test site it is already past its prime. So the test has to be in our own bodies. I can tell what my wheatgrass is doing for me.

Here is some material from their website: www.MaxiCrop.com

Why seaweed?

Long known and used by farmers for its rich value, seaweed feeds plants with a wide range of nutrients, growth bio-stimulants and conditioners. Harvested along the Norwegian coastline—the most perfect seaweed growing environment—this is an organic, non-pollutant renewable resource.

It stimulates natural development

By increasing the levels of your plants' chlorophyll production, Maxicrop stimulates their natural development and growth. In effect Maxicrop functions as a catalyst to let your plants use the sun's energy more effectively, thereby promoting stronger, healthier growth.

Seaweed also feeds the soil

And soil is the key: feeding the plant without simultaneous concern for the soil is like building a house on sand. Many artificial fertilizers, while offering impressive results in the short term, do so by neglecting the long term health of the soil. Maxicrop greatly improves this obvious (but generally overlooked) part of your plant's ecosystem. It creates an extended root system giving your plants greater access to nutrients and water in the soil and thus to long term health.

Natural resistance

Maxicrop stimulates beneficial soil microbe activity which leads to improving your plants' natural resistance to stresses. It creates a "biological barrier" between your plants and pathogens.

How Maxicrop Seaweed works

Maxicrop contains a large complex of chelated minor elements, to help lessen or nullify minor deficiencies in plants. It also contains important biogrowth stimulants, which have a tremendous effect on seed germination, root development, and general growth. Maxicrop's organic sugars make available to the plants all the wonderful properties of seaweed.

As a fertilizer supplement

Most artificial fertilizers are powerful "boosters," introducing large amounts of N-P-K (nitrogen, phosphorous, potassium). But N-P-K contents are not a yardstick for their effectiveness. Too much rain, for instance, can wash most of it out of the soil, while too little may lead to high concentrations and scorching of the delicate seedlings.

Here, too, Maxicrop can be very effective as a fertilizer supplement to help restore the soil conditions.

SELECTED HIGHLIGHTS OF SEAWEED RESEARCH

(from, *Seaweed and Plant Growth*, T.L. Senn, Ph.D.)

The following highlights do not, by any means, represent the entire body of evidence supporting the use of seaweed in agriculture. Research involving the use of seaweed in the agricultural industry has been conducted for decades, and will no doubt continue in the future as scientists continue to unravel the mysteries of seaweed.

General

Seaweed has been used by plant growers for centuries, but the reason for beneficial results has only recently been attributed to the naturally occurring growth regulators and micronutrients in the seaweed. After many years of university and private research it has now been established that ...brown seaweeds... contain many naturally occurring plant growth regulators, namely cytokinins, gibberellins, and indoles. In addition, it contains essential micronutrients such as iron, copper, zinc, molybdenum, boron, manganese, and cobalt for healthy plant growth and development. Many seaweed products also contain a chelating compound known as mannitol, which chelates micronutrients into forms that are readily available for plant use. 5-2

The Good Book says that man can not live by bread alone, likewise plants cannot live by NPK alone, both need balanced nutrition. Biological farming helps the grower to have balanced nutrition available for his plants. Seaweed supplies the plant with growth regulators and micronutrients not available otherwise. 10-3

Seeds

Many researchers have reported speeding up seed germination by applications of seaweed extract.

Seed treated with seaweed extracts respire much faster and will germinate sooner than non-treated seed 4-3

Tests evaluating seaweed extract as a pre-germinating medium for onion seeds demonstrated an increase in germination as well as consistent radicle length. 4-8

Soaking beet seed in seaweed extracts for 30 minutes prior to germination increased the germination of beet seed by 25% over the control.....4-4

Seaweed extracts contain many gibberellins and cytokinins which have been demonstrated to speed up germination. 10-5

At the end of one week the germination of the of the (seaweed extract) treated seed was 84% as (beet) compared to 0% for the checks. 9-3

Shelf Life

Research has shown that applications of seaweed extracts to various fruits and vegetables prolongs their shelf life. Furthermore, no preservatives at the salad bar are needed. 1-2

Micronutrients

...when seaweed extracts are used at the recommended times and rates it will supply the amounts of iron, zinc, copper, molybdenum, cobalt, boron, manganese, and magnesium that most crops require.

Seaweeds contain more than 70 microelements. 3-4

Yield and Quality

Increases were obtained in root weight, root sugar content and in clarified juice purity. 3-8

Foliar applications of seaweed concentrate on swiss chard plants significantly improved the growth irrespective of whether it was applied on its own as a foliar spray or together with soil applications of a chemical fertilizer. 5-3

Seaweed extracts applied to lettuce plants produced an increase in the weight, and mean heart diameter. In the case of cauliflower, seaweed extract application led to a significant increase incurd diameter. Seaweed extract applied to tomato plants improved the growth significantly. Irrespective of whether it was applied as a foliar spray at regular intervals or whether the soil in which the tomatoes were planted was flushed once with the diluted seaweed concentrate. 5-4

Many trials and experiments have been conducted in the past, the results of which have shown that seaweed extracts are responsible for increased crop

yields, quality and shelf life. Utilization methods and instrumentation currently available to researchers, the reasons why marine-algae- seaweed extracts are beneficial are being revealed. 5-4

Secret Number Three

The third secret is the amazing mold suppressor. In certain climates and at certain times of the year, mold is pretty much inevitable. It is the grower's worst problem. They even have to deal with it in commercial greenhouses where they have much better control over the growing environment than we do at home.

