

## **Wheatgrass – understanding what it is and some key points in support of its unique potential**

During the early 1900's a man named Edmund Bordeaux Szekely discovered an ancient biblical manuscript which he subsequently translated.

The Essenes were a very religious people who lived near the Dead Sea during the time of Jesus Christ. Christ lived with them and actually taught them many of the laws of health during that time. Their teachings were encapsulated in the 'Dead Sea Scrolls', found and translated in 1946. The main teaching of Essene Book I is: Don't kill your food by cooking it. The main teaching of Essene Book IV is : all grasses are good for man and wheatgrass is the perfect food for man.

Wheatgrass contains raw chlorophyll, which is in effect 'condensed sunlight'. Since we are 'light beings', with our spirit and soul inside solid bodies, the light force vibrates through the physical body. That's the energy we feel, and is why wheatgrass is a spiritual food. It nourishes us on the spiritual level as well as the physical.

It takes 8 minutes for a photon of light to travel the 93 million miles from the sun to our fields. Plants need just a few seconds to capture this raw energy and store it as chlorophyll. Photosynthesis at work, harnessing energy into nutrition for all.

In the 1940's Charles Kettering, a former Chairman of the Board of General Motors, donated money for the study of chlorophyll. Chlorophyll was studied intensively by medical doctors using FDA required standards i.e. double blind studies, etc. There are currently over 40 articles written up in medical journals about the healing effects of chlorophyll. These medical doctors found that chlorophyll was a great healer and used it as such for quite some time. The next question is...why aren't they still using it? Answer: the drug companies know that if the average individual knew that the chlorophyll from their lawn could heal them, then their prized market for high powered & high priced drugs would disintegrate!

Charles Franklin Schnabel in the 'Father of Wheatgrass'. He concluded, and this has been echoed by many since his work in the 1930's and 40's, that 1kg of wheatgrass is, overall, nutritionally equal to some 23kg of garden vegetables. He grew wheatgrass to feed his hens and delivered enormous productivity gains in egg production. This is as measured in terms of both straight yield and in quality and consistency of egg size and appearance. Furthermore he did this with hens that had been rejected by other keepers as too sick and fit only for culling from their flocks.

The American Medical Association approved the wheatgrass as 'food' in 1940, and it became available nationwide in drug stores.

In 1920 America was ranked 2<sup>nd</sup> for health in the world. By 1978 it was down to 78<sup>th</sup> place, yet in 1920 there were no synthetic vitamin pills!

Chlorophyll is as close to the molecular structure of blood as anything on the planet. We are only as healthy as our blood, therefore rejuvenating the blood is a key mechanism to slowing down the ageing of our bodies. Hemin is part of our hemoglobin, and the key difference is that the hemin is bound by a magnesium atom and chlorophyll by an iron atom. Hence, for example, anaemic people should not be fed iron pills – most of which are not bio-available to the body, but need to receive chlorophyll, ideally as wheatgrass juice.

Experiments have demonstrated the phenomenal ability of chlorophyll to bring oxygen to the rescue of bodies fighting cancer, where oxygen is the key remedial component as this and many other diseases live in the absence of oxygen.

Grasses contain up to 18,000 units of beta-carotene per ounce of grass. This is the crucial nutrient for enhancement of the immune system. Grasses also contain all the other vitamins and amino acids for such disease fight-back by our bodies.

Another component of wheatgrass is Superoxide dismutase, SOD. This is a powerful anti-oxidant and anti-aging enzyme. In trials with people over 70 years old who were regularly drinking wheatgrass, it was found that the SOD levels increased by between double and seven times.

In trials on mice, to test their endurance, there was a very large rise in their stamina, of around 50%. The average bodyweight of the mice fed barleygrass was increased.

In another experiment on growing chicks on proprietary diets and one enhanced with wheatgrass, there was a phenomenal difference with a growth rate recorded of double the remaining groups, and better condition of feathers etc. This result was repeated successfully on rabbits and kittens. In all cases the group on wheatgrass showed a higher mental alertness.

There are 4700 varieties of grass in the world and all are good for man.

We must understand that drugs suppress symptoms, and that natural herbs or food, and especially wheatgrass remove them.

We receive energy and life force from the food we consume - if we do not alter or kill it by heating above 110 degrees.

Just consider how the people of our world eat so much wheat, often in highly processed and lifeless, enzyme depleted forms like breads, bagels, donuts, pizza, cookies, and desserts? Do they realize that the nutritional benefit and healing power of wheat is hidden in the seed itself?

Wheatgrass, which is the 10 to 14 days grown wheat plant, contains the entire range of vitamins, minerals, enzymes, and nutrients that your body requires. Meanwhile wheat's more popular form of dead food products consumed by millions of uneducated people is totally void of life or health-giving properties.

Whatever food we eat, its nutritional benefit to us will be dependent on the land on which it grew, and this varies enormously. Thus we do not have real control over our nutrition, other than in general terms. With wheatgrass we can deliver that completeness and consistency in one product. Year round, coast to coast, nutrition fit for all on every day, no failures!

