



The primary form of food is grass. Man's most primeval nutrient, that which nourished him for hundreds of thousands of years, until technological civilization brought with it sprouts, and tender grasses that flourished all over the earth. There are over 9,000 known species of the grass or grain, *gramineae* family. Grasses are the most widely distributed group of flowering plants. Wherever there is sun, water and earth, there is grass. Only algae and lichen grow in the extremes of climate that grasses can survive.

Wheat, rye, corn, rice, oats, barley, sorghum, millet, spelt, kamut, all make grass. Grasses have been a dominant worldwide source of human food throughout history. Grains are concentrated sources of carbohydrates, B vitamins, fatty acids, minerals, fibre and protein. They have migrated with our species from ancient times and places to the modern world. One quarter of the grass species in the north-eastern United States today arrived with European settlers. Grasses are the primary source of food for domestic and wild grazing animals, which feed on pastures and grasslands. Of the fifteen major crops that feed animals the earth over, ten are grasses.

One third of the planet is covered by grass and even in the cemented cities across the planet, grass fights back through the sidewalk cracks. Nevertheless, we largely ignore it. The highest civilizations of the past have coincided with the best grass lands. The Egyptian goddess of fertility Isis, is purported to have discovered the wheat grain in Phoenicia (the eastern shore of the Mediterranean Sea, also known as the fertile crescent). It is the cradle of Western civilization and many of our cereal grasses originated there. *Ceres* (cereal) is what the Romans named the goddess of agriculture.

Wheat is part of the genus *triticum*, along with oats, barley and rye. It has varieties such as *hard*, *soft*, *spring*, *red*, *gold*, *durum*, *semolina*, and so forth. Wheat alone is cultivated on one third of the planet's farmland, and grains in general account for half of the world's agriculture. Fifteen pounds of wheat grass is equal in overall nutritional value to 350 pounds of ordinary garden vegetables.

Modern History

Prior to the late 1800's, grass was just known for being a good livestock feed. The first documented study of young grass was in 1883 when researchers found that "immature" grass was high in protein and low in fibre. An 1890 state agricultural report announced that the mineral matter of grass reached a peak during the period of most rapid growth and declined with maturity. After that, there was no new knowledge of young grasses on record for forty years. During this time research focused on legumes as the possible answer to our nutritional needs. In 1925, an English botanist determined that "young pasture plants are equivalent to protein concentrates." This work lumped together all field grasses, young legumes and young grasses and no distinction was made.

In 1931, Charles F. Schnabel, an agricultural chemist who specialized in soil fertility, animal feeds and protein research, made two discoveries that would change our conceptions about the value of grass in agriculture and initiate the trend for its human consumption. Schnabel

demonstrated that a culm of grass reaches its peak nutritional value on the day the first joint begins to form. This marks the end of the *vegetative* stage and the beginning of the *reproductive* stage of the plant.

The food value of the grass at the jointing stage roughly parallels its protein content. He found that grass grown on richly fertilized land produces 40% protein grass. This represented a miraculous food value in terms of the agricultural resources and economics necessary to produce protein through other animal and vegetable sources.

In 1935 Phillips and Goss reported a field of barley contained 38.8% protein on the 21st day of growth (the jointing stage), 12.2% protein on the 49th day (the bloom stage) and 3.8% protein on the 86th day (the mature stage). Also that year, George Kohler, the most active grass researcher of his time, reported that most of the vitamins in grass reach a peak per gram of dry matter at or near the jointing stage and that roughly parallels the protein content. This peak may be twice as high on the day of jointing, as it is a week before or a week after. In the 1940's, Schnabel inspired the large scale production of young cereal grasses that were dehydrated, canned and sold as nutritional supplements in pharmacies throughout North America. In fact, cereal grass tablets were the nations best selling multiple vitamin and mineral supplements.

It wasn't until the early 1950's that the popular synthetic, coal-tar resin derivative vitamin tablets and liquids usurped it. In the 1970's Dr. Ann Wigmore opened Hippocrates Health Institute in Boston, nourishing terminally ill patients back to health with fresh squeezed wheatgrass juice. Today, virtually every natural food store in North America carries a grass foods product whether it be fresh or dried, wheat, barley or kamut.

