

~ A Healthier You ~

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When I surrender, the Universe moves.
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Living Foods - Wheat Grass, Berries

Society, as a whole, eats a lot of wheat- most often highly processed, lifeless, enzyme-less forms, such as breads, bagels, donuts, pizza, cookies and deserts. But, the healing power of wheat is actually hidden in the wheat berry (seed) itself. When the berry is sprouted and grown for 10 to 14 days, it is called 'wheat grass'. Wheat grass contains the entire range of vitamins, minerals, enzymes and nutrients that the human body requires. Whereas, the more popular form of dead food products mentioned above and consumed by millions of uneducated people, is totally void of life or health giving properties.

Wheat berries, like all other sprout seeds, reminds us that the life force, or innate healing power is hidden within us. When we expose and release this energy (like sprouting does for seeds) by drinking or applying wheat grass, our body and mind regenerates into the strong, beautiful, healthy form they were created to be. That's because Wheat Grass is almost like a blood transfusion. It's a wonderful cleanser and rejuvenator, which means, it helps your body to throw out toxins that have built up over the years. It helps the body to replace old dead cells with new cells. In chronic ailments, such as cancer, there may be an attempt by the body to throw out accumulated toxins, which could result in diarrhea or vomiting. Both of these conditions are welcomed as part of the healing crisis. Just cut back

on the amount of wheat grass juice being consumed to ½ and use it diluted with distilled water. Gradually begin to increase the amount as your body is able to handle the removal of toxins in a more gentle way.

“In this fast-paced world, it is too frequently the case that people accept what society, family members, and the authorities (whom nobody ever seems to question) believe, regarding how to live their lives. Yet, the happiest people I know have been those who have accepted the primary responsibility for their own spiritual and physical well-being; those who have inner strength, courage, determination, common sense and faith in the process of creating more balanced and satisfying lives for themselves.”

~ Ann Wigmore (the wheat grass lady)
Be Your Own Doctor