



**WHEAT GRASS JUICE**  
*a super food*

In modern times man is increasingly turning away from Nature. His living is becoming more and more unnatural and synthetic. The grave consequences of such a life are slowly unfolding. Illness seems to be spreading its empire everywhere. There is not only a steep rise in the frequency and the intensity of old diseases, but many new diseases have started springing up. People spend fortunes to get rid of ailments; but relief is nowhere in sight. The reason behind this pathetic situation is that we never think of resigning ourselves to the almighty Nature. We simply ignore the health-giving herbs and plants created by Nature.

Wheat grass is one such boon bestowed by Nature on man to make him healthy by consuming its juice not only can we easily get rid of many old diseases. But can also prevent many more from occurring. Many cases proving the efficacy of wheat grass juice are recorded. World wide research is in progress to determine the prophylactic quality of this remedy.

We are indeed very glad to introduce LIVE WHEAT GRASS in mat forms, which can keep and use for one week.

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It is the ingredient and composition of wheatgrass with all the nutrition it contains which makes wheatgrass special for general well-being and a supporting agent for critical diseases like Diabetes & Cancer.

Below are a few facts about Wheatgrass content & composition.

1. **Vitamins :** Wheatgrass is rich source of Vitamin A, Vitamin B1, B2, B4, B6, B7, B12, Vitamin C, Vitamin D, Vitamin E, Vitamin K.
2. **Enzymes :** There are three types of Enzymes – Metabolic enzymes, Food enzymes and digestive enzymes – Wheatgrass is a rich source for all of them.
3. **Minerals :** Wheatgrass contains over 90 minerals, including high concentrations of the most alkaline minerals: potassium, calcium, magnesium, and sodium.
4. **Protein :** Wheatgrass contains 17 Amino Acids (the building block of proteins in our body). They create the proteins that make muscle tissue and speed up the metabolism of fats. Some important amino acids present in wheatgrass includes Valine, Leucine, Lysine, Phenylalanine, Methionine, Alanine, Glycine, Aspartic acids and Tryptophan.
5. **Chlorophyll :** Wheatgrass contains 70% chlorophyll which is more quantity than any other plant. It acts as an antioxidant (and fighting free radicals responsible for decay of body cells and diseases like cancer). It improves digestion and helps in weight control. Chlorophyll present in fresh wheatgrass also regulates Blood sugar levels for Diabetic patients.

All these nutrients make wheatgrass a superfood that can help you stay away from many general wellness issues and deadly diseases. So here is a brief summary of wheatgrass benefits for a healthy living in no particular order.





- Prevention of Common cold (Wheatgrass contains more vitamin C than an orange. A powerful antioxidant, vitamin C is helpful for recovering from sickness (including the common cold).
- Increases haemoglobin in blood (Wheatgrass juice contains up to 70% chlorophyll, which is an important blood builder. The chlorophyll molecules closely resemble that of the heme molecule, the pigment which combines with protein to form haemoglobin).
- Good source of proteins – builds Muscle (It contains 17 amino acids. This indicates that wheatgrass juice is a protein rich food supplement. Protein helps to build muscle tissues, repairs cell, and clots blood).
- Prevents premature aging (Wheatgrass juice contains both vitamins and natural phytochemicals such as flavonoids, which are known to be antioxidants wheat grass juice are helpful for dyspepsia. These are helpful for digestion, building a healthy body and counteract the premature aging)

- Ease Menstrual pains(Irregular and painful menstrual cycles can be attributed to malnourishment or vitamin and mineral deficiencies, particularly of magnesium and niacin, according to a 1981 study in the American Journal of Clinical nutrition.
- The after effects of drinking too much alcohol can be really annoying, especially when you have to deal with a hangover. Wheatgrass juice is highly alkaline in nature, which helps neutralize the acidity in the blood caused by the alcohol intake.
- Overcome anxiety (The vitamins in wheatgrass are effective in helping you to overcome anxiety and achieve a better state of mental health, and its helpfulness in boosting the adrenal system allows you to better manage stress).
- Fights depression (Some studies have shown that wheatgrass acts as an antioxidant because of it contains vitamins A, C and E. Antioxidants reverse the effects of free radicals, Antioxidants might even help with mental health concerns, such as depression).
- Good for immunity (The chlorophyll in wheatgrass helps to fight off bacterial infections and bring the body into equilibrium. It does this in several ways: it prevents general inflammation, it improves your body's natural immunity, and it contains antibacterial and antimicrobial agents. With these qualities combined, wheatgrass becomes excellent at neutralizing a myriad of infections).
- Good for liver function (Wheatgrass has the amazing ability to help purify the body, removing toxins, heavy metals and cancer-causing agents from the liver and bloodstream). Studies have found that wheatgrass can significantly inhibit lipid peroxidation in the liver and protect mitochondria within cells. This is tied to reduced inflammation levels and lower risk for diseases like cancer and liver disease.
- Good for kidneys (inflammation of the urinary bladder, and inflammation of the kidneys. Along with the wheat grass juice if water treated with magnets is also taken the results