Nutrition

Plants have been the source of our medicines for thousands of years. Our modern drugs are largely synthetic replicas of nutritional factors found in plants. Our earliest drugs--aspirin, *penicillin*, and *quinine*--all came from nature. Even the earliest research of the 1930's identified the young cereal grasses as complete foods. All known nutrients were found including other unidentified ones called *grass juice factors*.

Today, they would be labelled *phytochemical*. A whole food is a complex bundle of thousands of chemicals. Squeezing out isolated nutrient fractions dissipates its magic. Grass contains hundreds of vitamins, minerals, enzymes, amino acids, phytochemicals, anti-oxidants, cellular RNA and DNA all in concentrated form. It all starts in the soil. The earth feeds the plants and the plants feed us. Grasses vary in nutritional content, depending on where it was grown, when, and how. The nutritional analysis will vary from state to state, grower to grower and farm to farm. Seasonal temperatures and rainfall vary year to year. From soil, to water to weather, disorder is the fundamental law of nature.

Growing times vary from 60 days to 200 days in the *field* and 8 - 14 days in the *greenhouse*. Some tray grass growers can eliminate a few variables with climate-controlled greenhouses and automated irrigation. But processing is yet another influence on nutrition. Grass can be found fresh or whole leaf ground and powdered or juiced and dried. There are different methods of juicing. It can be bottled in glass or in plastic, coloured or clear. It may be nitrogen flushed. Grass is a food and these variables exist with every fruit and vegetable you purchase. Of course, you can always grow your own. You can be in charge of these variables, but you won't be able to control them all. This also takes an investment of time and materials.

Indoor vs. Outdoor Grass

Tray-grown grass, grown indoors or in greenhouses, never achieves the jointing stage. However, this grass is always harvested on its way to peak. Protein counts are typically an excellent 40 - 45% on a dry weight as is. Fresh squeezed tray-grown grass juice is 2% protein. But, since the juice is 95% water, this represents 40% of the solid content. Indoor-grown grass, under warm conditions, has achieved jointing as early as the 18th day. Since tray growers typically harvest between 8 and 14 days, they are coming close.

Considering that they can get close to jointing and that the grass is fresh-squeezed and drunk immediately, this approach has all the nutritional advantages of a fresh vegetable close to its prime. On the other hand, because it grows so quickly under warm conditions, the plant has a relatively high level of simple sugars. You can taste its sweetness. In the outdoor grass, some sugar is converted into more complex carbohydrates and vitamins.

The accelerated growth causes the indoor plant to put most of its energy into growing leaves rather than roots. Thus, very few minerals can be absorbed from the roots and utilized to produce more complex nutrients. The warm temperatures and low air circulation also cause growing problems. Mould is the scourge of all indoor growers and that is because grass likes it cool. Although grasses grow all over the planet, they like cool places like the heartland of America (the grass industry began in the 1930's in Kansas City, Missouri). Although indoor grass is grown in every state, professional growers in hot climates use fans, shades and even climate-controlled greenhouses to keep mould in check. But kitchens and greenhouses cannot match the great outdoors.

The soil in trays is only 1-2 inches deep and the roots are barely mature enough to assimilate nutrients no matter how good the soil. In contrast, outdoor grass develops deep roots, pulling up minerals and manufacturing vitamins over 60-200 days of slow growth. The seeds are widely sown about three inches apart, allowing them to stool out or form additional leaves (*culms*) from the roots. Sun beats down on the field crop for 4-8 weeks (longer for winter wheat). Such exposure and slow growth in the cool fall or spring turns the grass into a solar collector, storing high concentrations of energy in its leaves.

This provides a full spectrum of chlorophyll, trace minerals, and micronutrients. This is how wheat was designed to grow. Plastic greenhouse roofs and kitchen windows filter out some light waves including the important ultraviolet. This deprives us of receiving the full spectrum of nutrients that long hours of unimpeded sunlight can offer. Nevertheless, both grasses grow to approximately 7-10 inches tall. The extra days of growth outdoors are spent building roots and forming additional culms. In nature, the purpose of the plant is to produce grain. Once it has accumulated enough solar energy/nutrition, it generates the *wheat berries*, which we collect and grind into flour. By harvesting the plant just before it joints, we are taking advantage of this "vegetable" at its nutritional prime. Although you can grow it indoors and come close, the finest wheat and barley grass is grown outdoors. No matter which grass you choose, you will be getting good grass.

