

Wheatgrass the Superfood



Wheatgrass! Yes you have heard of Wheatgrass shots and skimmed over the benefits of drinking Wheatgrass juice.

Ok so what's all the fuss about? You see it everywhere these days and I'm sure most of you have had a shot of the green power juice when visiting a juicebar, well I certainly hope so!!

Here is the word on the green stuff and why it's so good for you. Now I'm sure that you've noticed the increasing trend towards natural health. I think we have worked out that pill popping is not the answer and it's best to take responsibility for your own health in a "prevention is far better than cure" attitude.

We all know we are what we eat! That's a phrase that gets around quite a bit at the moment doesn't it? Well its true, your body is constantly renewing itself from the inside out, in two years all your soft tissue (muscles, organs, skin, sloppy internal bits) are completely renewed. In a seven year cycle all your bones are completely renewed!! Great isn't it!! What that means is to stay in tip top form and radiant health you need to make sure the building blocks you give your body are of the best quality and that nothing is missing or lacking.

Also making sure that your body's waste products from all this building are taken away and not allowed to accumulate. So next time you eye up a choccy croissant in the supermarket stop and ask yourself what that will help your body build!! Instead go pick a Whole food treat!!

Whole foods, what are whole foods? Well a whole food can be two things really, a whole food is either unprocessed food or the expression "whole food" can refer to food so complex and complete that should you only eat that for the rest of your days, apart from being a little bored you'd basically be Ok in terms of the spectrum of nutrients provided.

Wheatgrass happens to be one of these, it has protein, carbohydrate, fats and the essential vitamins and minerals to sustain life! Reflect on it for a while, picture a horse and rider, one is a muscular beast that can run and run all day long, eating a staple diet of grasses, the other is it's passenger, possibly runs on takeways, not quite so lean and definitely unable to run all day!

Now I don't mean go out and start grazing but you get the idea of what a simple fresh diet can do!! Most people equate protein intake

with muscle building, it doesn't have to be! Look at nature, the lean, energetic beasts are mostly veggie chompers.

How can we benefit from wheatgrass? Well our digestive tract is somewhat different from that of a horse, cow, sheep or any grazing animal for that matter so step in JUICING! Juicing wheatgrass unlocks the minerals vitamins and sheer green goodness of the grass and allows us to digest and utilize it without the inconvenience of having to grow another three stomachs.

So what's in Wheatgrass juice then??

Where do I start!! Plenty! Amino acids, vitamins (wheatgrass juice just happens to be a non animal source of B12) , enzymes, minerals and trace elements (from the 92 minerals available wheatgrass manages to suck 90 out of the soil) Essential fatty acids, protein 2% as juice, beta carotene (natural vitamin A) and chlorophyll



Now this is the scientific bit so concentrate: Chlorophyll is what makes green veggies green, its one of the elements required for photosynthesis. This is the green plant's ability to suck up the sun's rays and convert carbon dioxide into oxygen. Hence wheatgrass juice is sometimes called liquid sunshine! Chlorophyll when taken in wheatgrass juice or any green juice for that matter is marvellously cleansing at a cellular level, helps to build the blood's ability to carry oxygen and just generally rocks the house from a health point of view!!!

Alkalisising too. Wheatgrass and other grass juices are heavily alkaline and alkalisising foods are good, acid foods in too great an abundance are bad for your various systems!!

Wheatgrass is justifiably known as one of nature's super foods with 1oz of wheatgrass juice containing the nutrients of 2.5lbs of green vegetables. Wheatgrass, like all green plants that contain chlorophyll, is high in oxygen and is also full of vitamins, minerals and amino acids.

Some of the health benefits include purification of the blood and liver, improving blood sugar levels and helping the blood carry oxygen. Wheatgrass is also gluten-free (don't be fooled by the name!) and is suitable for anyone with a gluten intolerance. Barley grass is also a highly recommend substitute. It's good to try one vs. the other. It's clear to see that wheatgrass juicers should be in every kitchen!

Benefits of wheatgrass

1. **Body Cleanser:** not only does wheatgrass drain the lymph nodes and carry toxins away from cells, it also promotes regularity, consistency, and frequency of elimination.
2. **Nutritious:** some research claims that a single serving of wheatgrass equals to 2.5 lbs of dark green leafy vegetables. Being composed of 70% chlorophyll, containing many enzymes, amino acids and being an excellent source of calcium, iron, magnesium, phosphorus, potassium, sodium, sulphur, cobalt, and zinc is a huge plus as well.
3. **Body builder:** sparing you the scientific data, wheatgrass normalizes high blood pressure and stimulates healthy tissue cell growth.
4. **Energizer:** the nutrients in wheatgrass are optimal food for your body. Your body is fed and ready for action. Some even compare the boost to 2 cups of coffee. Since I have been taking wheatgrass for so long, it feels like status quo to me.
5. **Weight control:** since wheatgrass is so dense in vitamins and minerals, you're body's appetite is 'quenched' shortly after ingestion.