Here is some information from the EPA (Environmental Protection Agency) website: Molds produce tiny spores to reproduce. Mold spores waft through the indoor and outdoor air continually. When mold spores land on a damp spot indoors, they may begin growing and digesting whatever they are growing on in order to survive. There are molds that can grow on wood, paper, carpet, and foods. When excessive moisture or water accumulates indoors, mold growth will often occur, particularly if the moisture problem remains undiscovered or un-addressed. There is no practical way to eliminate all mold and mold spores in the indoor environment; the way to control indoor mold growth is to control moisture.

So the bad news is: our wheatgrass needs moisture and mold loves moisture. I tried many ways of misting and spraying the seeds when I first began designing this sprouter and it wasn't until months of trial went by that I decided I would try the perlite and water it directly. With the perlite the moisture stays at the root level to feed the plants. But, you will be spraying the MaxiCrop every day so the leaves do get wet. And at night, when the plants make dew is when the mold is most active. It likes dark, warmth and wet. That is why some mold is pretty inevitable except in the driest climates.

The good news is that mold doesn't harm most people. The exceptions are people with asthma and mold allergies. You would know by now if you had those issues. If you do have either of those conditions then probably the dried green food I sell on my site would be best for you. The rest of us can learn to coexist with mold, to look upon it as another lifeform struggling for survival on this planet. Did you ever hear that story about all the life-forms calling a meeting and voting almost unanimously that for the good of the planet they had to eliminate the pest that was the worst thing that had ever happened to the Earth - mankind. Well, they didn't manage to get rid of us yet and we are not going to eliminate mold.

So what do we do to keep it under control?

First, use Nutribiotic Grapefruit Seed Extract from your health food store or, even better, Citricide. Citricide is the grower's version of GSE. It is 3 times stronger.

Every time you use water to soak the seed or water the sprouts you add 10 drops of MaxiCrop and 10 drops of Citricide (30 of GSE) per quart to the water. Then you also put this mix into a spray bottle and every day you spray your trays with

your mixture to suppress the mold and feed the grass. In many areas this will be sufficient to keep the mold away.

In the winter I am not getting mold at all here in California but in summer, when we have fog, I got plenty. I kept spraying every day and I never lost a tray. You definitely do not want to ingest mold, it will make you throw up. Many people throw up when they have wheatgrass juice for the first time in a juice bar and often it is because of mold. It gives wheatgrass juice a bad rap. Plus, it is hard to work up any enthusiasm about it again.

Now, in case you are wondering if this grapefruit stuff is safe to put on your grass and ingest with your juice here is some information from their site. I have used this product for years as a natural antibiotic and I am very happy that it deals with the mold the way it does.

The Citricide – the grower's version – is no longer available in small quantities so I sell it on my site along with the MaxiCrop. I sell it in 4 ounce dropper bottles so it is convenient to use. I think mine is the cheapest on the net. I know it works out cheaper to buy the Citricide than to use GSE. Do not buy Citricide, it is a pesticide with a similar name.

Grapefruit Seed Extract

GSE and Nutribiotic are the same thing – different strengths.

Here are a couple of articles on Grapefruit Seed Extract reprinted from the net. The first is by someone who raises birds. Her references to babies mean baby birds. The second is from the nutribiotic website.

Cure & Disinfectant

by Carolyn Swicegood

GSE® is made from organic grapefruits and is the active ingredient of NutriBiotic Grapefruit Seed Extract. GSE is a thick liquid concentrate that can be purchased at health food stores and online at www.nutriteam.com. It has been used for bird-related purposes for several years by aviculturists.

In the years since its discovery, grapefruit seed extract has been tested and validated by the FDA, USDA, the Pasteur Institute in France, and numerous physicians. The active ingredient of grapefruit seed extract is non-toxic and is synthesized from the seed and pulp of certified organically grown grapefruit. The process converts the grapefruit bioflavonoids (polyphenolics) into an extremely potent compound that is being used to kill strep, staph, salmonella, E. Coli, candida, herpes, influenza, parasites, fungi, and more.

GSE has been proven in laboratory tests to be 10 to 100 times more effective as a disinfectant than chlorine, colloidal silver, and iodine. The United States Department of Agriculture tested GSE and found it effective against four animal viruses: Foot and Mouth Disease, African Swine fever, Swine Vesicular Disease, and Avian influenza.

When the FDA tested grapefruit seed extract in 1990 with 200 patients who had internal parasitic infections, they found that it gave more symptomatic relief than any other treatment. Researchers at the University of Sao Paulo in Brazil found

the substance to be 100% effective in skin disinfection when used as a pre-surgical preparation compared to a 72% effectiveness rate for alcohol. Since I find the odor of Clorox bleach objectionable, and do not like the idea that my birds could inhale chlorine gas or consume the chemical residues that bleach leaves on surfaces and produce, I use this product for many cleaning and disinfecting purposes. There is research to back up the claims of GSE's efficacy as a natural antibiotic, anti-fungal, anti-protozoan, anti-viral and antiseptic disinfectant.

My first use of it was to prevent molds from forming on sprouts by using it in the soak and rinse water of the seeds to be sprouted. It is sold for that purpose with some sprouting kits. A solution of one tablespoon of Nutribiotic GSE per gallon of water can be used for the initial soak water and subsequent rinse water for sprouts. Grapefruit Seed Extract also is becoming the disinfectant and sanitizing agent of choice for many hospitals and clinics throughout the U. S. In the laundry, it rids linen of fungi and bacteria. Ten to fifteen drops of GSE added to the final rinse water disinfects a large load of laundry.

GSE is such a broad-spectrum solution that it is becoming the first-line of defense for many farmers and veterinarians. Our four-legged friends can benefit greatly from use of GSE. It is an excellent remedy for skin diseases and external injuries. It stimulates the immune systems of animals and aids in the absorption of nutrients by eliminating undesirable micro-organisms in the gut. It is compatible with most antibiotics. GSE does not produce the negative side effects associated with antibiotic use. Intestinal flora remains in balance with the use of GSE.

