

Wheatgrass and Sprouts

"Let food be your medicine" -Hippocrates

Wheatgrass Juice



Introduction:

- ✓ The wheatgrass juice contains more than 90 elements from the soil and is one of nature's richest sources of vitamins A and C.
- ✓ It contains all of the known mineral elements and is rich in calcium, magnesium, phosphorus, iron, potassium, sulfur, sodium, cobalt and zinc.
- ✓ It is also abundant in vitamin B 17 (laetrile).
- ✓ As a cocktail, wheatgrass juice is a powerful purifier of the stomach, liver, pancreas and circulatory system.
- ✓ Initial consumption can cause nausea, but this is just a manifestation of initial impact of the wheatgrass juice on bodily toxins.
- ✓ We recommend that you start with a small amount (one ounce) and increase the amount gradually.
- ✓ For optimum nutritional value, you must consume the wheatgrass juice immediately, within 15 minutes form preparation.

Ingredients:

Fresh Wheatgrass

Equipment:

Use a juicer with masticating blade, not centrifugal, like Lexen, Omega or Green Power and a measuring cup

Instructions:

Put the grass in the juicer, in small amounts.

Juice 1 or 2 oz of juice.

Drink it within 15 minutes from the preparation.

You can drink water to wash out the sweet aftertaste

This miracle green juice will make you feel energized, feel nourished for longer periods of time, lose weight and be healthier.