

Greenwich Sentinel



Building a Strong Community Together + November 20, 2015

Health Tips: Why Wheatgrass?



By Julia Chiappetta
Sentinel Contributor

Wheatgrass juice is literally condensed sunlight energy and one of the most potent healing agents on the planet. It is always on the top of my list and is becoming one of the most widely used health food supplements, because it feeds and cleanses cells.

But not all wheatgrass is the same. I've been drinking wheat grass shots for 15 years, ever since my cancer diagnosis. About six years ago, a wise friend shared with me the difference between indoor and outdoor-grown wheatgrass: All indoor-grown wheatgrass contains mold and simple sugars, while outdoor-grown does not, and the soil and sunlight pack far more nutrition into the plant than any greenhouse could. Wow! My wheat grass shots immediately became more potent.

Some cool wheatgrass facts:

- Two ounces of wheat grass equals the amino acids, vitamins, minerals and chlorophyll found

in five pounds of green leafy vegetables.

- Juice is extracted from wheatgrass sprouts before wheat seed begins to form, making it gluten free.

- It's an alkalizing food that helps maintain a balanced pH. Our bodies are alkaline by design (at birth) and acid by function. Maintaining proper alkalinity is essential to health, with acidosis being one of the leading causes of disease.

I believe that wheatgrass helped me rebuild and heal my body of cancer, and I also believe that there are many paths to wellness.

Here are 25 more benefits of wheatgrass juice:

1. Wheatgrass is one of the best sources of living chlorophyll from a living plant.
2. Wheatgrass has healing properties and contains all minerals known to man, 17 amino acids, vitamins A, B-complex, C, E, and K.
3. Wheatgrass juice contains up to 70 percent chlorophyll, a blood builder whose molecules closely resemble the pigment that combines with protein to form hemoglobin.
4. Chlorophyll contains enzymes and super-oxide dismutase, a copper-containing protein found in mature red blood cells.
5. Chlorophyll contains more light energy than any other food element.

6. Science has proven that chlorophyll arrests growth and development of unfriendly bacteria.

8. Chlorophyll is antibacterial and can be used inside and outside the body as a natural healer.

9. Chlorophyll from wheatgrass has been found to have over 100 elements needed by man.

10. Wheatgrass grown in organic soil will absorb 92 of the known 115 minerals.

11. Liquid chlorophyll has the ability to get into the tissue, where it can refine and renew it.

12. Soothing effects of chlorophyll ointments treat itching, insect bites, acne and infection.

13. Chlorophyll neutralizes toxins in the body.

14. Chlorophyll helps purify the liver.

15. Chlorophyll improves blood sugar problems.

16. Wheatgrass is anti-inflammatory.

17. Wheatgrass offers a high oxygen environment to benefit brain and body tissue function.

18. Wheatgrass is a nutritionally complete food.

19. Wheatgrass juice is a superior detoxification agent.

20. Wheatgrass juice acts as a detergent in the body and may be used as a deodorant.

21. Wheatgrass juice held in the mouth for 5 minutes can pull poisons from the gums.

22. Gargle with wheatgrass juice for a sore throat.

23. Wheatgrass juice improves the digestion.

24. Wheatgrass juice reduces high blood pressure and enhances the capillaries.

25. Wheatgrass juice can remove heavy metals from the body.

Because these benefits rely on how it's grown, I purchase my wheatgrass from the only outdoor farm I could find in North America: DynamicGreens.com. I receive a cooler on my doorstep within days of my order and pop the flash-frozen wheatgrass ice cubes into my freezer for my one-month supply. Their product is truly organic and offers high nutrient value and no contaminants grown in a sustainable environment, without the use of herbicides or pesticides. This farm manages its land to ensure that vital elements are not stripped. They use only self-sourced seeds, free of methyl-mercury, and keep the juice unprocessed (unpasteurized) to hold its energy. These are the only shots I do... ha-ha!

Julia Chiappetta is the author of "Breast Cancer: The Notebook" (Gemini Media, 2006) and is also the owner of Julia Chiappetta Consulting. To reach her, visit: JuliaChiappetta.com.