*For external use, for skin fungi or bacterial diseases of the skin: Mix 30 to 50 drops of GSE liquid extract in a quart of water, and spray on the infected area. This same dilution can be used as a general antiseptic for cages, stalls, or any other contact areas. No need to rinse or remove residue of GSE. It can also be mixed into virtually any topical preparation, like shampoo, flea-dip, cat litter, bedding, etc.

For internal use, the rule of thumb for gastrointestinal disorders, including bacterial, fungal, parasitic, or viral, is to use one drop of liquid concentrate per 10 pounds (5kg) of live weight. Make your own organic Kitchen & Bath Spray by adding one or two drops per ounce of distilled water. Rinse vegetables and fruits well, or for a more thorough treatment, soak them for fifteen minutes and rinse thoroughly.

Hospitals add GSE to their carpet shampoo machines. It is reported that ten to fifteen drops per gallon in the reservoir is effective in killing staph, strep, aspergillus, salmonella and many other pathogenic organisms that are present in hospital carpets.

Numerous clinics and medical practitioners consider the availability of grapefruit seed extract to be a major therapeutic breakthrough for patients with chronic parasitic and yeast infections. One doctor reports treatment failures in only two cases out of 297!

Gargling with GSE and water will handle the most resistant Strep germs. The necessary dilution of GSE against Streptococcus faecalis is only 1:80,000 in vitro. In vivo, doctors are recommending gargling with two or three drops in five ounces of water. This gives an effective and potent dilution ratio of about 300-500 ppm.

Grapefruit seed extract can be used to clean fungus and mildew off swimming pools and birdbaths. It is user-friendly, and environmentally safe.

GSE can be used in the garden to control aphids, snails, fungus, mildew, and algae. Drinking Water can be made safe by ten drops for each gallon of clear water. Agitate or mix vigorously and let it rest for a few minutes. It may be used as a prophylactic agent for those who travel abroad.

A very small amount of NutriBiotic GSE will keep a covered bottle of clean distilled water safe for a very long time. It can be stated that NutriBiotic products like deodorant or dental gel, that have as little as .5% GSE per volume, have an indefinite shelf life. It is an extremely stable product. To demonstrate the safety of GSE, an Acute Oral Toxicity Study was performed (see Northview Pacific Labs Report No. X5E015G, dated 7/6/95). Results showed that GSE is non-toxic by oral ingestion with an LD50 of over 5000 mg/kg of live body weight. This is the equivalent of a two hundred pound person drinking close to one pound of pure GSE daily for two weeks.

NutriBiotic GSE liquid is available in tablets, capsules, powdered concentrate, spray, and ointment. There also is an insect repellent made of it.

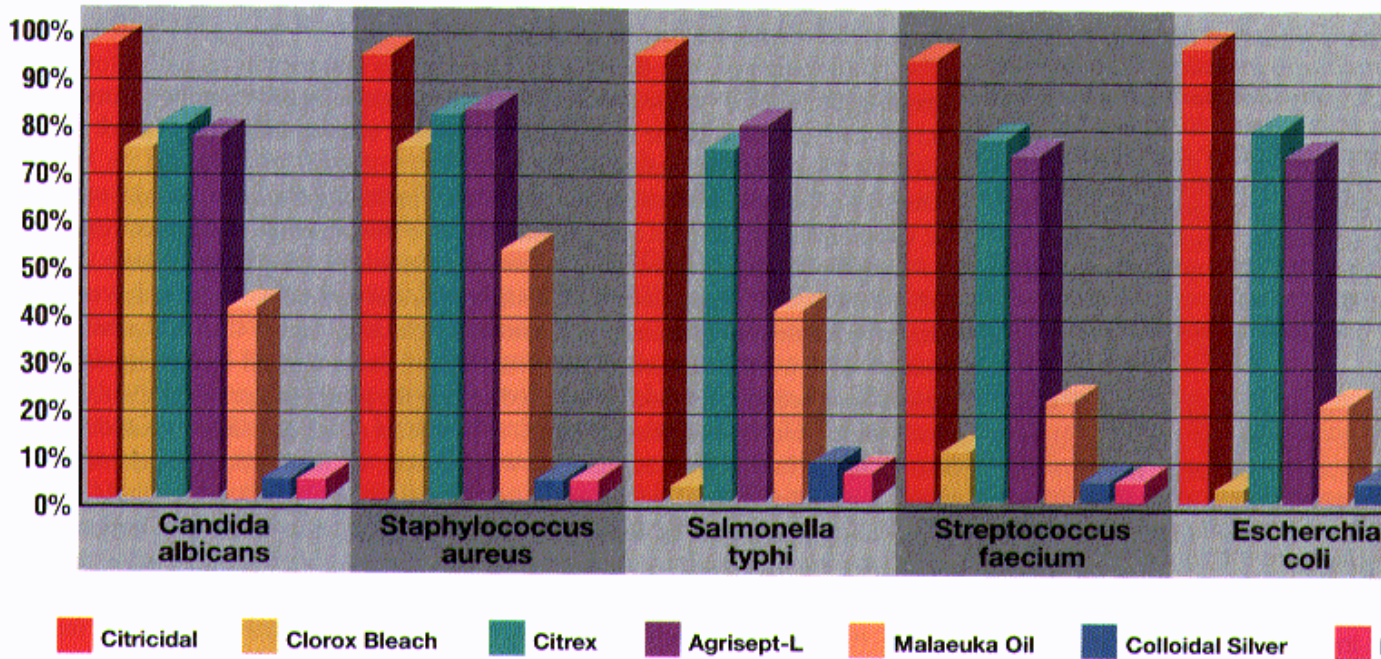
Any time that we can replace toxic products with environmentally-friendly products that do no harm, we have done ourselves, our birds, and our planet a favor.

