

WHEATGRASS



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Wheat grass Identifying characteristics:

This is the grass of the common, hard or soft, cereal-type wheat that has been a staple food of man for many, many centuries.

Part used:

The tender blade (the first 5-7 inches before the first joint appears) as soil-grown wheat.

Therapeutic action:

Nutritive tonic.

Dr. Ann Wigmore quotes the late Dr. G. H. Earp Thomas, a great soil scientist of New Jersey, in her book, *Why Suffer?*

Wheatgrass grown in good soil up to about six inches in height absorbs well-balanced nourishment from the sunlight, air, and earth and its LIVE minerals, LIVE vitamins and LIVE trace elements have a total acid content that comes very close to the Ph 7.4 which symbolizes healthy human blood. This indicates an extraordinary connection between the green blood of the wheat grass and the red blood of the healthy human bloodstream and shows that the distribution of nutrients--in amounts--come very close to being identical.



Medicinal uses:

Arthritis, bruises, burns, cancer, constipation, emphysema, gangrene, leukemia, poison oak, skin abrasions, rheumatism, wounds, etc.

The wheat grass chlorophyll, when taken in conjunction with the Cleansing Programs will do much as a tonic aid toward relieving pain and suffering of all so-called "incurable" diseases, and will promote general healing to the body.

Preparation:



Dr. Wigmore found that the best device for extracting wheat grass chlorophyll is a meat grinder or a rather inexpensive grain mill, but she advised that electrical blenders and juicers require the use of too much water, and neutralize a great portion of the vital potency (the fast moving blades or paddles mix in too much air and oxidize the liquid). The preparation of the wheat grass chlorophyll is made in the following manner:



NUTRIENT	WHEAT GRASS JUICE
<i>Protein</i>	860 mg
<i>Beta Carotene</i>	120 IU
<i>Vitamin E</i>	880 mcg
<i>Vitamin C</i>	1 mg
<i>Vitamin B12</i>	0.30 mcg
<i>Phosphorus</i>	21 mg
<i>Magnesium</i>	8 mg
<i>Calcium</i>	7.2 mg
<i>Iron</i>	0.66 mg
<i>Potassium</i>	42 mg

First, wash the newly-gathered wheat grass to remove any dust and soil.

Second, place a reasonable amount of grass (it takes 3 ounces to make each drink) into the grinder or mill and pulverize it (this could also be done with a pestle and mortar). Be sure to save any drippings around the handle (every drop is precious). For the addition of flavoring agents during the pulverizing process, see "Congenial combinations".

Third, squeeze the juice from the pulp with a spoon and place into an appropriate vessel, then wash the remaining pulp in another vessel with a minimum of water, so that as much of the residual chlorophyll as possible may be extracted into solution.

Fourth, mix these two liquids together, strain, and place into the appropriate drinking vessel.

Dosage:

1-2 glasses a day (before the morning and/or evening meals).

Administration:

Whatever the problem condition, the wheat grass chlorophyll will serve as an excellent restorative aid (as a nutritive tonic).

Place the chlorophyll in either, a fairly tall glass, adding sufficient distilled or D-cell water for a reasonable-sized drink; or just take the chlorophyll straight, with or without flavoring agents.

The wheat grass chlorophyll drink should be sipped slowly, swishing each mouthful so that the liquid and the saliva juices are thoroughly mixed together.

Morning:



Upon arising, drink 1 quart of warm water, mixed with 2 tablespoonfuls of unsulphured molasses and 1/2 lemon to clear any left-over digestive liquids from the stomach.

One-half hour later, drink the first glass of wheat grass chlorophyll,



Then wait another one-half hour before a cleansing raw fruit breakfast.



Evening:

Drink the second glass of wheat grass chlorophyll before the evening meal, **which will be a low-heat vegetable preparation.**



Drinking this prior to the meal will aid in digestion and cut down the appetite.



Skin--Burns, skin abrasions, bruises, wounds:

The wheat grass chlorophyll has both healing and antiseptic characteristics.

- ✓ The chlorophyll is applied either directly onto the afflicted surface, or, it is soaked in a cloth and bandaged to the area. At the same time, the chlorophyll should be taken internally.

Poison oak, running ulcers:

- ✓ Place a poultice of freshly crushed wheat grass pulp on the afflicted area and cover with thin gauze.

Formulas:

Wheatgrass chlorophyll, wheat germ oil and honey, (equal parts).

Congenial combinations:

The chlorophyll flavor may be altered several ways without interfering with the natural value and healing potency:

- ❖ Add a small shoot of scallion (any onion forming a thick basal portion without a bulb) not over an inch long to the wheat grass during the pulverizing process. This will give the onion flavor, but not the onion odor (the chlorophyll nullifies this).
- ❖ Add a tiny sprig of parsley or some mint leaves while pulverizing the wheat grass.
- ❖ Add a spoonful of sassafras tea to the extracted chlorophyll itself for flavoring.
- ❖ Use honey as flavoring in equal parts with the pure wheat grass chlorophyll.
- ❖ Add 2-3 celery leaves to the wheat grass while pulverizing.
- ❖ Flavor the wheat grass chlorophyll with 1/2 teaspoonful of brewer's yeast.
- ❖ Cut the wheat grass fine with a scissors, and mix this with vegetable food, salads, or cereal dishes.