are better and the cure is faster).

- Increase bone density (wheatgrass juice has calcium which can help fend off osteoporosis in women. Vitamin D, which helps your body take in and use calcium, also helps prevent bone loss and fractures in older adults).
- Increase metabolism (Wheat grass stimulates metabolism, restores alkalinity to the blood, its abundance of alkaline minerals helps reduce over acidity in the blood).
- Good for pancreatic problems (Wheatgrass is a rich source of tocopherols with high vitamin E potency. Helps in reducing pancreatic related diseases).
- Lowers blood pressure (You can lower your blood pressure by consuming wheatgrass. The chlorophyll molecule is similar to haemoglobin and increases blood cell count. This helps to normalize blood pressure. It's also thought to purify blood and improve blood circulation. It also dilates the blood pathways which reduces blood pressure).
- Get rid of parasitic vaginal infections. Wheatgrass juice can be used as a douche for many feminine complications.
- Wheatgrass contains chemicals shown to have antioxidant and anti-inflammatory properties helpful for migraines).
- Wheatgrass juice acts as an excellent mouthwash for sore throats.
- Insomnia (Because of wheatgrass ability to promote oxygenation within the body, it is also able to do so with the air around you. Place a tray of wheatgrass beside your bed to help promote a better night's sleep or have a tray at your desk to help purify that recycled office air helping to keep you more alert).
- In relieving ear pain and curing the problem of septic discharge from the ear wheat grass juice has shown very good results. In addition to taking the wheat grass orally. Some juice should be dropped in the ears to cure ear diseases.

- Lowering high Cholesterol & Triglycerides (Wheatgrass improves lipid levels, which means it's a great tool for managing high cholesterol. (wheatgrass is a medicinal plant for the heart and blood vessels – it can be effective in treating hyperlipidaemia (it helps lower high cholesterol and triglyceride levels along with increases in inflammation and oxidative stress)).
- Source of Chlorophyll – increases stamina (Wheatgrass has what is called the grass-juice factor, stored energy which when converted to simpler sugars is a quick energy source. It is especially good for athletes because it is a juice and is assimilated in 20 minutes or less, and uses very little of the body's energy to extract the nutrients...)
- Rich in Vitamin A – Improving eyesight, particularly night vision.
- Improves circulation (Wheatgrass, with its amazing ability to hike the amount of oxygen in the blood, is an effective tool to stimulate circulation in the system. An interesting study also shows that wheatgrass supplement, when taken before exercise, helps to prepare your system for the upcoming exertion. So. don't forget to have a shot of wheatgrass just before your exercise routine to reap the maximum benefits).
- Wheatgrass is also a detoxification agent and helps restore healthy cells.
- Good for Hair (amino acids present in wheatgrass juice help build a resilient muscle that comes back to its original form after stretching and bending, healthy skin and hair).
- Clears dandruff (Chlorophyll is antibacterial Massage 6 ounces into the scalp and cover with shower cap for 15 minutes to help eliminate dandruff.
- Sterility (Increases Libido The high magnesium content in chlorophyll builds enzymes that restore the sex hormones).
- Fertility (Consuming wheatgrass juice regularly helps in enhancing the reproductive health of both men and women.

It also increase vigor and helps in conception).