Grapefruit Seed Extract (GSE) is an extract of the seeds of the grapefruit tree. This monograph contains information on the different products and uses of **GSE** from **NutriBiotics**.

WHAT DOES IT DO?

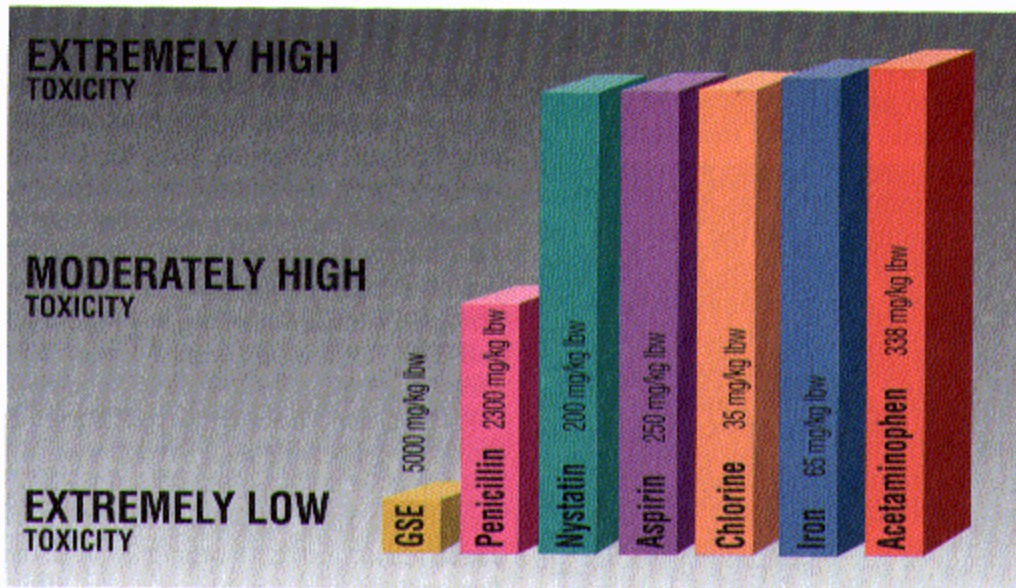
This amazing compound is perhaps the ultimate germicide. It has a multiplicity of uses and is non-toxic and non-irritating when diluted as directed. Products made with **GSE** may be substituted for more toxic household products available from grocery and drug stores. It was discovered when a doctor in Florida noticed that the grapefruit seeds in his compost pile did not decompose and wondered why. It turns out that it killed any microscopic organisms that tried to decompose it.

As the following chart shows, **GSE** is a more effective germicide than many better known substances:



The chart shows the percentage of inhibition of five common disease causing pathogens. The **GSE** was effective at doses as low as 10 PPM (parts per million) whereas some others were effective only a full strength.

The range of pathogens and the MIC (minimum inhibitory concentration) for **GSE** is impressive. The MIC for such bacteria as *Staph. aureus* or *E.coli* was only 2 PPM. Some notoriously hard to kill bacteria such as *Pseudomonas aeruginosa* or *Mycobacterium tuberculosis* ranged up to 2000 PPM. Yeasts, fungi, protozoans and viruses are similarly sensitive. Clinical dilutions that have proven effective range from 200 to 2000 parts per million. Amazingly enough, it does not attack normal gastrointestinal bacteria. Among its other advantages are the fact that it rarely causes an allergic reaction, it is compatible with a wide range of other herbal products, it is biodegradable, cheap and non-toxic. The degree of safety is illustrated in this chart:



To put this in perspective, one of the chief advantages of penicillin versus other antibiotics is that it is considered almost non-toxic. Aspirin is 25 times more toxic than **GSE**!

GSE Liquid Concentrate is the basic **GSE** product and has many uses. It is also combined with other ingredients to create a wide range of powerful but non-toxic household products.

Internal

Orally (Always dilute!)

5-15 drops in 5 oz. water or juice 2-3 times per day. Children may take 1-6 drops in 5 oz. juice 2-3 times per day. **Never use it full strength in the mouth!** **GSE** has been used by practitioners for many pathogenic conditions. Physicians in 1996 at a hospital in northern California used it to rid a patient of VRE (Vancomycin Resistant Enterococcus.) After five days both urine and rectal cultures were negative. VRE is one of the most dangerous hospital acquired infections since no antibiotic can treat it. Other physicians have found that it is as effective as nystatin or other antifungals against *Candida*. It is also effective against protozoans such as *giardia* or *entamoeba histolytica*. Dr. Leo Galland says that it is more effective than prescription medicines such as metronidazole. 15 to 20 drops every 4 hours is appropriate for these protozoal parasites. Food poisoning, infectious diarrhea, and "stomach flu" also respond well to **GSE**. 3 to 5 drops of **GSE** in a glass of water each day will prevent traveler's diarrhea.

Water Disinfectant

Natural water sources can be purified when boiling is not practical. Add 10 drops per gallon of **GSE** and stir vigorously. Let it sit for a few minutes. It's more effective than iodine!

Vaginal Rinse

In a study involving 20 women with chronic vaginal candidiasis, douching with a weak GSE solution (5 drops in 8 ounces of distilled water every 12 hours for 3 consecutive days) yielded a complete cure in 15 of 20. Four others required 2 courses and 1 required 3 after it was discovered that her mate was also infected and he was also treated. It may also be used as a routine douche. Always dilute!

Dental Rinse

For healthy gums and fresh breath stir 3 drops into 2 oz. or more of water. Swish for 10 seconds or more once or twice daily.

Throat Gargle

Stir 3 drops into 3 oz. or more of water and gargle several times. Symptomatic relief is usually quite rapid.