Do not, however, mix the wheat grass chlorophyll with fruit or fruit juices, as these are known to effectively kill the potency of any vegetable juices.

Growing characteristics:

The wheat herb itself is an annual plant that will grow almost anywhere with moderate warmth, indoors or outdoors. The thick rootlet, which appears first, has the characteristic of quickly building a very durable sod, while picking up the widest variety and balance of human nutrients possible, live minerals, vitamins, and trace elements. Next, the wheat berry itself sprouts, and quickly pushes its blade through the thin earth into the light (within 2-3 days after planting). Some 6-7 days after planting, this round shaft, now full of vital strength, attains the height of 5-7 inches before the first joint comes into view.



Indoor soil:



Procure several wooden boxes (these can vary in size, but for our purposes here, make them 8 inches deep, 20 inches wide, and 30 inches long), and for convenience of handling, line each box with oil cloth, or plastic sheets, or tar paper.

Obtain some good soil (preferably loamy), and finely crumble about 6 inches of this into each box, then mix some "plant food".

Add sufficient of Nature's natural "caretakers" and fertilizing agents, **the worms**, to tend the soil, **but the presence of worms is not absolutely essential for growing satisfactory wheat grass** if the green wheat grass stubble and roots are carefully tucked under after each harvesting.

Indoor planting:



Soak 2 cupfuls of wheat in plain or, even better, in D-cell water, the hard wheat should be soaked overnight and soft wheat needs only 3-4 hours.

Spread these soaked seeds in the box in all directions, so that they are in a single layer and almost touching each other.

Cover them with 1/2 inch of earth, and place several thicknesses of newspaper on top of the earth to hold in the moisture until the first blade appears; then remove the newspaper. Irrigate the planted seeds amply once a day with plain or D-cell water (morning or evening) until the first blade appears. Then reduce the watering to a moderate moisture until the blades are ready to harvest at 5-7 inches tall. Be careful not to completely "drown" the seeds and plants in watering, as this may cause mildew and spoilage.

Dr. Wigmore found that the chlorophyll extracted from sturdy, round-stemmed, shade-grown (indirect

light) wheat grass was softer, sweeter, and had a more pleasant aroma than the chlorophyll from wheat grass blades that were exposed to direct sunlight and had fallen limply upon the ground.

Use only the first blade growth, as the second blades produce a more bitter chlorophyll, which in the opinion of Dr. Thomas contains but about 40% of the nutrients present in the first growth.



Replanting:

Replant immediately after harvesting. Soak the wheat as indicated above before placing them into the ground. Obtain two containers to hold the soil while you "rework" it. Break up the sod that is in your box and place these larger pieces into one of the containers, then pour out the loose soil remaining in the box into the other container. Arrange the larger pieces of sod in the bottom of your indoor box, spreading the loose soil over the top of the larger pieces (but save back some 2 quarts of the loose soil to cover the seeds). Smooth the top surface flat, then spread the wet wheat as indicated above. Cover the wheat with the loose earth which was set aside (Dr. Wigmore suggests that an old ash sifter with a screen of about 3/4 inch squares is ideal to distribute the cover soil over the seeds (when available), but your fingers alone are very satisfactory for doing the job). Then continue the procedure as described above. Harvest the sixth day and let the soil rest on the seventh.

Fertilizing:

We have already indicated the excellence of using a colloidal silicate such as Azomite, yet the stubble of the wheat grass alone is a superior agent for soil enrichment. Dr. Wigmore indicates that through the months, as you turn under this green stubble of the wheat grass and break the roots into small chunks, this will make each crop of wheat grass grow better, and the soil, even rather poor soil, will gradually take on a texture of rich, sweet-smelling loam. She has used the same soil in her boxes as many as 140 successive times, with all indication that the effects were constantly regenerative!

Collection:

Just 6 days from planting, the wheat grass should be ready for harvest. When the wheat grass is about 5-7 inches tall, before the first joint of the blade has appeared above the surface of the soil, you can cut the grass with ordinary scissors. For convenience of handling, it is better to have some rubber bands handy and to bind the freshly-cut wheat grass into small, 3-ounce bundles (the amount needed to make each drink). The vital potency, however, may be stored and preserved only in the grass form for a short period of time.

Preservation:

The greatest potency is obtained from the growing wheat grass that is harvested immediately before converting it into the wheat grass chlorophyll drink. The grass will preserve most of its vital potency for nearly a week when placed into the refrigerator. But after the precious chlorophyll is extracted from it, the potency therein is only live and electrically positive for about three hours.