

# Green Kamut—Breakthrough Ulcerative Colitis Help

Ulcerative colitis (UC), a form of inflammatory bowel disease, is a condition in which the inner lining of the large intestine, or colon, and the rectum become inflamed and ulcerated. Symptoms of this condition include severe, bloody diarrhea, abdominal cramping and pain, weight loss and fatigue. According to the National Digestive Diseases Information Clearinghouse, an estimated 250,000 Americans suffer from this disorder. The causes of UC are not known, and the only “cure” is surgical removal of the colon.

## Wheat Grass Juice Help for Ulcerative Colitis

However, a recent randomized, double-blind, placebo-controlled study conducted by researchers at the Department of Family Medicine, Israel Institute of Technology, Haifa, shows wheat grass juice can be a highly effective therapy.

In this month-long study, 23 patients were given either 100 cc of wheat grass juice, or a matching placebo, daily. Of the 21 subjects who completed the study, there were 19 from whom the researchers were able to gather full information. The researchers found that



wheat grass juice, one of nature's original vitamins.

During the early 1900s, Charles F. Schnabel was able to get 126 eggs from 106 sick and dying hens facing extermination by feeding them a mixture of fresh cut cereal grasses. This result inspired Schnabel to test the effect of grass consumption on humans. His conclusion was that grass reached its highest nutritional content on the first

tured herself back to health from a deadly disease by consuming grass and green food (using the teachings of her self-taught naturalist grandmother). She discovered wheat to be her favorite grass due to its sweet taste, nutritional abundance, and cost efficiency. Beginning in the 1970s, the Hippocrates Health Institute of Boston, created by Ann Wigmore, nourished terminally ill patients back to health with fresh-squeezed wheat grass juice. Indeed, it was the seminal work of Wigmore that led Pure Planet/Organic by Nature President David Sandoval to dedicate his life to continuing in her footsteps to bring green food nutrition to the world. Today, Pure Planet/Organic by Nature continues Ann Wigmore's teachings to help heal the world through the miracle of wheat grass.

According to the May 2000 issue of *Alternative Healthzine*, wheat grass is rich in chlorophyll, which has three important benefits:

- **Purifying**—Chlorophyll has an anti-bacterial effect on wounds, and an anti-yeast effect in the digestive tract. It appears to counteract many toxins in the body.
- **Anti-inflammatory**—Chlorophyll has the effect of reducing inflammation. Thus, it can be used to help counteract the effects of arthritis, stomach ulcers, colitis, sore throats, and other inflammatory conditions.
- **Nourishing**—Chlorophyll builds blood (after all, it is almost identical to hemoglobin), helps promote intestinal flora, and assists liver cleansing.

## Green Kamut—Next Best Thing to Fresh Wheat Grass Juice

If you cannot enjoy fresh wheat grass juice from your local health food store, we suggest that you try **Green Kamut®** from Pure Planet/Organic by Nature. Kamut is an ancient, highly unique wheat strain from the Nile River region of Egypt. Today, the company's kamut is grown at a high alti-

### KEY POINT

Whereas traditional drug therapies only treat ulcerative colitis symptoms, Green Kamut works at resolving the underlying problems contributing to the disease. What's more, it works quickly, often in as little as one to two days.



the wheat grass juice “was associated with significant reductions in the overall disease activity index,” including severity of rectal bleeding. “No serious side effects were found.” Their conclusion was that “wheat grass juice appeared effective and safe as a single or adjuvant treatment of active distal UC.”

This recent study, however, only confirms what herbalists and natural healers have long known about the powerful healing properties of fresh

day a blade joint begins to form and that, during that stage, its nutritional value roughly equaled its protein content. These discoveries were groundbreaking in both the agricultural and scientific communities.

The early discoveries of the benefits and healing properties influenced many to view grass as natural medicine. Ann Wigmore, the woman responsible for popularizing the consumption of fresh-squeezed wheat grass juice, nur-

tude on an ancient volcanic lakebed, nourished with mountain spring water.

Kamut is far different than modern hybrid strains. It is far easier for the body to digest than other modern strains of wheat and has a higher protein and mineral content. Perhaps most important, kamut is very safe for anyone with a wheat allergy; indeed, according to Sandoval, "seventy-seven percent of the people who are allergic to wheat aren't allergic to kamut. There are far fewer allergic reactions to kamut, so we chose kamut as the ultimate wheat by which to make our wheat grass juice."

