

WHEAT GRASS

What is Wheatgrass

Wheatgrass is a plant that is grown from the Red Wheatberry, a special strain of wheat that produces high concentrations of chlorophyll, active enzymes, vitamins and other nutrients. Chlorophyll, which makes up over 70% of the solid content of wheatgrass juice is the basis of all plant life. Chlorophyll is often referred to as "the blood of plant life" It closely resembles the molecules of human red blood cells.

How is Chlorophyll so closely related to human blood?

Both Chlorophyll and Haemoglobin share a similar atom structure to create their respective molecules. The only actual difference in the two molecules is that of the metallic atom element. In human blood or haemoglobin consists of iron, while in Chlorophyll the metallic atom is magnesium.

What is the importance of Chlorophyll's resemblance to human blood;

Since Chlorophyll and Haemoglobin are so much alike in atom structure allows it to be absorbed quickly and begin to build the blood stream.

What are enzymes;

Enzymes in laymen terms are like highly skilled workers on an assembly line. Each enzyme performs a specific function within the body while in harmony with other enzymes. They are important and required for everything we do, vision, thought, dreams, reproduction, breathing, digestion are all controlled by enzymes.

Why are enzymes so important for good health?

With the important role of enzymes involvement in every body function, it is necessary that we intake adequate enzymes on a daily basis. Unfortunately, medical doctors have found that we don't get all the enzymes we need from our cooked, oversalted and over processed foods. This in turn results in overall poor health situation. Wheatgrass can provide the additional enzyme intake your body requires for overall good health.

What is the nutritional value of wheatgrass?

30 grams of Wheatgrass is equivalent in vitamins, minerals and amino acids to 1.5 Kilo of fresh green leaf vegetables. Wheatgrass is one of the richest natural sources of vitamins A, complete B complex, B-17, C, E, and K. In addition, Wheatgrass is an excellent source of Calcium, Potassium, Iron, Magnesium, Phosphorus, Sodium, Sulfur, Cobalt, Zinc, 17 forms of amino acids and enzymes.

What are the benefits of Wheatgrass consumption to the human body?

as a body cleanser - Wheatgrass is a powerful cleanser and may start an immediate reaction with toxins or mucus in the stomach, possibly causing nausea. Chlorophyll brings toxins into the bloodstream that have been stored in cells or in fatty tissue. Start with 30 to 60 grams and work up to more slowly. Drink it on an empty stomach.

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Quality food ingredients in small quantities

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as a body builder - Wheatgrass is very high in enzymes & chlorophyll. It contains up to 70% chlorophyll, which is an important blood builder. The chlorophyll molecule closely resembles that of the haemin molecule, the pigment that combines with protein to form haemoglobin. The major difference is that the chlorophyll molecule contains magnesium as its central atom, and the haemin molecule contains iron. The molecular structure of these two substances is almost identical in every other respect.

as an energizer & appetite suppressant - The starch of the wheat berry is stored energy that when converted to simpler sugar is a quick energy source. It is especially good for athletes because it is absorbed in 20 minutes. Wheat picks up 92 of the 102 minerals in the soil and contains all vitamins that science has isolated.

as an antibiotic - Science has proven that chlorophyll will arrest growth and development of unfriendly bacteria. It acts to produce an unfavorable environment for bacteria growth, rather than by any direct action upon bacteria themselves. Rapp and Gurney at Loyola University established that water-soluble chlorophyll inhibits the action of proteolytic bacteria (which break down protein into simpler substances) and enzymes hence, taken internally via mouth or rectum, it inhibits putrefaction of protein by some bacteria that are commonly found in the digestive tract of meat eaters.

and carcinogens - Dr. Chiu-nan Lai, Ph.D., (University of Texas System Cancer Center, Department of Biology Houston, Texas) has determined through using the Ames Bacterial Mutagenicity Test that chlorophyll is the active factor in wheat sprout extract that inhibits the metabolic activity of carcinogens. A twenty year study of 2000 telephone company workers has found that a natural ingredient in carrots and leafy green vegetables significantly reduced the risk of lung cancer in cigarette smokers. They determined that a diet high in beta-carotene negated the bad effects of 30 years of smoking. The National Cancer Institute reports that 19 of 21 studies over the years have indicated diets high in beta-carotene contribute to at least 40% risk reduction in developing some kinds of cancer.

for anemia - Chlorophyll aids in rebuilding the bloodstream. Studies on various animals have shown chlorophyll to be free of any toxic reaction. The red cell count has returned to normal within 4 to 5 days of the administration of chlorophyll, even in those animals that were known to be extremely anemic or low in red blood cell count.

as a deodorizer - Dr. F. Howard Wescott reported that when chlorophyll is taken internally in adequate quantities, it reduces or eliminates offensive body and breath odors. His studies showed it effective in neutralizing obnoxious odors in the body from food, beverages, tobacco, and metabolic changes (halitosis), and from perspiration due to physical exercise, nervousness and menstrual cycle.

skin disorders - The soothing effect of chlorophyll ointments are very beneficial in treating various skin diseases including weeping & dry eczema, insect bites and infection.

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