In a 1990's study at the renowned John Hopkins Institute, 95 percent of 200 arthritis patients found almost complete relief after taking two ounces of wheatgrass juice a day, and a balanced diet for three weeks. One 'crippled' lady, unable to climb stairs, was able to do so after three weeks on wheatgrass juice and living food.

If the body takes some or most of the 98 different enzymes that protect and police the arteries, and changes them to digestive enzymes to help digest a heavy protein/fat meal, then the arteries are left unprotected during that time. Some heavy protein meals take as long as 8 hours to digest. Contrast this with wheatgrass juice and other fresh juices which take just 20 minutes, or raw fruits and vegetables which take no longer than an hour to digest and at the same time furnish some if not all of the enzymes needed to implement that digestion.

Edward Howell says there are two basic causes of disease. The **first** cause is enzyme deficiency or under(mal)-nutrition. This sets the stage or prepares the ground for the development of cancers, heart disease, arthritis, premature aging and a range of other disease conditions. Howell says "I attest that the kitchen stove and its big brothers, the heat-treatment machinery in food factories, are responsible for destroying a whole category of food elements, namely the heat-sensitive, exogenous food enzymes." The **second** highly advertised cause of disease such as carcinogens, cholesterol, bacteria, x-rays, food additives, tobacco smoke can only bring trouble if the first cause is in place. Howell asserts that stress as a causative factor in human disease has been grossly exaggerated as a

causative factor. According to him, many animals in the wild also face great stresses yet are disease free because of their superb enzyme nutrition.

Many experiments have been done with mice showing that when an enzyme-free diet is fed, there is shrinkage of the brain and an enlargement of the pancreas and other digestive organs. The pancreas of laboratory rats eating enzyme-less foods was three times as large as those eating enzyme rich diets, and used three times the amount of enzymes to digest the food. When these rats on an enzyme free diet were allowed to live out their normal lifespan, they were examined and found to have suffered from many of the degenerative diseases of mankind.

Food which contains a large amount of sugar to make it palatable and attractive to children – or adults - is an enzyme-less food. The huge dose of refined white sugar throws the whole (delicately balanced) endocrine system out of order. However, when a food which contains a high amount of enzyme/nutrients is ingested, the glands know just when the body has had enough and will automatically shut down the demand to feed. When a high calorie food like sugar is ingested, the glands continue to search for the wide variety of nutrients that make up complete nutrition. They cannot find them in the body, and continue to issue the command for increased appetite. The increased appetite is not a command for more sugar, but a command for more nutrients. The continual eating of high sugar foods each day over-stimulates the pituitary and pancreas glands and is also felt by the thyroid and adrenals. In a study, two doctors in France, Drs. M. Cabanac, and R. Duclaux concluded that in obese people the internal signals regulating the intake of food had been deranged causing them never to know when they had eaten enough. One of the major dangers of feeding children this type of food is that it establishes a habit/craving for the rest of their lives.

The soil in which most of our food is grown has been leached of much of its trace mineral content over the years. As modern farming techniques have evolved, most farms fertilize with NPK (Nitrogen, Phosphorous, Potassium), which will cheaply and dramatically increase crop yields. It is not cost effective for farmers to fertilize their crops with other trace minerals like selenium, calcium, copper, zinc and over 60 more that are needed by the human body for optimum health, so of course, they don't.

Using some high technology, in the form of a complex device about the size of a pickup truck called the ICP (inductively coupled plasma) spectrometer, we can now determine the precise trace mineral status of athletes and other high performance seekers." (Richard A. Goodman, *Health World*. Nov. Dec. 1990.)

This same spectrometer has also been used to analyse the different compounds in fruits and vegetables. It has been found for instance to show that over 5 million different compounds (or different chemical combinations) have been found in **one** grape. [Information for the basis of this newsletter was provided by T.L. Rodgers... [www.lifesave.org](http://www.lifesave.org) ]

Not only do we not understand and know the names of these 5 million compounds, we don't know the infinite number of the inter-reactions of each compound with the other existing compounds in the body. Thus, if one mineral or one vitamin is taken, will it interact properly with the other trillions of chemical reactions taking place continuously in the human body?

Our bodies are constantly renewing their cellular structure. In 6 weeks your liver will have replaced every atom it is comprised of. We need to consider the source of the ingredients and that they are 'fit for purpose' in this complex process. Our stomach needs to be thought of as a garden and not as a dustbin or compost heap!

There are many diseases, but the origin of the cure is similar – chlorophyll, acting like a detergent. It will chelate and remove many of the heavy metals we are contaminated by.

The colon is much under-rated as a cleanser of the body's toxic load, acting as a cesspit for all the undesirable stuff we consume. The problem comes when it is full – where does the overflow go? Wheatgrass will improve this situation.