What's In Grass?

Whole dehydrated grass is 25% protein (meat has 17% and eggs have 12%). We could define grasses as protein foods, but there are other foods like algae with up to 72% protein. Nutrition is not a weight lifting contest. It's not about more protein, but more *balance*. It's not *quantity*, but *quality* and the most important quality factors are *variety* and *balance*. Grass is a balanced food containing a broad spectrum of high quality vegetable nutrition. Grasses are a complete life sustaining food. Based on the studies, if you had to choose one food for survival, it ought to be grass. After all, grasses are the primary food for domestic and wild grazing animals, especially beasts of burden. These dumb animals have long known the truth about grass.

We are just coming around now because we have the technological means to compensate for our inability to digest the grass directly. Instead of four compartments in our stomachs, we have juicers and powdering equipment. Blue-green algae, *chlorella* and *spirulina* are

wonderful and important superfoods that surpass grasses in certain nutrient categories and should be in our diet. But they are more expensive to cultivate than grasses and their cost is high.

According to Charles Schnabel, "only one-half ounce of 40% protein dehydrated grass would supply 18,600 units of vitamin A, 113 milligrams of vitamin C and 5.7 grams of the best quality protein in the world. This is more vitamin A than supplied by the entire 84.5 ounces of food in the USDA recommended optimum diet and more vitamin C than is supplied by the entire 30 ounces of fruits and vegetables." Grass is a wonderfully balanced source of nutrients. Excellent for all minerals major and minor, it is especially high in calcium, magnesium, manganese, phosphorus, and potassium, as well as trace minerals such as zinc and selenium. All are important for cardiovascular and immune system function.

Grass has all of the B-vitamins, including the crucial biotin, folic acid, pantothenic acid, an abundance of choline and is a vegetable source of B₁₂. Protein is 2% in fresh wheatgrass juice and up to 45% in barley grass juice powder. An egg, long considered the perfect protein, is 42% protein (dried). Protein in grass is in the form of *polypeptides*--simpler, shorter chains of amino acids--that enable faster, more efficient assimilation into the blood and tissues.

Grass includes at least 20 amino acids, both *essential* and *non-essential*. Its spectrum of vitamins is so broad, that in 1939, dehydrated wheat grass was actually accepted by the American Medical Association as a natural vitamin food.

Chlorophyll

Grasses, along with alfalfa and algae, are the richest sources of chlorophyll on the planet. One third of the planet is covered with grass, including the one-inch tundra above the Arctic Circle. Chlorophyll and the grasses are essential to life on the planet. Green plant cells are the only ones capable of absorbing energy directly from the sun. The primeval energy for all life is thus light.

Animals absorb sunlight radiation secondarily by plants. If the energy from the sun were to cease, the basic vital functions of all living organisms would gradually slow down, and eventually life on Earth would become extinct. It takes eight minutes for a photon of light to travel the ninety-three million miles from the sun to the Earth's surface. A green plant needs only a few seconds to capture that energy, process it, and store it in the form of a chemical--*chlorophyll*. This process of converting light into energy is called *photosynthesis*.

One of the reasons chlorophyll is so effective is its similarity to *hemin*. Hemin is part of *haemoglobin*, the protein portion of human blood that carries oxygen. Studies as long ago as 1911 show that the molecules of haemin and chlorophyll are surprisingly alike. The primary distinction is that an atom of *magnesium* binds chlorophyll and haemin is bound by *iron*. Severe anaemia is reversed rapidly by chlorophyll administration. It is an important medicine for healing bleeding gums, canker sores, trench mouth, pyorrhoea, and gingivitis, even sore throat.

Chlorophyll has the unique ability to be absorbed directly through the mucous membranes, especially those of the nose, throat, and digestive tract. It makes a great mouth wash and an excellent dentifrice, especially in powder form. Chlorophyll's unique ability to kill *anaerobic*, odour-producing bacteria, is the reason it covers up the smell of garlic, fights bad breath, body odour, and acts as a general antiseptic. These bacteria live without oxygen and are destroyed by chlorophyll's oxygen-producing agents.

