



"ART OF AWARENESS LIVING" 108 CIRCULAR SERIES.
CIRCULATE DAILY- MULTIPLY NEW FRIENDS

AWARENESS TIPS ON HEALTHY WHEALTHY WHEAT GRASS

Wheat grass is nature's invaluable gift to mankind for a healthy life, contains all useful elements. It is a rich source of essential vitamins, minerals, exogenous enzymes and chlorophyll. Chlorophyll is known to be the best anti-oxidant. Wheat grass should be consumed with the fiber without filtering the juice. Wheat grass is grown all year round in shade net houses for 7 days and then harvested at the joining stage when the maximum nutrition content is stored in its tender blades of wheat grass. It is then dehydrated indoors naturally and grinded into fine powder thus retaining its nutritional value.

Importance of Wheat Grass: Diet occupies an important place during sickness and healthy condition. Wheat grass is renowned for its therapeutic value since ancient times. Dr. Ann Wigmore is considered the chief exponent of Wheat grass responsible for popularizing its usage in modern times. She is the founder of 'Hippocrates Institute, Boston, USA' and has done extensive research and experiments to explore the therapeutic value of Wheat grass.

Contents of wheat grass: Wheat grass contains most of the nutrients what a human body needs. Wheat grass contains all necessary ingredients required for a healthy human body. It contains nutrients including Proteins, Carbohydrates, Calories, Carotenoids, pigments, trace minerals, Chlorophyll and numerous phytonutrients, minerals including Calcium, Potassium, Iron, Sodium, Zinc, Magnesium, Selenium, Phosphorous, Copper, Sulfur, Iodine and Manganese, vitamins including Vitamin A, B12, C, E, B17, and folic acid, enzymes including Histidine, Isoleucine, Leucine, Lysine, Threonine, Tryptophan, Valine, Methionine, Tyrosine, Alanine, Proline, Serine and Phenylalanine.

Wheat Grass Therapy in Different Diseases: wheat grass is employed for curing about 350 different diseases. Given below is list of some of the dreadful diseases in which wheat grass therapy has been used. It cures anemia, high blood pressure, atherosclerosis, internal hemorrhage, common cold, asthma, bronchitis, constipation, indigestion and flatulence, nausea and vomiting, acidity, ulcers in stomach and intestine, swelling and pain in throat, intestine, worms, Caries in teeth, loose teeth, septic in gums, ulceration in gums, bleeding in gums, swelling in joints, pain in joints, osteoarthritis, bone rotting, muscular tremor, Parkinson's disease, eczema, acne, boils, cuts and wounds, bites, burns, inflammation of urinary bladder, kidneys, sexual disabilities, ear pain, septic discharge from ears, cancer, general weakness, insomnia, headache, fever, etc.

BENEFITS OF WHEAT GRASS: Helps to overcome nutrition deficiencies. Help to improve natural immune (resistance) system. Helps to resolve digestion related problems such as constipation, acidity, piles, colitis, Ulcers, diabetes, kidney malfunction etc. Being a natural antioxidant helps to resolve foul odors of breath and sweat. Helps in blood purification and to balance hemoglobin production. Helps combat Thalassemia and anemia. *Helps resolve skin disorders and to improve skin and muscle tone. Benefits the body cells, glands, hair, lungs,

kidneys, liver, muscles, spleen and teeth. Helps in combating diseases such as cancer, BP, menstrual problems, paralysis, leukemia, arthritis, insomnia, asthma etc. Highly effective for weight loss/gain with diet plans. Paste of wheat grass powder with milk applied like a face pack helps overcome skin problems such as acne, black/white heads, freckles, skin tan/burn etc.

WHEAT GRASS POWDER: People who do not want to take the laborious lengthy process of preparing fresh wheat grass at home. Themselves, they can use readily, easily available wheat grass powder, which also gives good results like fresh wheat grass.

Directions For Normal Use: One spoon (3 gm) powder in the morning for a month continuously. (100 gms powder = 1months course). Repeat the course after a gap of every six months to supplement nutrition deficiency and promote rejuvenation of body cells.

For Other Health Problems and Weight Control: First 5 days- 1 spoon (3 gm) in morning. 6th to 10th day – 1 spoon (3 gm) morning and evening. 11th day onwards – 2 spoon (6 gm) morning and evening. Wheat grass powder should be taken for at least 90 days or till satisfactory results are achieved.

Note – for best results, wheat grass therapy should accompany a healthy diet consisting of vegetables, soups, sprouts, green salads, fruits, juices, dry fruits, etc. Bakery products, fried foods, spicy foods, non-veg, alcohol, tobacco, etc. should be avoided or reduced to minimum.

WHEAT GRASS POWDER: If you feel difficult to produce fresh wheat grass regularly, then there is an alternative easy way to get the same health benefits by simply using easily readily available wheat grass powder. Using wheatgrass powder is very easy and simple. Add 1tsp (about 3gms) Wheat grass powder to a glass of warm water and stir well to get uniform mixture. For best results consume the mixture on an empty stomach in early morning 1/2an hour before breakfast. This works as appropriate cure for different diseases, as well as works as wonderful general tonic to tune all the parts of the body and provides all the necessary body nutrients.

Using easy, cost effective, all-round health providing, home remedy, wheatgrass will really prove as a safe health boon to everybody.

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