- Beneficial During Pregnancy Those expecting a baby should definitely include wheatgrass in their diet. As we already know, wheatgrass is full of essential earth nutrients that promote healthy growth of the foetus. Additionally, its regular consumption boosts haemoglobin production in the body, which in turn, prevents anaemia.
- Good for skin as a moisturiser (dab wheatgrass juice on the skin with a cotton ball, and let it sit for a few minutes before rinsing and patting dry with a towel).
- Cures Acne (Wheatgrass juice contains both vitamins and natural phytochemicals such as flavonoids, which are known to be antioxidants, Daily intake of wheatgrass juice is good for acne prone skin and removes scars or blemishes).
- It maintains skin elasticity by tackling the problem of sagging skin,
- Reduces the effects of radiation and might prevent cellular damage (Wheatgrass has enzymes that fight carcinogens and reduce the toxic load of radiation, pollution, and heavy metals)
- Soothing agent for sunburnt skin (soothes sunburnt skin. Excessive exposure to UV rays can harm your skin and cause sunburns. They are not only extremely painful, but can also cause cancer in the long run.
- Aids in wound healing (study chlorophyll was used in an experiment with cutaneous wounds and in treating dermatome donor sites, clinical burns and surgical wounds.
- Regular consumption of fresh wheat grass juice provides many advantages, one of which is slowing grey hair growth and restoring natural hair colour.
- Stimulating effect on tissue formation (granulation tissue) when used as a dressing particularly for burns (Chlorophyll in has bacteriostatic properties aiding in wound healing, and stimulates the production of haemoglobin and erythrocytes

in anaemic animals. It has been used to treat various kinds of skin lesions, burns and ulcers where it acts as a wound healing agent).

- Improves the colour of nails (Weak, brittle, and yellow nails indicate poor circulation and lack of iron in your diet, which can easily be corrected with the help of wheatgrass. As established earlier, wheatgrass helps boost the RBC count in the blood, thus providing life to the lack lustre nails.)
- Psoriasis is an autoimmune disease that appears on the skin. It occurs when the immune system mistakes the skin cells as a pathogen, and sends out faulty signals that speed up the growth cycle of skin cells. Psoriasis is not contagious.
- It helps to cure the black spots and blemishes below the eyes (There are several ways you can go about using wheatgrass for your skin. Pour wheatgrass juice into a few holes in an ice cube tray, freeze, and rub a cube across blemishes on your skin as well as on any scars or damaged areas).
- Improves Digestion (Enzymes are the digestive elements present in Wheat grass juice are helpful for digestion).
- Wheatgrass juice is great for constipation (Wheatgrass juice is an excellent natural laxative and great for constipation and keeping the bowels open. It is high in magnesium).
- Drinking wheatgrass juice reduces acidity levels in the body and restores alkalinity in the blood. This helps reduce problems like diarrhoea.
- Wheatgrass Juice enema is very helpful in disorders of the colon, mucous and ulcerative colitis.
- Treatment of active distal ulcerative colitis. Green juice and fractions from green juice of young wheatgrass leaves containing water soluble proteins and water soluble organic compounds showed anti-stomach ulcer activity.
- Treatment of gastritis (It was also reported that young grasses and other chlorophyll-rich plants are safe and effective treatment for ailments such as, gastritis, ulcers, pancreas)

- Flatulence (Wheat grass therapy is recommended for patients suffering from Flatulence and gases).
- Good for diabetes Wheatgrass has been shown to improve blood sugar levels in people with diabetes. This is, in part, because wheatgrass has compounds that have an effect similar to insulin. It lowers the glycaemic index of foods, which has a positive effect on blood sugar levels.
- Improve Haematological Toxicity Related to Chemotherapy (people with cancer undergoing chemotherapy reduced their toxicity levels by taking wheatgrass juice. This may be because of its high chlorophyll content). Wheatgrass may also lower myelotoxicity that is caused by chemotherapy. Myelotoxicity reduces bone marrow function and can increase your risk for infection.
- Capability to reduce the risk of breast cancer (The clinical studies conducted on human breast cancer have shown that chlorophyllin, a compound that is similar to chlorophyll produced synthetically, has capability to reduce the risk of breast cancer).
- Wheatgrass juice can remove heavy metals from the body (This is because Wheatgrass contains beneficial enzymes that help protect us from carcinogens, including Superoxide Dismutase (SOD), that lessens the effects of radiation and digest toxins in the body. It cleanses the body from head to toe of any heavy metals, pollutants and other toxins that may be stored in the body's tissues and organs).
- Prevention and cure of Cancer (Bone marrow where new blood cells are made) damage caused by chemotherapy can become life threatening. White blood cell count and red blood cell count can become abnormally low. There are medications to help build the blood cell count, but they come with negative side effects and increased cost. It was found that drinking the green healing juice helped produce healthier blood levels while receiving the chemotherapy thus decreasing the need for blood building medications.