Ear Rinse

Mix 4-10 drops in 1 oz. of glycerin or alcohol. Apply 1-2 drops in affected area 1-2 times daily. Use as often as needed. Symptomatic relief of swimmer's ear is usually rapid.

Nasal Rinse

Mix 1 drop of **GSE** with 2 oz. of water. Place 1 dropperful into nostrils.

External

Facial Cleanser

Moisten face with warm or cool water. Apply 2-3 drops of **GSE** to wet fingertips and gently massage facial area with circular motions. Rinse thoroughly and pat dry. A tingling sensation may occur but this is an indication of deep cleansing. Always dilute!

Skin Rinse

For minor skin irritations dilute **GSE**, 5-10 drops per tablespoonful of water, and apply to affected area twice daily. Excellent for [acne](#).

Nail Treatment

Using the same dilution (5-10 drops per tablespoonful,) apply twice daily in, around and under affected nails for as long as desired.

Scalp Treatment

Mix 5-10 drops of **GSE** into shampoo on hand or head and massage into scalp for at least two minutes. Rinse off thoroughly with water. It may also be used without shampoo.

Surgical skin disinfection

Tests show that **GSE** (at 100 PPM) was 100% effective in emergency field skin prepping versus 72% for alcohol. Also at this concentration it was found to be 100% effective in presurgical 1 minute scrubs versus 98% for commercially available surgical soap.

That should be enough to convince anyone of the safety and efficiency of this amazing product.

Secret Number Four

The fourth secret also has to do with mold. Some months last year I was getting a lot of mold from the sixth to the tenth day and I found that a fan placed in front of my trays blowing gently through them made a huge difference. This is in addition to the spraying of GSE. I got a fan on a stand and put it on low and left it on through the night when the mold is most active.

The fan will also lower the temperature around your grass if it is too hot in your house. Don't blow it too strongly on the grass. A gently breeze is sufficient.

When you think of it, we are trying to grow something inside that is accustomed to be outside where the wild winds blow. People in very humid climates where winter wheat does not normally grow will need this tip.

My grass did not make as much juice with the fan blowing on it constantly but it was concentrated so I just added a little water as I juiced it. Another thing you can do if you notice this is to bring the tray you intend to harvest on the next day to another area away from the fan and water it a lot. It will give you more juice that way.

Secret Number Five

OK, we're on our last secret. This has to do with the other problem that wheatgrass has: vinegar flies. These little bugs are cousins of fruit flies and they like to lay their eggs in the growing medium, whether it is soil or perlite. Maybe some people don't get upset about bugs but I do. I am allergic to most bug bites so I just have to see something flying around and I am on guard.

Vinegar flies will appear on about the fifth or sixth day of growing even if your house is fully screened. I don't know where they come from but it only takes two and within days you have a thriving colony. The only logical thing to do is cover all your trays with screen material. This gets awkward if you don't have a sprouter but you will just have to do the best you can. You can get the screen material on a roll at Home Depot very cheaply. If you can't sew then you can just glue, staple or pin it together.

I'm going to include a chapter on growing so you can see how all these things pull together.

Growing Instructions

Soaking your seed

I use 1 $\frac{3}{4}$ cups of wheat seed per black 10 x 20 tray.

Measure into a screen topped container and rinse the seed thoroughly in running water.

Then leave 1 inch of water above the seed and put 10 drops of Citricide (30 GSE) and 10 drops of MaxiCrop in the water.

Set in dark place for 8-10 hours to soak.

Drain the water, then leave the seed in the bowl in the dark for 2 more days, rinsing several times a day under the tap. By then 95% of your seed should have germinated. If not then it is poor quality seed and will not give a good crop. It is the goodness bred into the seed that makes wheatgrass so healing. Take the time to find good seed locally.

Preparing growing medium

Preparing Perlite/peat moss growing mix for 1 tray:

Put 4 cups of perlite and 4 cups of peat moss in a bucket; pour in 3 cups of water with 10 drops of Citricide (30 GSE) and 10 drops of MaxiCrop added.

Mix in the water so it gets evenly wet.

Put in tray and pat down gently, do not compact, it should be light and airy.

Growing

Scatter the germinated seed on top of the mix in an even layer. Then cover the tray with a cloth or newspaper to keep it dark. Don't put an airtight cover on.

Spray with water (plus 10 drops MaxiCrop and 10 of Citricide (30 drops GSE) per quart) twice daily and uncover when the little sprouts are about 1 inch long.

The seed should have germinated evenly and have root growth all over the tray.

If it did not germinate well then you have problems with your seed.

After uncovering the tray, spray and water daily checking for mold. If mold is present use the mold procedure already learned.

If the grass does not develop well check your variables; light, temperature and water. Thin grass is almost always a problem with the seed or the germination process.

Every mini-climate is different and you will have to discover what your wheatgrass needs in your environment. For instance, Florida is not a natural place for wheatgrass. But are you living in a cabin on the swamps or are you living in an air-conditioned house by the beach?

If you get mold and cannot keep it suppressed by any means then cut the grass and wash it well in water with GSE added and then you can juice it. Dead mold will look black, it is harmless. Live mold is white, wash it off.

If you forget to water one day and the new little seeds dry out, that tray will never give you the quality of grass you want. Toss it and start fresh. Same with any time the grass looks less than it's best. Figure out what went wrong and start over. Don't get attached to rescuing trays that have gone wrong.

This is a very basic growing guide. If you buy a sprouter you will get much more detailed day by day instructions with pictures to make it very easy. It is a whole system that I am selling not just the shelf unit. However, for people who don't need that, these instructions should be enough to get you going in the right direction and you can experiment yourself. You have all the tools now to grow great wheatgrass.

Articles about Wheatgrass

Most of these articles I found on the net. I have printed the ones that are no longer available. Each article is on it's own page so keep scrolling down.