Dr. Otto Warburg, the 1931 Nobel Prize winner for physiology and medicine, concluded that oxygen deprivation is a major cause of cancer. Unlike many drugs, chlorophyll has never been found to be toxic at any dose. Not one of the 9,000 species of grasses that cover our planet is poisonous, unless it was chemically sprayed by a human. Chlorophyll may also provide us with protection from low level X-ray radiation from electronic equipment, TVs, computers, cell phones, etc. Radiation-poisoned lab animals recover when chlorophyll-rich vegetables are added to their diet.

Other Important Nutrients

Chlorophyll is only one of the important pigments in grass. There are other pigments such as *carotenoids*--*alpha carotene* and the famous *beta-carotene*, *xanthophylls* and *zeaxanthin* to

name a few. There is an abundance of these phytonutrient pigments in grass. There are up to 18,000 units of beta-carotene per ounce of grass. This vitamin A pre-cursor has significant immune-enhancing properties including the promotion of T-cells. High levels of this anti-oxidant nutrient are associated with reduced cancer and cardiovascular disease risks.

Another important vitamin and antioxidant abundant in grass is vitamin E. Grasses have a water soluble form of E called *α-tocopherol succinate*, which stimulates the production of T-cells, antibodies, *interleukin2* and *interferon* among its many immune system functions. This form of vitamin E is very effective in suppressing the growth of cancer cells in-vitro. In addition, it has the ability to increase production of *prolactin* and *growth hormone* in the pituitary gland.

Grasses are also abundant sources of quality vitamin K, the blood-clotting vitamin. The body needs it to form the enzyme *prothrombin*, which creates *fibrin* that clots blood. It also acts as an antidote for certain poisons. There is a powerful antioxidant in barley grass called *2'-O-GIV*. This *isoflavonoid* is both soluble in water and fats and is highly stable. This means it is capable of permeating both the fat and aqueous cell membranes in order to fully protect the cell from the damaging effects of oxidation. It is more potent than vitamins E and C but when taken together, the synergistic effects are profound. Barley grass has all three in good quantity. It is a preventative for arteriosclerosis and is just as effective as any prescription drug for this disease, without any side effects.

Barley and wheat grass are both abundant, inexpensive sources of *superoxide dismutase* (SOD). This is a powerful anti-oxidant and anti-aging enzyme. SOD is a proven anti-inflammatory for arthritis, edema, gout, bursitis, etc. Testing SOD activity in barley grass can be a yard-stick for measuring overall enzyme activity. If the heat-sensitive SOD is active, so are all the other 80+ enzymes in grass. Fresh-squeezed wheatgrass juice is a veritable enzyme soup its cells dancing with metabolic activity. It is so charged with electrical energy, you can feel it rushing through you body or raising the hair on the back of your neck. Wheat grass juice is liquid sunshine transformed into nutritive energy. A veritable brew of *water, oxygen, enzymes, protein, phytochemicals, chlorophyll, carotenoids, fatty acids, trace minerals*, all rushing to revitalize all your cells.

How To Take Wheatgrass

Home Juicing

Juicing at home is the most economical and efficient approach if you are using grass daily. Volume users who juice 3-8 ounces daily for drinking, enemas and implants, for economic reasons, grow and juice their own. It takes time and effort, but if your life is at stake, you will take the time to clean the juicer five times per day. Professional growers provide grass to health stores in every major city across the nation and you can have it *Fed-Exed* if you live far from town.

Several professional retreat centres offer three-week programs where the grass is grown for you and the juicers are always running. Some juice bars and health food stores have grass juice by the ounce.

Chewing

The mouth is the ultimate juicing machine. The mouth removes the most juice from the pulp and preserves the most enzymes. Just grab a handful and munch. This is the easiest way to get your grass and it tastes great, too. If you don't like the taste of wheatgrass juice, you will probably find chewing more pleasant. Since every mouthful provides approximately $\frac{1}{4}$ ounce of juice it can take about 8 mouthfuls to get a 2-ounce serving.

If you don't mind the chewing, what you spend in time chewing you save in time setting up, juicing and cleaning your juicing machine. And it's portable. If you pack a *Ziploc* bag with 2 ounces of grass, you can chew it in the car. When you finish it, you've downed nearly 2 ounces of juice. Grass is 90% water and thoroughly dry pulp weighs almost nothing. Grass is like green floss; it finds its way into every crevice. It is a proven antiseptic and restorer of gum tissue, tightening the gums and successfully controlling *pyorrhoea*. The biggest disadvantage is that you cannot chew the volume you need for curative results. Eight ounces daily is a typical therapeutic dosage for a serious illness. Two ounces per day is all that can be practically chewed.

