



BENEFITS OF WHEATGRASS

'Cows Eat It, Dopes Smoke It, But only the Enlightened Drink It' Jason Vale

- Anti bacterial
- Anti inflammatory
- Anti Oxidant
- Detoxifier – chlorophyll pigment works to 'mop' up stored toxins and impurities. It also works to purify and cleanse the liver. Within a short period of time taking this you should notice **increased energy levels and clearer skin.**
- Digestion – the particular enzymes in wheatgrass alleviate bloating, gas, constipation, and help with after meal discomfort.
- As a nutrient dense superfood it helps alleviate cravings
- Balances blood sugar levels
- Aid cognitive brain function
- Research on the ability of wheatgrass to boost red blood cell count and lower blood pressure

(20 amino acids, 11 x times more calcium than milk, 5 x times more iron than spinach, 7 x times more vitamin C than oranges , B12 source)

MORNING TIME CLEANSE

- A single 30ml shot is equal to 1kg vegetables
- The taste is ACQUIRED!
- Add 1 teaspoon of wheatgrass powder to 30ml of coconut water or fresh apple / orange juice.
- Knock back and a great tip is to have a ¼ wedge of an orange to bit on – the vitamin C content will work great to absorb and use the iron in wheatgrass for energy!