Eat your weeds

About 20 years ago, while living in Philadelphia, Pennsylvania, I became an “urban forager” for a couple of months, eating raw, wild dandelion leaves, wild onions, and other edible weeds. I would gather up pounds of the green stuff from every available source (except along highways). I sort of did it as a lark. However, the pronounced positive effect it had on my health turned me into a vegetarian, attracted to organically grown veggies.

Two decades later, I am still an advocate of a plant food diet, and I grow my own sprouts. However, this week's column is not about vegetarianism.

Americans may be the best fed people, but nutritionally, we are also one of the most starved on the planet. In spite a growing array of chemical food supplements and additives, we are experiencing an epidemic of “junk-food malnutrition” in this country. Just this past week, I saw a television report of *Rickets* appearing in several Chattanooga area children. The bad news—over 65% of Americans are chronically ill because their diet lacks the vital force that more primitive, basic foods can provide.

There is a serious need to look beyond the fresh produce we purchase at the supermarket. *US Dept. of Agriculture (USDA)* research indicates that our method of farming removes top soil minerals at a faster rate than in the worse days of the infamous *Dust Bowl* of the 1930s. According to the *USDA*, over 90% of Americans are failing to meet the basic nutrient needs of their bodies! And while agribusiness has removed the essentials, they have added ever-increasing poisonous pesticides to our salads.

Natural soil minerals are the basis for a plant's vitamins, enzymes, hormones, proteins, carbohydrates and other micronutrients essential to life. Animals and humans that are fed these mineral-deprived plants are becoming sick with a general breakdown of the immune system.

Americans eat too few chlorophyll-rich greens, and the rare few who do eat dark greens in the amounts our ancestors did, do it by adding supplements made from chlorophyll-rich algae and grasses to their diet.

Organically grown green foods have amazing power. In the spring, weeds and grasses are tender and delicious with high nutritional value. However, you don't have to run out into the fields to gather them. Greens can be grown in you house

or apartment within a few days with or without soil—for example buckwheat, lettuce, sunflower, spinach, wheatgrass, mung, alfalfa and a wide variety of sprouts and herbs. Many health food stores carry powder and capsules of grass, algae, herbs and weeds. A low temperature drying process preserves most of the nutrients including the enzymes and chlorophyll.

Chlorophyll is the basis of all green plant life activity, and is the blood of plants. In fact, the breakdown of chlorophyll and the breakdown of human blood have almost the same molecular structure. Noble prize winner, Dr. Hans Fisher, showed that the two structures are identical except for magnesium in the center of the green pigment, and iron in the center of blood pigment. Extensive research has also shown how these organic compounds are interchangeable. All forms of anemia (low level of hemoglobin), even pernicious, have been successfully treated with raw, chlorophyll rich greens.

A comprehensive 1,200 case report on the therapeutic effects of chlorophyll, published in the *American Journal of Surgery*, showed that brain ulcers, ulcerated varicose veins, deep internal infections, etc., were cured through the use of this near miraculous life food.

Other studies with wheatgrass include cancer research. Dr. Chu-Nan Lau, MD of Anderson Hospital in Dallas, TX, reported that wheat grass juice produced an immunization effect against carcinogenics. The *University of Chicago* in a recent study, showed that even lethal radiation exposure loses potency when dark greens are included in the diet.

Dr. Arthur Robinson, of the *Linus Pauling Institute of Science and Medicine*, showed that a raw foods diet with wheatgrass reduced cancer incidence by 35%. Dr. Laurence Badgley, MD, author of *Healing AIDS Naturally*, has used a wide variety of holistic programs and green supplements with a raw foods diet, always leading to success.

Mark Simpson, MD, with Chattanooga's *Wellness Clinic*, has seen positive results in patients suffering from eczema, hair loss, brittle fingernails, and other disorders, when he had them switch from a meat-based to a starch-based (vegetarian) diet. "There's no question that "nutriceuticals" can also play a major role in supplementing the deteriorated nutritional quality of our fruits and vegetables," says Dr. Simpson

It seems that a diet high in chelated minerals, enzymes, and nucleic acids, as found in the food concentrates of grasses and sea weeds, provide the building blocks for a healthy immune system.

So, maybe Popeye was right all along! Until next week, check out your reality. You might be surprised!

Virato, born in Brooklyn, NY, come to us via Asheville, NC where he was editor of *The Resource*, and Philadelphia, where, for the past 18 years he was editor of *New Frontier Magazine*, an international journal of new thought consciousness. He brings with him a wealth of knowledge from spending time with world renown healers, scholars and spiritual leaders like Dr. Rubert Sheldrake, Deepak Chopra, Ram Dass, Kitaro, Timothy Leary and the Dalai Lama.

OVERCOMING CHRONIC FATIGUE by Pam Killeen

Does just getting out of bed in the morning seem to be a major effort? How about doing a simple job of vacuuming the living room floor? How about serious things like having to keep a job which required concentration, focus, intellect and creativity—operations which in my mind were simply not functioning. I didn't know it then, but I had Chronic Fatigue Syndrome.

This multitude of symptoms which I was experiencing included the inability to use my cognitive processes. The sheer and utter exhaustion I felt every day made me think I was dying or wishing I was. I was really overwhelmed with severe problems such as memory loss, confusion, brain fog, digestive difficulties, PMS, and even insomnia. I would have thought being that exhausted, that sleep would come easy, but it didn't. To better describe this illness: It would be like having the flu or being hung over day after day, month after month.

Words cannot describe the feeling I had of no energy to feel, think, give, socialize, share, create, or exercise. Gradually over time, I lost my job, my friends, money, and possessions. Needless to say, this greatly increased my stress level.

