

Ocean Grown Wheatgrass Juice

... Grown hydroponically with ultra pure water, organic, hard red spring wheat and Sea Solution. This is the first wheatgrass juice in the world to be bottled and sold fresh! Independent laboratory testing has confirmed no microbiological degradation for over 14 days at refrigeration temperature. Fresh, unpasteurized and 100% pure—full of live enzymes! Each one ounce shot equivalent to over two pounds of fresh fruits and vegetables.

Wheatgrass + Sea Solution ...

Super Food

for the 21st Century

"All cure starts from within, out, and from the head down, and in reverse order as the symptoms have appeared." A summarization of Hering's Three Laws

Wheatgrass Juice – Superfood For The 21st Century

By: Kevin Keune

Do you lack energy and vitality? Feel "heavy", sluggish or mentally clouded? Do you live with chronic health issues that you are unable to heal? Or would you simply like to be proactive in maintaining your good health, as you grow older?

Wheatgrass (juice), sprouts, baby greens and other **raw, live foods** very well may be what you seek. Based on the research and reading that I have done, plus my personal and family experiences in adding these foods to our daily diets, I truly believe that these foods can provide life-changing nutrition. In this day in age, the majority of foods consumed by industrialized, high-tech cultures are processed, refined, additive-laden, nutrient-deficient, "dead" foods. Even good quality, organically grown fresh foods are severely lacking in minerals as soils become more and more depleted from erosion and other natural and man-made factors. Coupled with the overwhelming environmental pollution that we are exposed to, it is no wonder that we have such epidemic health problems.

Raw live foods

Raw, live foods, especially young greens such as cereal grasses, (wheatgrass, barleygrass, etc), sprouts and baby greens are nutritional powerhouses that also boast amazing medicinal properties. Chlorophyll-rich, enzyme-packed, nutrient-dense raw live foods remove toxins from the body, fortify and oxygenate the blood, provide optimum amounts of vitamins and minerals in readily available form, are easy to digest, and strengthen the immune system. Several researchers have identified substances found in the roots of all young, growing plants called root auxins. Root auxins have shown the ability to promote regeneration of damaged cells.

"Most human illnesses and diseases are due to a deficiency of vital nutrients. When you supply your body with the proper nutrients, in a form that your body can use, it knows how to repair itself. "The body has the inherent ability - the vitality - not only to heal

itself and restore health, but also to ward off disease. Illness is not caused simply by an invasion of external agents or germs, but is a manifestation of the organism's attempt to defend and heal itself. Prevention is the best cure. Health is a reflection of how we choose to live." T.C. Fry

What is wheatgrass juice?

Wheatgrass juice is the pure juice that is extracted from the pulp of 7-10 day old wheat. Human digestive systems are not capable of digesting the grass, but can easily utilize the juice. The juice consists of 70% chlorophyll, active enzymes, vitamins, minerals, amino acids and other nutrients. Daily maintenance dosage is 1-2 ounces of juice, with higher amounts suggested for addressing specific health issues. Red wheat berries are the preferred species to grow the young grass for juicing. Up until recently, most wheatgrass grown for juicing was grown in soil – typically in small (less than 2 sq.ft.) trays. Now however, there is an increasing movement towards hydroponics for many reasons – one of which is ease of production and handling. Due to advances in plant nutrient supplements (fertilizers), we are capable of producing wheatgrass with a nutritional content that far exceeds anything grown in the past. **One ounce of wheatgrass juice is equivalent, in food value, to that of over 2.2 pounds of fresh fruits and vegetables.** In the future, I intend to prove through nutritional analysis, that the methodologies we are employing to grow wheatgrass now, will make the comparative value even greater. Could wheatgrass juice be the "magic pill" that so many seek? I'm not sure, however, wheatgrass juice sure is a Godsend for those who are unable to, or chose not to, eat, as they should – wouldn't you agree?

Chlorophyll

Wheatgrass is 70% pure chlorophyll. Chlorophyll has been valued since biblical times. Chlorophyll is the first product of light, contains more light energy than any other element, is high in oxygen, is antibacterial and is proven to act as a body cleanser, rebuilder and neutralizer of toxins. The chlorophyll molecule is very similar to the human red blood cell (hemoglobin). Research has shown that consumption of raw, unrefined chlorophyll increases red blood cell count – an obvious natural method for treating anemia. More so, an increase in hemoglobin count can mean better circulation and oxygenation to the cells, and rapid body cleansing. Chlorophyll can be extracted from many plants, but wheatgrass is superior because it has been found to contain over 100 elements needed by humans. Raw chlorophyll is difficult to store and preserve. Attempts have been made to synthesize it – chlorophyllin – however, it does not work like the real thing, and, causes negative side effects.

