



Wheat Grass Herb

Antioxidant, purifier, neutralize toxins and carcinogens in the body, immune system enhancer, resists certain malignancies, high in chlorophyll, lower rates of colon cancer.

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) *before* starting/changing your program.

Botanical: *Triticum aestivum*

Family: *Gramineae/Poaceae* (haygrass)

Other common names: Common Wheat, Tall Wheat Grass

*Looking for the Fountain of Youth? Try **Wheat Grass**, and you just might have stumbled onto what has sometimes been called nature's finest medicine. Packed with vitamins, minerals and all the amino acids necessary to build and maintain a healthy system, Wheat Grass helps to boost your natural immunity, increase your stamina and energy and may also reduce your risk of some serious diseases. Some people*

even claim it keeps hair from graying! Let nature's own gifts help you stay healthy!

Some of the constituents included in Wheat Grass include all the amino acids (some of which are lysine, large amounts of chlorophyll, tryptophan and phenylalanine), protein, fiber, enzymes, niacin, thiamin, riboflavin, folate,

magnesium, calcium, phosphorus, potassium, iron, zinc, B-complex vitamins and vitamins A, C, E and K.

Beneficial Uses: Wheat Grass is said to improve and purify our blood in many ways. It is believed to alkalize the body and restore our blood to a healthy pH balance when our modern diets - with too many processed foods, along with the stresses of our lives - make our blood too acidic. A consequence of this means that our bodies store too much water and build up cholesterol in the arteries to protect us from this blood imbalance. Wheat Grass's high alkalinity helps to neutralize the acids and toxins in the blood.

Further supporting its reputation as a purifier and antioxidant, Wheat Grass is believed to neutralize toxins and carcinogens in the body, thereby helping our body's own immune system to naturally resist disease and guard against certain malignancies. Some research exists that relates diets high in chlorophyll, present in Wheat Grass, with lower rates of colon cancer.

Wheat Grass is thought to have a great effect on the blood. It is said to purify and increase hemoglobin production (red blood cell count), improve blood sugar disorders and reduce high blood pressure (by reducing excess cholesterol in the blood). The chlorophyll molecule is similar in structure to hemoglobin, which is why Wheat Grass is believed to help blood flow and generally detoxify the body. Although no research exists that directly connects chlorophyll with blood building, many chlorophyll-rich foods have been shown to be important for healthy blood.

As an exceptionally nourishing supplement, the vitamins, minerals and amino acids in Wheat Grass provide virtually every natural nutrient that is necessary to sustain and build optimum health.

Wheat Grass is also thought to enhance the rapid absorption and assimilation of nutrients by the body. One area in which wheatgrass is clearly superior to other vegetables is in its content of vitamin B12, a vital nutrient.

Wheat Grass is said to increase energy and stamina, as well as stimulate metabolism. The restored alkalinity and neutralized acid production (along with Wheat Grass's chlorophyll content) are thought to help improve digestion, increase metabolism, increase vigor and recover swiftly from stress or illness.

A small clinical trial involving twenty-one patients with distal ulcerative colitis showed that Wheat Grass can reduce the symptoms associated with the disease. Researchers found that the patients who received Wheat Grass had significantly lowered overall disease activity and rectal bleeding, compared to those on placebo. They concluded that Wheat Grass may thus be an effective treatment for distal ulcerative colitis.

It is said that Wheat Grass expands when hydrated and gives one the feeling of being filled up, and many people have reported that this results in a reduced craving for food. Moreover, its fiber content is believed to promote colon health.

Among other interesting reported benefits attributed to Wheat Grass are the prevention of tooth decay and gray hair growth.

Contraindications:

Currently, there are no known warnings or contraindications with the use of Wheat Grass.

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