In my desperation to get better, I turned to the medical profession only to have most doctors I went to uninformed about my illness. One doctor even said that I would be sick for the rest of my life and I may as well learn to live with it.

I began searching for answers elsewhere. I sought out alternative therapies, including chiropractic, acupuncture, massage therapy, reflexology, and nutritional changes.

Ultimately I accepted the responsibility of getting myself well. I decided that I absolutely was not going to accept the idea that I might feel this way the rest of my life. I rejected the attitude that I was a patient because the term patient implied passivity and submissiveness and would leave me without a sense of power to change.

Chronic Fatigue Syndrome was my enemy and the battle was just beginning. No one but myself really accepted the fact that I was extremely ill. This made life even more difficult. However, eventually, people began to come into my life who understood my problem. I even encountered some understanding doctors who gave me a lot of support in that they know I was not crazy, depressed, or lazy (as are many people so accused who have chronic fatigue syndrome.) They sensed my desperation to get better. I became an active participant in recovering from the syndrome in that I made changes in my diet—eliminating all processed and white foods (sugar, dairy products, flour, salt, eggs) and red meat. I began to realize that this was not enough so I became a total vegetarian making a complete about face of my traditional North American eating habits which

included animal protein, processed foods and overeating. I discovered that even these significant changes were not enough to completely heal my body. I remained a vegetarian but began to explore other alternative diets.

Thankfully, I discovered the living foods diet (Hippocrates Lifestyle or Ann Wigmore Diet.) Hippocrates, Father of medicine, said Let thy food be thy medicine and the medicine be thy food.

I integrated raw (living) food and chlorophyll into my diet. The chlorophyll I use comes from wheatgrass. I grow the grass indoors either in soil or hydroponically and then extract the juice in a special juicer. I also grow sunflower and buckwheat greens.

I learned how to incorporate these highly nutritious foods into my diet when I attended a course at the Ann Wigmore Foundation in Boston. Ann taught that vegetables should be eaten raw in the form of blended soup, or fermented in a recipe she calls veggie-kraut. Prepared this way, vegetables become easier to digest. She emphasized a diet of dark greens (buckwheat, sunflower, wheatgrass juice), sprouts (alfalfa, lentil, pea, etc.) And high calorie, high enzyme fruits such as bananas and avocados. Other fruits she used are apples and watermelon. She included dehydrated foods and believed that food combining is important but not to let such a 'science' control our lives. Ann believed that the body becomes sick from eating foods that are dead (processed, microwaved, cooked, irradiated). Dead foods are devoid of enzymes and oxygen, the catalysts we need for proper digestion and proper assimilation and elimination. If we don't eliminate properly at the cell level, we can become very toxic and subject to any disease. We can reverse this toxic nutrient deficient and diseased body by eating food in its natural state. Ann said that we must reform our attitudes toward dead foods, that they can be highly addictive and that most of the time we eat these foods because we are emotionally attached to them.

This whole lifestyle is easy and I haven't felt that it has controlled my life. Ideally, I feel comfortable eating about 80% raw foods and 20% cooked. I feel that food which still has its life force intact, transfers that life force to my body and increases my energy. When I make inappropriate food choices, I feel tired and listless reminding me that my body is still very sensitive and requires further healing.

To those of you currently experiencing CFS, I would like to say: Don't own the disease and let it get the best of you. The best of you has yet to surface and this disease has happened to you to wake you up to this fact. Never take your health for granted and try not to feel victimized by CFS, as you will only continue to let it control you. You must take control of your health by realizing that the body will only have the capacity to heal if you make the right choices. You must honor yourself and do what is right for you.

McVay Wins Utah Prison Race

Grass and Endurance--- The Athletes' Use of Wheatgrass

By Bruce McVay

The newspapers have recently published several articles on recent animal studies that have proven that very low calorie-highly nutritional diets enhance strength, endurance, and life longevity. Wheatgrass has by lab analysis proven to be very close to the, if not the, foremost plant in the category of nutritive value per ounce. Being an ultradistance runner for 5 years (races from 30 to 100 miles or more), I tried nearly every physically enhancing supplement and natural food source to improve my health, stamina, and oxygenation process. One and one-half years ago, I began juicing 1 to 6 ounces of grass daily. After 1 to 2 months of cleansing (which consisted of a few headaches and itching) I began to notice tremendous changes in my performance, energy, stamina, etc.. Always in the past I was a middle to rear of the pack racer. Wheatgrass changed that.

This year I ran a 26 mile race in the Teton Mountains and won by half an hour. The race was in top of the Tetons, 12,000 to 13,000 feet high, and down to Jackson Hole Wyoming. Ultra distance runners from all over the United States participated. At the 18 mile checkpoint some people with twice the amount of training as I, quit the race. Two or three finished. Something I noticed was that I never hit the wall (nausea, etc.) like I had sometimes in previous races. I was exhilarated all the way to the end of the race

On June 5th, of this year I participated in 11.5 hour run-a-thon at the Utah State Prison. I ran over 62 miles eating primarily wheat-barley grass juice mixed into fresh apple juice. During this time I expended over 6500 calories. My nearest competitor was over 10 miles behind. These are factual examples, but the best result is the way I feel all the time, as well as during the race...i.e. very comfortable under physical and mental stress.

Some people would think that I increased my training or trained long and hard for these races, but in reality, I cut my training in half during this period of time. I had cut my milage from 60-90 miles per week to 30-40 miles per week. Imagine, less training, but better performances in training and in races! I have broken most of my own personal records. Another thing that amazed me about the prison race, was that my laps at the last or the race were as fast as the laps at the beginning.

Wheatgrass helps numerous processes in the body, but improved oxygenation (enhanced oxygen absorption) is the best one, I believe.

