

# Wheatgrass Juice— Nature's Powerful Medicine

FIRST IN A SERIES on Green Kamut, containing one of the few still-wild wheatgrass strains available to consumers

**F**or energy, detoxification or battling serious or chronic health challenges, there's nothing that can compare to quaffing one or two glasses of cereal grass juice daily. If you can't always visit a health food store or afford to purchase freshly made wheatgrass juice, your next best option is **Green Kamut** from Pure Planet-Organic by Nature.

Kamut is a type of wheatgrass that originated from the Nile Valley and is now grown in the volcanic mountains and rich inland sea beds of the American Southwest. It is an original type of wheat, not a hybrid, and its nutritional value, as we have noted in recent issues, is greater than almost all other modern strains of wheat.

David Sandoval of Pure Planet-Organic by Nature is responsible for introducing kamut wheatgrass to America. Sandoval—carrying the torch for the late Ann Wigmore who herself was one of the world's experts on wheatgrass—lectures to full houses throughout Europe on the super health to be gained from consuming juices made with young cereal grasses. He says he had good reason to choose to focus his work on kamut wheatgrass.

Although many different strains of wild barley remain, very few strains of wild wheatgrass remain today—only three or four in the world. “Most of these strains don't taste good when used as juices,” says Sandoval. “But kamut has a wonderful rich buttery flavor—and its health benefits are superb.” Sandoval adds, “Kamut is also the least allergenic of any wheat strains. Even when fully mature, it virtually never causes problems. Consuming kamut wheatgrass juice improves the quality of life and well-being of all who partake of its wonderful health benefits.”

## GRASS JUICE FACTOR— SECRET NUTRITIONAL WEAPON IN WHEATGRASS JUICE

So, what makes wheatgrass such a potent nutritional treasure? Today, informed health experts agree that the young green shoots of wheatgrass contain a phytonutrient or group of phytonutrients—still not able to be isolated or synthesized in the laboratory. This is known as “Grass Juice Factor.” Its health benefits are profound.

## SEARCH FOR 'GRASS JUICE FACTOR'

*A little history lesson...* Sandoval tells us about the work in the late 1920s of Kansas City food chemist Charles Schnabel who was looking for a nutritional source to be added to poultry feed to promote fertility and reduce mortality. “First, he tried to increase the percentage of alfalfa; next, he tried combinations of twenty different green vegetables. They did not have the health promoting effect Dr. Schnabel sought,” he says.

In 1931, he desperately tried something unique, using feed with immature wheat and oat grasses. The poultry responded fantastically. Their winter egg production increased 38 to 94 percent. But not only were more eggs produced, they also had stronger shells,



therefore increasing the number of healthy hatchlings. A higher proportion of the layers and offspring remained free of diseases.

Following up on Schnabel's work, esteemed nutritional scientist Dr. George Kohler and his colleagues at the University of Wisconsin were studying the differences in the nutritional value of cow's milk produced at different seasons of the year. The researchers discovered that laboratory animals fed summer milk thrived, but became sick and died when given winter milk. Clearly, the higher nutritional value of the summer milk was found to be due to the young grasses cows grazed on in the spring and summer. Thus began research on the “Grass Juice Factor,” thought to be responsible for this growth effect.

Meanwhile, at the University of California at Berkeley, Dr. Mott Cannon and his colleagues found that guinea pigs failed rapidly when fed a

## Amazing Recoveries with Wheatgrass Juice

We'll tell you a lot more about wheatgrass—specifically kamut wheatgrass—in upcoming issues. But, for now, the following report will help to illustrate the potent health benefits from wheatgrass. Take the case of Gainesville, Florida cancer surgeon Leonard Smith. Because of his patient Gary Garnett's religious beliefs, it was not possible to give him blood transfusions as a means of rebuilding his platelet count. Instead, Smith says, Garrett used wheatgrass juice. “Gary's platelet count rose every day for seven days from 61,000 to 141,000 and the only thing we did differently was administer wheatgrass,” notes Dr. Smith “That's phenomenal and it's fully documented on the hospital record.”

stock ration plus high levels of all the then-known nutrients, adds Sandoval. Meanwhile, wheatgrass expert author Steve Meyerowitz notes, "When the researchers added standard food supplements such as liver extracts, wheat germ, and brewer's yeast to the animals' diets, the guinea pigs remained sick and often died. Addition of dehydrated grass or grass juice brought about dramatic recovery and restimulated growth in these animals."

**SUPER HEALTH, NATURALLY**

We think health-conscious consumers who make wheatgrass juice part of their daily diet will enjoy superb health benefits and they are going to be grateful for the discovery of this missing link in their health. In fact, according to Meyerowitz, in 1940 Drs. Kohler and Schnabel and another colleague presented information about the nutritional properties of cereal grasses to the annual meeting of the American Chemical Society. They

pointed out that about one third of the people in the United States at that time were unable to buy nutritionally adequate foods because of the high cost of foods such as milk and vegetables. Even those who could afford to buy adequate foods frequently did not choose foods that provided adequate nutrients. As a result, the researchers felt that a high proportion of the population was in a state of vitamin deficiency. Because the vitamin content of cereal grass was so much higher than that of vegetables commonly consumed, they suggested that the use of cereal grass as a human food supplement would be an economical way to provide those nutrients commonly lacking in the American diet. ■

Does this sound like the same kind of nutritional challenge we face today? We think so. And we think that at only about twenty cents a serving, the use of **Green Kamut** might be the most economical, smart shopping choice consumers can make.

**Dosage**—One serving of **Green Kamut** is equal to one-ounce fresh wheatgrass juice. 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. If using **Green Kamut** as an adjunct to your cancer survival program, work with a knowledgeable health professional to adjust your dosage accordingly.

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



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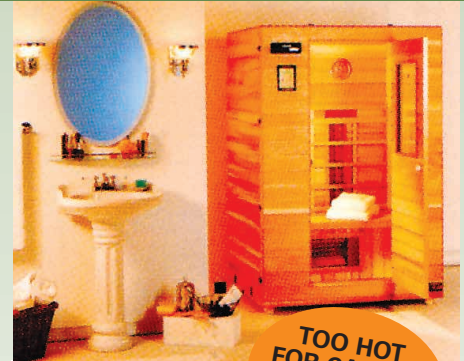
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