

[PDF] Wheatgrass Nature's Finest Medicine: The Complete Guide To Using Grasses To Revitalize Your Health

Steve Meyerowitz - pdf download free book



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Description:

Review Dear Mr. Meyerowitz, I just want to tell you how much your book has helped me. In 1995, I was diagnosed with bladder cancer.I have been through the mill. The doctor has cut me upso

many times, I feel like I paid for his medical school. But your story about the woman in Florida with bladder cancer changed everything for me.....Your book is thoroughly dog-eared but not from abuse--from love. I think I've bought at least a dozen copies by now that I gave to friends and even one stranger! God bless you for giving me the key that has literally turned my life around. --Diane Wendt, Bloomingdale, IL

Dear Steve, I have just finished going through your new book "Wheatgrass Nature's Finest Medicine". It is a masterful work. It is definitely the most complete book on the subject. I am sure we will sell a lot of them. Your thorough command of the subject and your easy-to-understand writing style and lots of pictures make it ideal for the person just starting out. And it's great for us experts too. -Best regards, --Richard Rommer, Gourmet Greens, Chester, VT

Dear Steve, What a wonderful job you have done with "Wheatgrass Nature's Finest Medicine". I have been selling Dr. Ann's (Wheatgrass) book for years, but yours is far superior. --Kathleen Garrett, Wheatgrass Express, Gainesville, Florida

From the Author What's in this Book?

What is Wheatgrass?

Wheatgrass is a variety of grass that is used like an herbal medicine for its therapeutic and nutritional properties. It is available as a fresh squeezed juice, a dehydrated powder, or tablets. This book uses the name "wheat" grass because it is the most popular, but the common grains of barley, oat and rye grow grasses that are equally potent. See Spiritual & Religious Roots, History & Culture, Healing with Grass, Nutrition, The Pioneers, Real Stories from Real People.

What does it do?

It has broad effectiveness, but its three most therapeutic roles are: blood purification, liver detoxification, and colon cleansing. As a food it is very nourishing and restorative with such a complete range nutrients that it can, by itself, sustain life. This nutritional miracle is most evident in the animal kingdom where studies prove large and small grazing animals not only sustain themselves on young grasses but also improve their health. See Healing with Grass, Nutrition, Research, Real Stories from Real People, Spiritual & Religious Roots.

How do I take it?

Therapeutically, you would drink the fresh juice or apply it rectally through enemas or implants. For nutrition and prevention, you can make powdered drinks or take tablets. See The Juicers, Healing with Grass, Real Stories from Real People.

Where do I get it?

From your natural food store, juice bar, direct from growers, or mail order. See Resources, The Companies, The Pioneers, Healing Resorts.

Why should I take it?

Wheatgrass earned its reputation from people with terminal illnesses who took it at the eleventh hour of their lives, after conventional medicine left them with no hope. But you can take it as part of a long range prevention and health maintenance program. See Healing with Grass, Research, Nutrition, Real Stories from Real People.

How do I get started?

You can grow the grass yourself, buy it from a grower or health food store, drink the juice at a juice bar or buy bottled grass tablets and powders. But if you are sick, it is highly recommended that you enroll in a retreat center for a 24 week wellness program. As an alternative, you can establish a

home-health program using the information in this book and the guidance of a knowledgeable health professional. See *Grow Your Own Grass*, *The Juicers*, *The Companies*, *Healing Resorts*.

Why should I believe you?

There are many scientific studies demonstrating the efficacy and nutrition of grass foods. Most information about its therapeutic effectiveness is based on clinical evidence and the word-of-mouth testimony of users. See *Science & Wheatgrass*, *Research*, *Real Stories from Real People*, *Nutrition*, *Spiritual & Religious Roots*, *History & Culture*.

Wheat Grass vs. Wheatgrass

A word on spelling. "Wheat grass" is a variety of grass like barley, oats and rye, grown in fields across America. "Wheatgrass" refers to grass grown indoors in trays for approximately 10 days and is the kind that is squeezed into a fresh juice. The tray-grown grass is used primarily for therapeutic purposes. The 60+day old field grown grasses, available in dehydrated powder or tablets, are used primarily as nutritional supplements. --This text refers to an out of print or unavailable edition of this title.

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