More benefits

Wheatgrass juice is high in vitamins and minerals in a form that is easily assimilated by the body, and requires very little body energy to digest. 92 of the 102 known minerals are found in organically grown wheatgrass. Vitamins are a topic of wide debate. Suffice it to say that natural vitamins from healthy, living food are far superior to those in a "dead" capsule or pill. There are many documented cases of overdose and vitamin toxicity from pills. **Wheatgrass juice has never been found to be toxic at any quantity.**

Wheatgrass juice is full of enzymes including Super Oxide Dismutase (SOD). SOD is found in all of the body's cells and it is known for its ability to slow cellular aging - probably one of the reasons that Ann Wigmore labeled wheatgrass juice as the closest thing to the "fountain of youth" that she'd seen. Wheatgrass juice also contains Cytochrome oxidase, an anti-oxidant, and Protease and Amylase. Wheatgrass juice and other raw, living foods, can provide the additional enzyme intake your body requires for overall good health. Yes, it is true that enzymes have been linked to the prevention and curing of cancer. In an article recently published in the Journal Of Longevity, Research Vol.2/No.4 1996, enzymes were praised 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. All of the essential amino acids are found in wheatgrass juice – a complete protein. Wheatgrass juice also contains several of the non-essential amino acids. There are many other attributes discovered in wheatgrass juice including what has been labeled as the "grass juice factor". No other single plant will keep herbivorous animals, such as mice, guinea pigs, sheep or cows, alive through generations. If we observe nature and the grazing animals on earth, we find that they grow bone and muscle structures far larger and stronger than our own. With so much of the population living in large cities, that have much higher concentrations of environmental toxins than the countryside, maybe one of the most important benefits for today and the future is the fact that wheatgrass juice is a top-notch cleanser, purifier and rebuilder of blood and cells.

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 and zinc. Wheatgrass Juice has been linked to many medical benefits. Some of those benefits are listed below:

- 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 and 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

"Food, by itself, has no healing power. Your body does the healing. However, raw foods and a proper environment give your body the raw materials it needs to detoxify, to create energy, and to rebuild. Your body knows how to heal itself and is always trying to heal. The instructions for self-healing, in fact, are encoded in the genes of every cell in your body." As Dr. Hereward Carrington states in his book, Fasting for Health and Long

Life, "Nature alone cures! All that anyone can do is to assist her efforts, and permit her to repair the damage. Trust the intelligence of your body and allow it to heal."

Our personal experiences with wheatgrass juice

We have been consuming wheatgrass juice (1-2 ounces per day) for about 8 weeks now. Energy levels are soaring and we are experiencing reduced sleep requirements. Digestion and elimination systems are functioning increasingly well. In fact, I personally have never felt cleaner on the "inside" my whole life, which is saying considerable as I do colon cleanses at least twice per year. My wife isn't a fruit and vegetable person, in fact, in her words, she doesn't do "green foods". I felt that this would be the ultimate test – she loves wheatgrass juice! She now craves greens instead of sugar, and she has eliminated caffeine from her diet completely. It has boosted her metabolism and her energy level. I have almost completely eliminated the "dead" forms of nutritional supplements in my routine, and am experiencing more vitality, energy and stamina than ever before. I have shed the "extra winter layer" already and its not even Spring yet. Gum tissue in one area of my mouth that has been worn down from my over-aggressive brushing style has been almost completely regenerated – no more bleeding from flossing! I also had a wonderful result from the juice after burning the roof of my mouth on some hot food at dinner one evening. The next morning, that area was inflamed and tender, as I'm sure we have all experienced. I took a sip of wheatgrass juice and held it with my tongue to the injured area for five minutes. The inflammation and tenderness had almost completely vanished by the time I swallowed the juice!

I know that wheatgrass juice and other raw, living foods will become mainstays in the human diet in the future. My research has shown that in Europe and many other overseas countries, the demand for these foods is growing exponentially, and it is now moving to the United States. One overseas company has developed a totally self-contained, climate-controlled system for growing hydroponic wheatgrass and sprouts. This technology is environmentally friendly and can produce vast quantities of fresh, organic, raw living foods in very little space. I predict that juice bars will be one of the fastest growing business segments in America within the next decade.

The very best part is that raw living foods – wheatgrass, sprouts and baby greens, can be, and should be, produced in the home – with a minimum of cost and effort. We are working with these methods and are able to teach others to do the same. For those not interested in growing their own, we can do it for you. I truly feel that wheatgrass juice is life-changing nutrition for the 21st Century.

This information was derived from the work of doctors and research scientists, plus our own experiences.

This information is not meant to replace the services of your physician, nor is it meant to diagnose, prevent, cure or treat any disease, but is offered as educational information.