When we harvest wheatgrass we recover some 38% protein, equivalent to the field grown crop at about the jointing phase. This would be found in March for autumn sown wheat, and April/May for Spring sown. The crop protein level then deteriorates rapidly and we harvest a dry grain with 6-12% protein in it!

### **Some Case histories – abbreviated**

Allergies, Sensitivities and illnesses resolved or treatable with wheatgrass.

Wheatgrass contains anti-allergenic properties. Coeliacs, for example, who are allergic to the grains of wheat, are not reactive to wheatgrass. One is a 'vegetable', the other a grain.

For people with inflamed nasal tissue, such as hay-fever sufferers, or those with a cold, place two drops of wheatgrass juice in each nostril.

For sufferers of eczema, apply to the affected area and take the juice.

Excellent for colds and sore throats: take by gargling. Also excellent for mouth ulcers and bad breath.

For cuts and bruises: place some wheatgrass juice on a bandage and wrap around the wound, and this should cut healing time by at least 25%.

Breast cancer eliminated. Drank 6-9oz/day, took enemas, many juiced fruits and vegetables. Six months delivered a negative AMASS test – no cancer anywhere. Wheatgrass is a super-oxygenator, and cancers thrive best in the absence of oxygen. Many foods, especially processed and over-cooked, are stripped of much of their oxygen.

Bladder cancer. Patient had six operations to scrape out the tumourous lesions, endless drugs and chemo. Threatened next to remove the bladder. Intensive wheatgrass regime cured the patient completely, and as a bonus also sorted his asthma.

Candidiasis, Irritable Bowel, Leaky Gut Syndrome. All can be resolved by enemas. One person – a one-time wrestler - had suffered for 20 years, but after 20 days of implants, 6oz twice per day, his condition was cured. Other benefits noted included –

1. Thickening hair
2. Improved nail condition
3. Pains in the legs disappeared
4. Dark rings around the eyes faded away.
5. An end to the patient's swollen liver.
6. Return to normal sleep patterns

Marathon running, and all endurance requirements. Wheatgrass will enable the body to function at peak fitness for much longer. One competitor who had tried every conceivable alternative, used wheatgrass for a marathon in the Teton Mountains – at 12,000 feet. Only three finished and he won by a distance. Similarly ran an 11.5 hour endurance race, and won by over 10 miles from the nearest rival. Furthermore this was achieved with a 50% reduction in the training runs he undertook, and he was a man of over 40.

Patients with suppurating wounds: one who had surgery could not heal his wound, suffering painful dressing sessions several times per day, aided by morphine to make them tolerable. He drank 6oz neat when offered it, a heavy dose to begin a treatment! The next dressing session was tolerable, without the morphine, and the wound had greened the dressings! The chlorophyll had got to the required destination.

Patient with colon cancer, 6 lymph cancers and one liver cancer. Patient given 6 months to live, so refused the chemo and sought alternatives. There is a measurement that cancer doctors use, called C.E.A. His should have been in the hundreds of thousands with so much cancer, but after an intensive wheatgrass session, he cut it to 40. Similarly he also raised his platelet count from 61,000 to 141,000, on wheatgrass as his only medication. His doctor is now a wheatgrass consumer.

70 year-old man sorted his 50-year-old son's serious health problems, as well as enabling the son to quit his 60-a-day smoking addiction and cutting meat from his diet. Reduced his weight to sensible level as well as his son's. Now the father out-lasts all in his gym classes, the manager of the gym is on it and so are many of the users. Considers the juice to significantly out-do the pill version: take it fresh as possible. The father had suffered gravelly voice problems for years. 2 weeks on wheatgrass, out came 'plugs of phlegm', and the voice returned to normal. The father also suffered from tingling fingers, and two weeks on wheatgrass resolved that as well.

Melanomas: patient with significant number, advised to have them cut out and chemo to follow. Had one cut out and then a course of wheatgrass juice resolved the rest. Both her and her husband noticed a significant improvement in their overall skin condition, and their hair became much softer,

A woman with lymphatic cancer – and a poor diet – switched to wheatgrass. After 30 days the lymphatic system was cleaned, after 6 months the scans revealed nil cancers anywhere. This was a 30-year old patient, and her hair had gone grey before the illness, but after taking the wheatgrass was returned to black hair! She coupled her treatment with meditation, and in this process managed to dispense with previously high doses of morphine.

70-year old man with prostate cancer. Scheduled for an operation, had spent 5 weeks on Flutamide. His PSA (measurement) was 14, which is very high. Cured the cancer, cut the PSA to 0.12 (and that after strenuous exercise that elevates it) and gained a huge lift in overall energy levels.

Lupus – rashes, swollen joints, headaches, short of breath, depression and more. Had suffered the Lupus for several years, and associated problems. Threatened with a hysterectomy. Doctors put her on steroids and the pain and condition deteriorated. Checked out of the hospital. On a range of drugs for other complicating conditions. Then hit wheatgrass – and all resolved in six months. Quit all other medication.