

How to Get Started on Wheatgrass

By Angelica Zaid, M.D.

Step One

What is Wheatgrass (WG) ?

- * It is a natural green plant, with anti-inflammatory, anti-cancer, & anti-aging properties.
- * It is a super green food with more concentrated raw greens in 1 oz. than you can get eating spinach and broccoli and other green veggies ... all day.
- * Its primary properties are by virtue of its antioxidants & its ability to keep the body in an alkaline pH state, and then ... the body can work optimally to heal and renew.
- * It can be taken for prevention at 1-2oz. daily, or for reversing a tough illness at 4-20oz. daily.
- * It is a complete food, no other food or vitamins/minerals necessary for survival, except Vitamin D which we are supposed to get from the sun (but most people need to supplement with Vitamin D3 daily). There are extremists who survive on WG and sunshine alone!

Step Two

How will you obtain your Wheatgrass?

- * You can go to a “juice bar” (convenient if you have such a place next door to your work or home), such as Jamba Juice or your local well-equipped health food store (for example Jimbo’s, Whole Foods, etc).
- * You can invest in a Wheatgrass juicer for your home, and buy a flat of Wheatgrass once weekly at your local well-equipped health food store (for example Jimbo’s). A 17’x17’ flat of grass lasts two people, drinking 2 oz. daily, for 1 week, at a cost of \$9.99. Some WG growing companies may deliver WG flats to your home if you research it.
- * You can invest in a Wheatgrass juicer for your home, and grow your own Wheatgrass (in a flat, it grows in 10 days). (Get a growing kit from www.wheatgrasskits.com). Beware: all of nature’s animals love it too and seem to instinctively know its value, and may try to eat an outdoor growing experiment while its still growing – birds , snails, gnats, etc.

Step Three

If you want a Wheatgrass juicer, from where can you purchase one?

- * Online: go to www.wheatgrasskits.com .
- * At your local well-equipped health food store (for example Jimbo’s), you can buy a WG manual juicer usually for under \$100 (good if you are making it daily for 1-2 people, 1-2oz/day each; but not for high volumes), or an electric WG juicer for approximately \$200.
- * At a local Jamba Juice place: they carry electric Wheatgrass juicers for approx \$200.
(A recommended electric Wheatgrass juicer brand: for example, Omega.)

Warning: you cannot use your Champion Juicer or Vitamix to make Wheatgrass (unless they come out with new attachments for WG specifically). Please call your juicer’s manufacturer and ask if your machine does Wheatgrass, otherwise you are wasting time & energy.

Step Four

How much Wheatgrass should you drink?

- * Start with 1oz. daily for one week, then progress to 2oz daily for maintenance and prevention.
- * For a tough illness, consider taking orally 2oz of WG juice twice daily, and up to 16 oz rectally in an enema form. (The Optimum Health Institute in Lemon Grove, CA in San Diego County teaches the enema technique, and it is explained in the WG book referenced below). (In general, a person lies on their side, injects the WG rectally with a syringe (no needle attached), and once all the WG has gone inside, the person continues to lie down or tilts the pelvis to try to retain the WG juice inside for up to 30minutes for optimal absorption.)

If fresh WG juice causes too much nausea/vomiting at first, consider: 1) starting with much smaller amounts, or 2) the enema route, or 3) the WG tablet or powder form (from health food stores). (Some people may also be initially too toxic to tolerate an oral small dose).

WG tablets or powders tend to be less potent forms of WG, thus results may take longer, but better than no WG at all. Take the tablet/powder forms of WG as recommended on the bottle’s label.

Step Five

How do you obtain the MAXIMUM health benefits from WG?

- * Start it ASAP. Just add it to whatever eating regimen you already have. Don’t feel compelled to change your whole life right now. What will happen naturally, is that once your body receives

- such a full body of nutrients, your cravings for less healthful food items will diminish, and you will naturally notice better food choices happening without effort!
- * Drink it within 6 minutes of the juice being made.
 - * Drink it daily. (When you travel, consider tablets or powder forms for practicality).
 - * Take it on an empty stomach, and take in nothing else except water for 1 hour. (Hint: To cut the intense WG taste, immediately eating a teaspoon of powdered cinnamon is allowed, for the purists).
 - * If you make your WG juice at home, optimal nutrition is obtained when the WG is cut/harvested at 7-10 inches in height. So it is best to wait to harvest ALL of your WG flat at the 7-10 inch height, and then it can be stored in a hard plastic container for up to 1 week. Until your WG flat reaches that optimal height, cut the amount of WG you need for your juicing needs that day, and water the rest of the flat to continue growing on your kitchen counter once daily (needs some sunlight exposure).
 - * Cut your WG above any mold or “fuzzy white accumulations” near the soil / root area, if noted.
 - * If you make your WG at home: once you have used up your WG flat once, do not continue to use your WG flat for more WG (it will start to grow again from the same soil). It would seem economical to just keep using it, but the first harvest had the maximum optimal nutrition, and you will want to mulch it and put the WG “remains” into your garden, and then buy a fresh new flat for your next juicing to continue to maximize your benefits.

Step Six

What health benefits can be expected with WG?

The possibilities are endless! The more severe the symptoms you have, the more of a difference you will notice.

Books have been written about the benefits of WG (see reference below).

Overall, WG generally helps with: anti-tumor/cancer effects, anti-inflammation (for pain, autoimmune problems, aging, allergies), constipation, irritable bowel syndrome, ulcerative colitis, Crohn’s disease, colon cleansing, fatigue, liver detoxification, blood purification, acne, thalassemia anemia, fertility, weight loss from release of toxin-laden fat (can take 6months).

Step Seven

Can people with Wheat allergies use Wheatgrass?

Yes.

Wheatgrass is considered a green vegetable, not a processed form of wheat.

Our ancestors may not have had the know-how or digestive processes to process wheat for making breads and cereals and other gluten-filled food items, but green vegetables and grasses ... yes!

CONCLUSION / SUMMARY:

Sample “home” WG juicing regimen: (taking 7-8 minutes daily)

- 1) Go to kitchen and announce “it’s Wheatgrass time”.
- 2) Put your WG juicer parts together.
- 3) Cut the amount of wheatgrass needed from your flat, or get from the refrigerator (already harvested WG).
- 4) Rinse the wheatgrass under cool water (like washing your vegetables before eating).
- 5) Put the WG through your WG juicer, and then put it through again and again until the pulp comes out semi-dry (to maximize the juice coming from your WG that day).
- 6) Measure out 1- 2 oz. of WG juice per person into plastic containers with measurement lines.
- 7) Drink and enjoy ASAP.
- 8) Unplug WG juicer, and then disassemble, and rinse parts under cool water. Ready for next time.

Mission accomplished!

References:

- 1) Wheatgrass: Nature’s Finest Medicine, by Steve Meyerowitz (2006) paperback book.
- 2) Optimum Health Institute, Lemon Grove, California (San Diego County): 1 to 3 week stays available (room+board+classes: \$500-\$1000/week/person).
- 3) Wheatgrass newsletter: just search online for: “wheat grass newsletter”.