Wheatgrass juice was found to not diminish effectiveness of Chemotherapy.

- Prevents tumours (Wheat grass juice is rich in enzymes which assist to dissolve tumours).
- Helps in rheumatoid pain/joint pain (The anti-inflammatory properties of wheatgrass may ease some of the symptoms of , pain, and swelling. This may result in less discomfort and improved function.)
- Drying effect in the case of abscesses, sinus tracts, surface lesions and osteomyelitis.
- Good for arthritis (Wheatgrass juice improves arthritis. Soak a cotton sock with 6 ounces and place on affected area, cover with plastic bag. The anti-inflammatory properties of wheatgrass may ease some of the symptoms of arthritis, such as stiffness, pain, and swelling. This may result in less discomfort and improved function).
- Cures mouth Ulcers (Wheatgrass has natural antibacterial and antimicrobial properties that can increases mouth health)
- The juice of wheatgrass acts as an excellent mouthwash.
- Prevents tooth decay (chlorophyll present in the wheatgrass juice prevents the growth of bacteria. Wheatgrass juice has been claimed to neutralize toxins and carcinogens in the body, prevent tooth decay).
- Wheatgrass juice because of its antibacterial properties is valuable in the prevention and cure of pyorrhoea (bleeding of the gums is causes by the destruction of periodontium which is the tissue that supports our teeth and subsequent infection).
- Tuberculosis (Wheatgrass has natural antibacterial and antimicrobial properties and acts as an antibacterial by halting growth of unfriendly bacteria)
- Treatment of bronchitis (Wheatgrass is high in oxygen like

all green plants that contain chlorophyll. This is beneficial because the brain and all body tissues function at an optimal level in a highly-oxygenated environment).

- Treatment of asthma (The structural homology of chlorophyll with haemoglobin indicates the role of chlorophyll as a blood builder. Haemoglobin attracts oxygen and hence provides relief in asthmatic patients).
- Effective in treatment of thoracic empyema (chlorophyll may be best agent known for use in the treatment of suppurative diseases, wherever stimulation of tissue repair is desired. Which are believed to possess both anti-inflammatory and antioxidant properties as it is rich in bioflavonoid).
- Clears sinusitis (chlorophyll packs inserted into the sinuses had a drying effect, clearing up congestion, and giving immediate relief. Congested head colds were cleared up within 24 hours).
- Good deodorising agent (Wheatgrass juice acts as a detergent in the body and can be used as a body deodorant).
- Good for Thalassaemia patients (Clinically it was proved that different varieties of wheatgrass extracts are therapeutically used in treatment of anaemia, thalassaemia (major)).
- Alkalizing the Body & Boosting Nutrient Absorption (Wheatgrass is highly alkaline and high in nutrients, making it the perfect tool for a detox. While the jury is still out on whether alkaline diets can truly change the alkalinity or acidity of your blood, nutritionists agree that by eating an alkaline diet, we inadvertently end up eating healthier).
- Increase red blood cells (Chlorophyll contains enzymes and superoxide dismutase, a copper-containing protein found in mature red blood cells).
- Increases Blood red cell count (chlorophyll can actually help do the job of haemoglobin, increasing the quantity and quality of red blood cells in your body).
- Beneficial in repairing and rejuvenating cells (chlorophyll

induces healthy red blood cells means better oxygen absorption in the bloodstream, which means more all-around energy and oxygen utilization in the body. And because of its blood health-improving qualities, it can cleanse and rejuvenate your body at a cellular level)

- Combats anaemia (The molecular structure of chlorophyll contained in wheatgrass is similar to that of haemoglobin in human blood. The high levels of chlorophyll found in wheatgrass, after being absorbed by your body, increase the production of blood and haemoglobin. Hence, it is perfectly logical to conclude that wheatgrass powder helps in curing anaemia).
- Help repair damaged DNA (The amino acid chains and antioxidants in wheatgrass can help repair damaged DNA and reduce the effect of free radicals, which harm these essential elements of our cells, according to a 2006 study in Phytotherapy Research)
- Nutritional supplement in Malabsorption disorders (including nutrient-dense foods like wheatgrass in your diet can help you wean off of unhealthy, nutritionally-devoid foods. By balancing your body's pH and satisfying your nutritional needs).
- Helps in total protein and albumin levels in blood (Wheatgrass is a complete source of protein, supplying all of the essential amino acids, and more. It has about 20% of total calories coming from protein. This protein is in the form of polypeptides, simpler and shorter chains of amino acids that the body uses more efficiently in the blood stream and tissues)
- Wheatgrass juice is an effective iron chelator (used for reducing iron in repeated blood transfusion patients known for antioxidants and also possess chelating property for iron overload disorders. The presence of 70% chlorophyll, which is almost chemically identical to haemoglobin. The only difference is that the central element in chlorophyll is

