

Online Extras

Grow Your Own Wheat Grass Indoors

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Ann Wigman was one of the early pioneers of wheat grass, and though many of her claims regarding the benefits of this, the young grass of the common wheat plant, were seen as outlandish, there are some truths to many.

For instance, wheat grass is packed with highly concentrated vitamins, minerals, chlorophyll and enzymes. According to www.greenhealth.com, "wheatgrass is a complete food that contains 98 of the 102 earth elements."

Here are just a few examples of how wheat grass may be beneficial to your health: externally and internally.

- Increases red blood cell count
- Lowers blood pressure
- Cleanses the blood, organs and gastrointestinal tract
- Stimulates metabolism and the body's enzyme systems
- Aids in reducing blood pressure
- Stimulates the thyroid gland, correcting obesity and indigestion
- Restores alkalinity to the blood
- Relieves many internal pains
- Treats peptic ulcers, ulcerative colitis, constipation and diarrhea
- Powerful detoxifier
- Liver and blood protector
- Provides protection from carcinogens
- Strengthens cells
- Detoxifies the liver and bloodstream
- Chemically neutralizes environmental pollutants
- Fights tumors and neutralizes toxins
- Eliminates itchy or dry skin
- Helps mend damaged hair and scaly scalp conditions
- Soothes and heals cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils, sores, open ulcers, tumors, etc.
- Works as a sleep aid
- Sweetens the breath and firms gums
- Lessens the effects of radiation
- Restores fertility

For more information on the benefits of wheat grass visit www.hippocratesinst.org