### Helps Three Ways

**Green Kamut** works to provide important health support to persons with ulcerative colitis in three ways: it brings oxygen to the area, thus providing a healing, detoxifying and antibacterial effect that may be contributing to the condition; kamut is an anti-adherent, making the surface of the intestinal lining so slippery pathogenic bacteria aren't able to adhere to it; finally, kamut is an anti-inflammatory, without the potential side effects of the anti-inflammatory drugs that are traditionally used to treat this condition.

"Everybody knows that there's only one reason to take **Green**

**Kamut**, and that's to heal your body," says Sandoval. "It's amazingly synergistic for the body. Green foods are the closest things to a panacea that the human body has ever seen because they regulate and normalize so many vital functions that the miracle of healing God bestowed upon the human body is unleashed. We are a tremendously powerful healing mechanism, but we have suppressed our healing ability so much by the types of foods we typically eat, and we've failed to support the healing activities of the body when we do not give it foods like wheat grass." ❖

### Prescription to Help Heal Ulcerative Colitis

**Dosage**—One serving of **Green Kamut** is equal to one ounce of fresh wheat grass juice. In addition, **Green Kamut** also contains a smaller percentage of **alfalfa grass**, which supplies ulcerative colitis patients with **vitamin K** and additional chlorophyll that are needed for healing. To avoid rapid detoxification, begin by mixing one teaspoon of the powder with six ounces of juice or water, once per day. You may increase to up to three teaspoons per day gradually over a two-week period. Always take **Green Kamut** on an empty stomach.

**Availability**—**Green Kamut** and other products from Pure Planet/Organic by Nature are available at health food stores and natural health centers. If you need help finding **Green Kamut** in your area, contact the company toll-free at (800) 695-2017 or visit their website at [www.pureplanet.com](http://www.pureplanet.com) and use their store locator service.

### REFERENCES

Ben-Arye, E., et al. "Wheat grass juice in the treatment of active distal ulcerative colitis: a randomized double-blind placebo-controlled trial." *Scand J Gastroenterol*, 2002; 37: 444-449.

### Recommended Wheat Grass

**Formula**—Pure Planet/Organic by Nature uses a low-temperature vacuum method to dry the kamut grass in **Green Kamut** immediately after harvest, minimizing oxidative decomposition and maximizing nutrient retention. The resulting certified organic wheat grass powder is the purest, non-pasteurized wheat grass powder available.



## VITAMINS 101

# Neuronal Regeneration with Methylcobalamin

**N**utritional therapy with a specific form of **vitamin B<sub>12</sub> (methylcobalamin)** is not always a miracle worker.

However, according to research compiled by Ronald Steriti, N.D., Ph.D., a graduate of Southwest College of Naturopathic Medicine, and published at [naturdoctor.com](http://naturdoctor.com):

- It has been shown that among patients with amyotrophic lateral sclerosis (Lou Gehrig's disease) that 25 mg a day of methylcobalamin for a month improves muscle responses.
- A study published in the journal *Internal Medicine* found that daily administration of 60 mg of methylcobalamin to patients with chronic progressive multiple sclerosis led to clinical improvements in visual and auditory MS-related disabilities.

- The effects of methylcobalamin were studied on an animal model of muscular dystrophy. This study, published in *Neuroscience Letters*, looked at the degeneration of axon motor terminals. In mice

receiving methylcobalamin, nerve sprouts were more frequently observed and regeneration of motor nerve terminals occurred in sites that had previously been in a degenerating state. ❖

### Prescription for Vitamin B<sub>12</sub> & Neuronal Regeneration

Animal studies have shown that high doses of methylcobalamin are effective in neuronal regeneration. The most common form of vitamin B<sub>12</sub> is cyanocobalamin. While cyanocobalamin works well to prevent anemia, it is the methylcobalamin form that is required to protect against neurological disease and aging. The liver naturally converts a small amount of cyanocobalamin into methylcobalamin, but to correct neurological defects and protect against aging, larger amounts of methylcobalamin are necessary.

**Recommended Formula**—**Vitamin B-12 Active Form** from Metabolic Response Modifiers supplies 2,000 mcg of methylcobalamin per orange-flavored sublingual lozenge. There is no known toxicity at these doses.

**Availability**—**Vitamin B-12 Active Form** is available at health food stores and from health professionals. You can contact MRM toll-free at (800) 948-6296 to find a store near you.

