

Wheatgrass – a natural medicine

Potted history

It may seem bizarre that human beings should be encouraged to eat grass as if we were some two-legged species of cattle. We cannot digest grass because it is too fibrous. So is this some kind of mad cult idea that we can get all the nutritional benefits of grass just like grazing animals? The answer is yes, we can.

Think about it. Our most common crops – wheat, barley, rice, rye, oats, millet and corn are the world's staple crops. And they all start off, once germinated, as blades of grass.

The healing properties of grass were apparently realised by the Chinese almost five thousand years ago. Both the Romans and ancient Egyptians worshipped cereal grasses and grains, and references to grass were found in the Dead Sea Scrolls. But it wasn't until the 1930's when Dr Charles Schnabel, an agricultural chemist, started a movement in mid-West USA that grass became seen as more than food for beasts of burden. In 1935, researchers at the University of Wisconsin produced more scientific evidence supporting the nutritional properties of cereal grasses.

We then move forward to the 1970s when medical doctor Yoshihide Hagiwara restored his own health using powder from young Barley Grass and went on to research grasses more thoroughly. At the same time, Dr. Ann Wigmore used wheatgrass grown indoors in trays for treating cancer patients which, in the US, put wheatgrass on the map as a health food. Ann Wigmore introduced the idea of wheatgrass juice and started the Hippocratic movement where this green juice still plays a central role in curative programmes.

There's wheatgrass... and there's wheatgrass

As a modern healthfood and supplement, wheatgrass comes in various guises – as powdered leaf, juice, field-grown and tray grown juice. There are different schools of thought about which is best – field grown or tray grown wheatgrass. Field grown, it is believed by some, contains more nutrients but tray grown is younger and fresher and therefore tastes 'more alive'. What is clear is that wheatgrass that is juiced, as opposed to powdered leaf that is simply dried, is more absorbable and therefore a better way of taking it.

The advantages of Xynergy Wheatgrass

Xynergy Wheatgrass is grown under glass in large glasshouses that receive high levels of natural sunlight. In this temperature and humidity controlled environment, the young shoots are harvested at 10 – 14 days and immediately juiced and freeze-dried. This proprietary process locks in natural nutrients and preserves enzymatic activity so important for absorbability. Xynergy Wheatgrass is grown in a special soil mix that includes peat (from a sustainable source) and so the grass is mineral rich and sweet-tasting.

Freeze-drying essentially removes the water from the juice. Xynergy Wheatgrass comes as a fine

crystalline flake. You simply add back the water and you have fresh wheatgrass juice, in an instant. Connoisseurs of wheatgrass juice or graduates from retreats like the Hippocratic Centres remark how fresh tasting this juice is... just like freshly squeezed juice... which is really what it is. Xynergy Wheatgrass is a 25:1 concentrate making it more concentrated than any other brand. A spoonful can be the nutritional equivalent of 1½ lbs or 680 grams of garden vegetables.

Nutrient profile

Wheatgrass is a storehouse of vitamins, minerals, chlorophyll and enzymes in a natural form and perfect balance; Xynergy Wheatgrass is an effective energiser for those feeling a little lacklustre. Being juiced rather than powdered leaves, this superfood is high in protein and contains all 8 essential amino acids and most non-essential amino acids.

Xynergy Wheatgrass also contains minerals including Zinc – essential for skin, a strong immune system, the prostate and eyes, Phosphorous for nerves, Calcium for healthy bones and teeth while restoring your blood pH balance, Magnesium for muscle function and a healthy bowel, and Selenium to fight free radicals.

Plus a broad spectrum of vitamins - Vitamins A (in the form of betacarotene) - essential for good eyesight and reproductive functions; Vitamin C for protecting against free radical damage; plus a wide range of B vitamins are all present in this healthfood supplement. On top of all these benefits, Xynergy Wheatgrass can help stimulate your liver and cleanse your blood, and aid weight management - as your body becomes better nourished so food cravings diminish. The high level of Chlorophyll in the product is a powerful detoxifier, purifier and anti-bacterial agent.

Turning back the years

Wheatgrass is a good source of high quality antioxidants that can help slow the ageing process at a cellular level and strengthens our immunity defences. You can sprinkle it on your salad or in a smoothie but whichever way you decide to consume, Xynergy Wheatgrass will give you the same benefits.

Dosage

The normal dosage for the freeze-dried powder is ½ - 1 teaspoon per day in 20ml of water or non-citrus fruit juice. Why not try it – have some fresh grass today!

See Xynergy Wheatgrass Freeze-dried Juice Powder – use the Search function or go to Super Supplements and then Xynergy Wheatgrass.