magnesium and in haemoglobin it is iron. In wheat grass makes it more useful in various clinical conditions involving haemoglobin deficiency and other chronic disorders ultimately considered as green blood).

- Reduce varicose veins and heal leg ulcers.
- Wheatgrass helps to nourish the hormonal system.
- The presence of natural anti-ageing properties aids in rejuvenating cells, thereby slowing the ageing process.
- Wheatgrass juice can dissolve the scars that are formed in the lungs from breathing acid grasses. The effect of carbon monoxide is minimized since chlorophyll increases haemoglobin production.
- Throat inflammation of the uterine cervix (chlorophyll for its antiseptic benefits. Is used successfully to treat inflammation of the uterine cervix, get rid of parasitic vaginal infections).
- Helpful in the prostate gland disorders (wheatgrass is also used to treat various disorders of the urinary tract, including infection of the bladder, urethra, and prostate; benign prostatic hypertrophy (BPH); Kidney stones; and in "irrigation therapy", the use of a mild diuretic along with lots of fluids to increase urine flow).
- Haemorrhage (Calcium is the prime instigator of vital activity. It provides alkaline for the children and vitality for old. It is helpful in treatment of the conditions like haemorrhage)
- Prevention and treatment of AIDS (Wheat grass juice has been claimed to neutralize toxins and carcinogens in the body, prevent tooth decay, reduce high blood pressure, and aid in the treatment and prevention AIDS).
- Effective in treatment of cyst wounds, fistula-in-ano (Wheatgrass is very beneficial for those suffering from polycystic kidney disease. Consuming wheatgrass regularly shown to relieve the subsequent symptoms of kidney cysts, including severe back pain and abdominal pain. Wheatgrass

also helps slow down the growth rate of the cysts, thus killing the root of the problem)

- Safe and effective treatment of haemorrhoids (As it has many beneficial nutrients, wheatgrass can be used as a natural cure for piles (haemorrhoids). This can be attributed to the presence of chlorophyll, fiber, vitamins, and minerals that have proven to be extremely effective in the treatment of piles. For this purpose, it is recommended to take wheatgrass juice twice a day for three months continuously.
- Parkinson's disease (Wheatgrass is a humble weed that is a powerhouse of nutrients and vitamins for the human body. In the form of fresh juice, it has high concentrations of chlorophyll, active enzymes, vitamins and other nutrients is very helpful in Parkinson's diseases).
- Reduce Food Cravings (Wheatgrass is loaded with so many nutrients that your body isn't lusting for other foods to compensate for any lack of vitamins or minerals. Some common nutrient deficiencies – such as magnesium, iron, and omega-3s-can make you snack as your body searches for a source of these much-needed minerals).
- Helps in weight loss (Drinking wheatgrass can boost your metabolism and aid in weight loss. It's an excellent choice if you're watching your weight, because it's low in calories and has no fat).
- Good for Thyroid function (Wheatgrass stimulates the thyroid gland which helps boost your body's metabolism).
- Good for Metabolism (Wheatgrass contains the mineral selenium that is essential for the proper functioning of the thyroid gland). It also takes an active part to manage thyroid gland, which slows down the metabolism and helps regulate body weight.



Wheat grass is perhaps the best source for obtaining chlorophyll. It contains active chlorophyll in abundance.

Besides chlorophyll, wheat grass contains many other prophylactic and nutritious elements in abundance.

Compared to wheat grass, other green-leaf vegetables are less beneficial and palatable.

Chlorophyll bears a close resemblance to the substance called hemin contained in human blood. And, therefore, dieticians call wheat grass - green blood.

Chlorophyll removes impurities of blood and raises the level of haemoglobin in the blood.

Chlorophyll benefits the digestive system a lot.

Chlorophyll is an innocent, totally safe and yet very effective substance.