How Much To Drink

Always drink any kind of grass juice on an empty stomach and then wait 30-45 minutes before drinking or eating anything else. For normal health maintenance, 1-2 ounces of fresh squeezed wheatgrass juice daily is typical. Therapeutic dosages are 4-8 ounces daily. Some take more. Although four ounces can be managed, higher amounts must be taken rectally. Wheatgrass has a strong cleansing effect on the digestive tract. If you start off taking too much, you will find yourself running to the bathroom, which is really helpful in itself. Nausea is not uncommon with over-drinking and its one reason that therapeutic dosages are taken rectally.

Like anything, once you get used to it, you can take more without effect. Fresh wheatgrass is a high frequency enzyme elixir which jolts your system with a charge that is far superior else you eat. Even super-foods like blue-green algae can't match the *ch'i* of fresh squeezed wheatgrass juice because algae is a powder and can never be fresh juiced. The secret to drinking wheatgrass juice happily is to gradually increase the amount as you become acclimated to it. Raise your dosage one ounce every few days or every week. Drink only what is comfortable. But if you are fighting an illness, you will have to take it rectally.

Powders vs. Tablets--Dried vs. Fresh

The whole process of growing and juicing grass is made extremely convenient with powdered grass and tablets. While field-grown grass is nutritionally superior to grass grown indoors in trays, it is fresh-squeezed juice that is considered the premier grass for healing. When taking fresh-squeezed wheatgrass juice, people say: "I can feel it running through me." Or, "It makes the hair on the back of my neck stand up." "I get a buzz," or "I feel high," is commonly heard also. That is what is called energy--*the life force*. The Chinese call it *Ch'i*, or *Tao*. The yogis call it *kundalini*. It is the electricity of vibrating, bubbling, scintillating life. Inside the juice, its photons, protons, electrons and quarks are dancing to the music of the cosmos. Our living cells reach out with an irresistible magnetism for these charged nutrients. This magical bonding occurs at an intensity only achievable between living cells. When we are ill and depleted, our cells operate at low intensity, like a weak battery. Only other living cells can provide the electricity we need to recharge. Although there is enzyme activity in *dried* grass, it is not at the same level of intensity as the *fresh*.

When you really need to jump-start a sick body there is no substitute. If you are trying to heal and rejuvenate, you want the best. Juice the fresh grass--drink in the liquid sunshine. "It's the real thing." All the research done on grass has been on dried grass. The nutritional value of grass is so prodigious that even the dried powder has powerful effects. These results are measurable and striking.

Anything that is dried has an incredible loss of vital life force. Even if you dry it carefully, dried is dormant. With dried food, the life-force--the ethereal energy--is dissipated and lost. You're a

living, vibrating entity. So, when you drink something highly vibrational, like grass--grass juice, it is the highest vibration--it resonates with your cells and brings up your vibration.

Allergies and Sensitivities

Many ask: If I have an allergy to wheat, can I still take wheat grass? People who have allergic responses to wheat and wheat products are usually reacting to *gluten*, the sticky protein found in the grains of wheat, barley and rye. This is like glue or wallpaper paste. The over consumption of flour products in the American diet has over-burdened our systems, forcing our immune system to react to the undigested (foreign) proteins (gluten) with our "allergic" responses. Its paste plugs up our intestines. Wheat grass is different than wheat grain. One is a *grain*, the other a green *vegetable*. The green vegetable grass contains no gluten. It is no more "allergic" than spinach, kale chard or lettuce. In fact, it contains anti-allergenic factors. Since allergies are immune responses to toxic irritants, detoxification is crucial to any allergy treatment program.

Other Uses

In addition to the liver purging, blood purifying and oxygenating capacity of grass, it coats the colon tissues with soothing, anti-bacteriostatic chlorophyll. Whole leaf wheatgrass powder also provides a high quality vegetable fibre--twice the fibre of bran--that maintains regularity. Wheatgrass can be used as a compress of wet pulp on the body, on the chest and back for respiratory congestion, over tumours and cysts abscesses, etc., especially following poultices of clay, slippery elm, garlic, willow charcoal, apple pectin, etc.