Do you have an interest in a major change in strength, endurance, and energy? Then give wheatgrass a 6 months try. It will work! Don't believe me? Let's go for a run in the mountains.

Enzymes Aid In Prevention And Curing Of Cancer.

Wheatgrass has a high concentration of active enzymes. Enzymes according to an article published in the Journal Of Longevity Research Vol.2/No.4 1996 by Carol Uebelacker, M.D. praises enzymes for their ability to combat the cancer disease. Enzymes in short deter the cancer cells ability to hide from the immune system and spread throughout the body.

Wheatgrass Juice?

Wheatgrass Juice, What is Wheatgrass Juice? Wheatgrass juice is the juice extracted from red wheatberry seed sprouts. This strain of wheat has been used for thousands of years all around the world for its healing properties. The juice from Wheatgrass is high in Chlorophyll, active enzymes, vitamins and other important nutrients. While being quite possibly the closest thing to the fountain of youth man has conjured up. When consumed Wheatgrass Juice has been documented to have the following health benefits.

Increases hemoglobin production

- ▶Rebuilds the blood stream
- ▶Helps prevent tooth decay
- ▶Improves the body's ability to heal wounds
- ▶Purifies the Blood
- ▶Creates an unfavorable environment for unfriendly bacteria growth
- ▶Washes drug deposits from the body
- ▶Neutralizes toxins, carcinogens in the body
- ▶Helps purify the liver
- ▶Improves blood sugar disorders
- ▶Keeps hair from graying
- ▶Improves digestion
- ▶Removes heavy metals from the body
- ▶Reduces high blood pressure
- ▶Aids in the prevention and curing of cancer

Gary Garrett's Amazing Wheatgrass Testimony

In June 1995 I was told that I had a large tumor in my colon. The Doctor said I only had one option, that was to have immediate surgery to remove it. I followed this advice and had surgery.

The Doctor then told me the tumor was approximately the size of a baseball and had grown through the colon wall to adjoining tissue and the cancer had metastasized to my lymph system and my liver. The prognosis was not very good. They expected further tumor activity within one year. My surgeon strongly recommended that I begin a course of radiation and chemo therapy as soon as possible. Before I could even consider this I began to have complications from the surgery - the incision would not close up. It required new dressings three times a day for the 18 days I was hospitalized, and for months after I was sent home. As long as my wound would not heal I could not have any toxic chemo or

radiation. After surgery I could not have anything by mouth - even water - for 12 days; only I.V.'s.

It was during this time that a good friend found out I was sick, contacted my wife and offered his assistance.

He had been fighting a similar battle with cancer for some time. He has read many books and done much research on his own. He gained valuable information which he was willing to share with me. This included diet changes and learning all about something called wheat grass. We have all heard of wheat, as in whole-wheat bread. Wheat grass is what it starts out as before it goes to seed. After it sprouts, it captures energy from sunlight in a process called photosynthesis. All living plants and trees benefit from this amazing process. All green vegetation on earth produces crude chlorophyll which is one of the things you get when you harvest wheat grass and extract the liquid from it. The juice is extracted by putting it through a wheat grass juicer. This has to be done at a low temperature so as not to destroy the live enzymes that are in the chlorophyll juice.

Dr. Ann Wigmore recognized the value of wheat grass juice over 30 years ago and wrote many books about its use. There are many people alive today because of the benefits available in fresh wheat grass juice. I learned this by personal experience while I was in the hospital, after my surgery.

As I mentioned earlier, my wound required dressing three times daily. Even with strong pain killers like morphine it was almost unbearable to have the nurses wrap and unwrap the area so often. After 12 days on I.V.'s I could finally begin to take liquids by mouth. I first experienced wheat grass juice when a friend brought six ounces to my hospital room, which I drank right down. I didn't notice anything until the next day when my morning nurse came to dress my wound. As I mentioned, it became so painful I dreaded these times. What a pleasant surprise the next day when my nurse began to take the dressing off and I could tolerate it because it was not as sensitive as before. Then an amazing thing happened. The nurse pulled out the packing and we both noticed it had turned green.

At first this scared her because they are trained to watch for changes in the dressings. When they are green it usually means a very serious infection. However, I had told the nurse about the wheat grass and she recognized the color change was a result of the chlorophyll. Imagine my surprise in one day - to drink crude chlorophyll which is dark green which passed through my entire system into my blood stream to find its way to this external wound and reduce the pain and begin to speed up the healing process.

As time went by my home care nurses were amazed at how quickly my wound healed. The wound packing continued to have a green tint throughout the whole time. When I left the hospital I was so weak I could hardly climb a flight of stairs. But by taking wheat grass juice daily, in a matter of weeks, I was able to return to a full work schedule, which I have maintained until now. Tests continue to show no new tumor growth in my colon.

RELATED ARTICLE: The Wonders of Wheatgrass

Wheatgrass, a bright green grass sprouted from wheat berries, is an important part of the raw foods diet. One of the richest sources of chlorophyll available, an ounce of wheatgrass packs the nutritional punch of 2 1/2 pounds of leafy green vegetables.

Wheatgrass discourages the growth of bacteria and infection and can be used internally and externally for a variety of ailments. The chlorophyll in wheatgrass is oxygen-rich and feeds the cells of the body, allowing for rapid rejuvenation and optimal cell function while rinsing toxins from the blood. The juice can be used as a gargle for sore throats, a pack for cuts, an enema for colon cleansing, a nasal rinse for stuffy heads and as an everyday nutritional supplement to any diet. It also has been touted for its ability to eliminate pesticide residue in nonorganic produce when used as a rinse.

A one-ounce "shot" of wheatgrass per day is sufficient for most people to experience its healing effects. Also, make sure the juice is fresh; once juiced, it rapidly loses its vitamins and minerals. Vegetarian Times Inc.