Other health benefits include:

- Neutralizing toxins and carcinogens in the body
- Improving blood sugar disorders
- Helping prevent tooth decay
- Increasing haemoglobin production
- Keeping hair from greying
- Improving digestion
- Reducing high blood pressure
- Aiding in the prevention and cure of cancer

The downside of wheatgrass is that when consumed in liquid form it tastes horrible. I tried different methods of preparing it, such as mixing it with honey and into shakes, but it still didn't do it for me. Not until I discovered wheatgrass in sachet form. You take one of these sachets, and you get the full serving of wheatgrass without the after taste.



Did you know that *wheat grass* also contains powerful antioxidants and is a nutrient packed raw food ... and that by juicing it you can ingest all its nutrition?

Grown from the red wheat berry and contains all the basic vitamins, minerals, amino acids, enzymes, that your body needs. Being a grass, however, it is not possible for the human digestive system to process it. So, in order to get at the wonderful goodness inside, juicing it is required. When you drink its juice, the superfood is now easily absorbed by your body. Did you know that as it grows, it picks up 92 minerals from the soil and contains every vitamin known to man? It's no wonder why wheatgrass is becoming so popular to people seeking personal health.

Therefore juicing wheat grass is one of the freshest ways to get more antioxidants into your diet. Due to its strong taste so many people combine the pure juice version with other juices such as celery, spinach and carrot. You don't need much to make a marked difference.

There is no question; juicing wheatgrass certainly will have a major impact on your health. But you will have to persevere and you will start seeing significant rise in energy levels and immunity whilst a decrease in the number of colds and stomach related illnesses.

Here are a few cocktails you can throw together that will enable you to incorporate wheatgrass as a staple in your diets. As Wheatgrass in its natural form is not easily available here, a good substitute would be to use the Wheatgrass powder available in sachets at the health shops.

You can get started with these few ideas and then gradually proceed to creating your own concoctions that will give you the energy boost you need at the start of a demanding day!!

Always remember to buy the freshest possible greens and then consume them within two days. Rationale: the fresher the greens the higher their nutritional value. When you see them wilting they are beginning to lose their nutritional value. So nab them before they wilt!! Also the darker the vegetable the higher the nutritional oomph!

Simply Green

- 2 stalks of celery
- 4 large spinach leaves
- Half cup parsley
- 1 sachet of Wheatgrass powder

Wash greens thoroughly, cut up the celery and spinach and juice them. Put all ingredients together in the blender without the Wheatgrass. Give it a good old whiz and then add the sachet and give it another whiz!! This green drink is liquid iron so for those of you who are anaemic or bordering on it, get out there and get whizzing!!

Carrot Grass

- 3 carrots
- 1 sachet of Wheatgrass powder

A nutritious drink that tastes good as well! Juice the carrots in a juicer and place it into the blender along with the Wheatgrass powder. Give it a whizz and knock back all those vitamins and vitality!!

Hawaiian Wheatgrass

- 2 cups fresh pineapple chunks
- 1 orange juiced
- 1 papaya cut up into chunks
- 1 sachet of Wheatgrass powder



Combine all the fruits and orange juice in the blender and juice it all up together. Now sit back and enjoy this healthy Hawaiian treat whilst imagining yourself lazing around on a tropical beach!!

Wheatgrass Smoothie

- 2 oranges juiced
- 1 lime
- 1 banana
- 1 sachet of Wheatgrass powder
- 12 crushed ice cubes

Juice orange and lime. Place the juice, banana and wheatgrass in a blender and whizz it all to create this stimulating and invigorating blend!

Apple Mango Grass

- 1-2 cut up apples
- ½ medium sized mango
- 1 sachet of Wheatgrass powder
- A very popular drink among frequent users

The apple slightly sweetens the taste of the wheatgrass whilst the mango adds a bit of body for the mmmm taste!

Pure Veggie Delight

- 2 large carrots
- 3 stalks celery
- 1/2 cup parsley
- 4 large spinach leaves
- 1/2 beet root
- 1/2 cup alfalfa sprouts
- 1 sachet of Wheatgrass powder



Wash the veggies thoroughly and cut to fit juicer. Juice it all up and indulge in this veggie lovers delight!!

Tropical Passion Grass

- 2 kiwi
- 1 guava or papaya
- 1 cup pineapples
- 5 strawberries
- 1 orange
- 1 sachet of Wheatgrass powder

Juice up the orange. Combine all juices and serve slightly chilled with some strawberries on the side.

Serve these drinks to the kids as well in different coloured glasses with a cherry or raspberry on top and in no time you will have them addicted to something healthy!!