How To Take Wheatgrass Implants

Once the colon is clear, from one or more enemas, a large dose (8+ ounces) of wheatgrass is implanted into the colon with a bulb syringe, and held for 10-30 minutes or longer. This is the therapeutic dosage required to purge the liver purify the bloodstream and detoxify the colon. These three effects are the primary benefits of wheatgrass. Anything that can improve the performance of the liver, cleanse and nourish the bloodstream and accelerate elimination has a powerful positive impact on health.

It's best to clean the colon with an enema using multiple bagfuls of water. Then, after your colon is free from solid material and light in colour, make some fresh wheatgrass for your implant. Take a 2-4 ounce bulb syringe, available at drugstores squeeze out all the air, then suck up all the wheatgrass juice. Lubricate the rectum with some olive oil or water soluble lubricant. Kneel down and lower the shoulders to the floor while slowly implanting the wheatgrass juice into the rectum by squeezing the bulb syringe. The position of the body will facilitate the movement of the juice through the rectum and sigmoid colon into the rest of the colon. Rest for several minutes until you feel capable of taking more. Retention is more important than volume. Some people can hold their grass for hours. The longer, the better. Small amounts will be absorbed. Volume will be dependent on experience. Daily application and gradual increases is the key. Although your first experience may be challenging, you will develop the skills you need to enema and implant successfully. The benefits are worth the trouble.

Convenience

Most people don't take time to cook a well-balanced meal three times a day. Or fix and eat a large salad. But even more than the average person, you know you NEED vegetables, but you don't always make time for them. Diets designed for maximum strength and endurance must include not only adequate fuel, but also the right kinds of food nutrients. although all of us require a healthy dose of deep green vegetables in our diets, those who have greater than average physical demands also have a particularly great need for green vegetable nutrition.

Dark green veggies provide nutrients essential for healthy blood and oxygen utilization, as well as high-quality protein and fibre. Wheatgrass is a deep green leafy vegetable with 25% extremely high quality vegetable protein, containing all 8 essential amino acids in proportions suitable for maximum protein utilization. It is loaded with antioxidants, essential vitamins and minerals, and is extremely low in fat and high in fibre. This makes it an ideal food.

Nutritional Breakdown

Where no RDA amount is listed, it is because we do not know of an RDA for that nutrient. Where there is an asterisk (*), which means the RDA of that nutrient is less than 2%. Amounts are based on a single 3.5-gram serving (1 teaspoon or 7 tablets).

Vitamins		
Nutrient	Amount	RDA
Biotin	4 mcg	
Choline	5 mg	
Lutein	1 mg	
Lycopene	29 mcg	
Vitamin A (beta carotene)	1668 IU	30%
Vitamin B ₁ (Thiamine)	11 mcg	
Vitamin B ₂ (Riboflavin)	260 mcg	17%
Vitamin B ₃ (Niacin)	252 mcg	
Vitamin B ₅ (Pantothenic Acid)	36 mcg	
Vitamin B ₆ (Pyridoxine)	39 mcg	
Vitamin B ₈ (Folic Acid)	21 mcg	10%
Vitamin B ₁₂ (Cobalamin)	.05 mcg	
Vitamin C	7.5 mg	13 %
Vitamin E	320 mcg	
Vitamin K	35 mcg	20%
Tyrosine	33 mg	
Valine	48 mg	

Minerals		
Nutrient	Amount	RDA
Calcium	15 mg	
Cobalt	1.7 mcg	
Copper	17 mcg	
Iodine	8 mcg	
Iron	870 mcg	4%
Magnesium	3.9 mg	
Manganese	240 mcg	7%
Phosphorus	14 mg	
Potassium	137 mg	
Selenium	3.5 mcg	6%
Sodium	1 mg	10%
Sulphur	10.5 mg	
Zinc	62 mcg	13 %

Nutrient	Amount	RDA
Calories	13	
Calories from fat	0	
Cholesterol	0	
Carbohydrates	1.6 g	
Protein	860 mg	
Dietary Fibre	1 g	4%
Chlorophyll	18.5 mg	

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This self-help alternative medicine site offers extensive educational information on the topics of natural healing, holistic and biological dentistry, herbal medicine, cleansing and detoxification, heavy metal detox, diet, nutrition, weight loss, and the finest, tried and tested health equipment and products available for the natural management of health.