

# The Essentialist

June 25, 2008

Bigfork's Essential Stuff Newsletter -- Bringing People Together  
A Publication of Essential Stuff Project, Bigfork, Montana

---

## Wheat Grass -- *The Complete Food*

From the Hippocrates Health Institute

[www.hippocratesinst.org](http://www.hippocratesinst.org) (email: [info@hippocratesinst.org](mailto:info@hippocratesinst.org))

### \*\*\* What is Wheatgrass \*\*\*

- Wheatgrass is one of the richest natural resources for forms of vitamins A, C, D, K, and most of the B complex. Wheatgrass is also a natural source of Iaerril (B-17).
- Wheatgrass is the richest source of chlorophyll. Chlorophyll is the "blood" of plants, with a molecular structure almost identical to the hemoglobin molecule of human blood.
- Wheatgrass contains Beta-carotene, which is found in red, green, and yellow pigmented fruits and vegetables. Beta-carotene acts as a scavenger against harmful molecules flowing naturally through the body, or through toxins inhaled from cigarette smoke, air pollution and other sources.

### \*\*\* What It Will Do For You \*\*\*

- Drinking of wheatgrass and other green sprouted juices helps your body to build red blood cells which carry oxygen to every cell.
- Chlorophyll helps wash drug deposits from the body, purifies the blood and organs, and counteracts toxins. Wheatgrass helps remove toxic heavy metals (lead, mercury, aluminum) that have become stored in the tissues.
- Wheatgrass juice helps to increase the enzyme level in our cells, aiding in rejuvenation of the body.

### \*\*\* WHEATGRASS \*\*\*

Is one of the most direct and highly concentrated forms of the sun's energy. When wheatgrass is made into juice, it is the optimum energizer. Nutritionally, 1 1/2 oz. of wheatgrass juice is equivalent to 2 1/2 lbs. of fresh vegetables and contains 103 vitamins and minerals. The juice made from wheatgrass is 70% chlorophyll and is very high in forms of vitamins A, B-complex, C, E and K. It cleanses, purifies, and feeds the body by oxidizing the white blood cells, which boost the body's immune system. It is also beneficial for people who wish to lose weight or cleanse their bodies. An ounce of wheatgrass juice a day makes you feel great in every way.

*The members of Essential Stuff Project (ESP) are not doctors and are not qualified to advise you on your specific health situation. The information in this flyer is from the Hippocrates Health Institute; ESP is not responsible for its accuracy.*

*For more info visit: [www.hippocratesinst.org](http://www.hippocratesinst.org)*

## What's So Great About Wheatgrass Juice?

1. Wheatgrass juice is 70% chlorophyll.
2. Chlorophyll is the first product of light and, therefore, contains more light energy than any other element.
3. Wheatgrass juice is a crude chlorophyll and can be taken orally and as a colon implant without toxic side effects.
4. Chlorophyll is the basis of all plant life.
5. Wheatgrass is high in oxygen like all green plants that contain chlorophyll. the brain and all body tissues function at an optimal level in a highly-oxygenated environment.
6. Chlorophyll is anti-bacterial and can be used inside and outside the body as a healer.
7. Dr. Bernard Jensen says that it only takes minutes to digest wheatgrass juice and uses up very little body energy.
8. Science has proven that chlorophyll arrests growth and development of unfriendly bacteria.
9. Chlorophyll (wheatgrass) rebuilds the bloodstream. Studies of various animals have shown chlorophyll to be free of toxic reaction. The red cell count was returned to normal within 4 to 5 days of the administration of chlorophyll, even in those animals which were known to be extremely anemic or low in red cell count.
10. Farmers in the Midwest who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll builds enzymes that restore the sex hormones).
11. Chlorophyll can be extracted from many plants, but wheatgrass is superior because it has been found to have over 100 elements needed by man. If grown in organic soil, it absorbs 92 of the known 102 minerals from the soil.
12. Wheatgrass has what is called the grass-juice factor, which has been shown to keep herbivorous animals alive indefinitely.
13. Dr. Ann Wigmore has been helping people get well from chronic disorders for 30 years using wheatgrass.
14. Liquid chlorophyll gets into the tissues, refines them, and makes them over.
15. Wheatgrass juice is a superior detoxification agent compared to carrot juice and other fruits and vegetables. Dr. Earp Thomas, associate of Ann Wigmore, says that 15 pounds of wheatgrass is the equivalent of 350 pounds of carrots, lettuce, celery and so forth.
16. Liquid chlorophyll washes drug deposits from the body.
17. Chlorophyll neutralizes toxins in the body.
18. Chlorophyll helps purify the liver.
19. Chlorophyll improves blood sugar problems.
20. Wheatgrass juice cures acne and even removes scars after it has been ingested for seven to eight months. The diet must be improved at the same time.
21. In *The America Journal of Surgery* (1940), Benjamin Gruskin, M. D., recommends chlorophyll for its antiseptic benefits. The article suggests the following clinical uses for chlorophyll: to clear up foul-smelling odors, neutralize strep. infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner-ear inflammation and infections, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions. Heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea, in many cases.
22. Wheatgrass juice acts as a detergent in the body and is used as a body deodorant.
23. A small amount of wheatgrass juice in the human diet prevents tooth decay.
24. Wheatgrass juice held in the mouth for 5 minutes will eliminate tooth-aches. It pulls poisons from the gums.
25. Gargle with wheatgrass juice for a sore throat.
26. Pyorrhea of the mouth: lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheatgrass, spitting out pulp.
27. Drink wheatgrass juice for skin problems such as eczema or psoriasis.
28. Wheatgrass juice keeps the hair from graying.
29. By taking wheatgrass juice, one may feel a difference in strength, endurance, health, and spirituality, and experience a sense of well-being.
30. Wheatgrass juice improves the digestion.
31. Wheatgrass juice is great for blood disorders of all kinds.
32. Wheatgrass juice is high in enzymes.
33. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour green juice over you in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cold water.
34. Wheatgrass implants (enemas) are great for healing and detoxifying the colon wall. The implants also heal and cleanse the internal organs. After an enema, wait 20 minutes, then implant 4 oz. of wheatgrass juice. Retain for 20 minutes.
35. Wheatgrass juice is great for constipation and keeping the bowels open. It is high in magnesium.
36. Dr. Birscher, a research scientist, called chlorophyll "concentrated sun power." He said, "Chlorophyll increases the function of the heart, affects the vascular system, the intestines, the uterus, and the lungs."
37. According to Dr. Birscher, nature uses chlorophyll (wheatgrass) as a body cleanser, re-builder, and neutralizer of toxins.
38. Wheatgrass juice can dissolve the scars that are formed in the lungs from breathing acid gasses. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobin production.
39. Wheatgrass juice reduces high blood pressure and enhances the capillaries.
40. Wheatgrass juice can remove heavy metals from the body.

*The members of Essential Stuff Project (ESP) are not doctors and are not qualified to advise you on your specific health situation. The information in this flyer is from the Hippocrates Health Institute; ESP is not responsible for its accuracy.*

*For more info visit: [www.hippocratesinst.org](http://www.hippocratesinst.org)*