



# Wheatgrass Nature's Finest Medicine: The Complete Guide to Using Grasses to Revitalize Your Health

*By Steve Meyerowitz*

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New, expanded, and improved, this worldwide best seller has everything you need to know about this wonder plant and its miracle cures. This is possibly the most up-to-date, nutrition filled, research packed book on wheatgrass in print. Learn how to grow wheatgrass and use it for maximum therapeutic benefit in a total health restoration program. Also included are testimonies by people who have been cured using wheatgrass and the history of wheatgrass going back to biblical times,

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## **Wheatgrass Nature's Finest Medicine: The Complete Guide to Using Grasses to Revitalize Your Health By Steve Meyerowitz Bibliography**

- Sales Rank: #505220 in Books
- Brand: Book Publishing Company
- Published on: 2006-09-30
- Original language: English
- Number of items: 1
- Dimensions: 9.07" h x .63" w x 6.12" l, .94 pounds
- Binding: Paperback
- 240 pages

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### **Editorial Review**

#### 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 up ....so 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.

From the Back Cover

Wheatgrass Nature's Finest Medicine

The Complete Guide to Using Grass Foods & Juices to Help Your Health

Cleanse.... Nourish.... Rejuvenate.... Heal

Epilogue by Ann Wigmore

Everything you need to know about this wonder plant and its miracle cures. Including why it works, where to get it and where to go for help. How to grow it, juice it, take it and create a total health restoration program. Nutrition, research, healing retreats, detoxification, history, chlorophyll, cancer, real stories by real people. Wheat, barley and Kamut grasses.

Wheatgrass juice is the nectar of rejuvenation, the plasma of youth, the blood of all life. The elements that are missing in your body's cells - especially enzymes, vitamins, hormones, and nucleic acids can be obtained through this daily green sunlight transfusion. --Rev. Viktoras Kulvinskis, MS, author *Survival into the 21st Century*

I see people go through this therapy everyday and I can tell you, miracles happen.--Brian Clement, Director Hippocrates Health Institute, West Palm Beach, Florida

Why take these young grasses? Because you'll be giving yourself a health elixir unlike anything you've ever experienced! The effect these highly nutritious green drinks are having on all my patients, especially my arthritis patients, is nothing short of amazing. --Julian Whitaker, MD. editor *Health and Healing Newsletter*

Gary's platelet count rose every day for 7 days from 61,000 to 141,000 and the only thing we did differently was administer wheatgrass. That's absolutely phenomenal and it's fully documented on the hospital record. -- Leonard Smith, MD., Cancer Surgeon

Barley grass leaf extract dramatically inhibits the growth of human prostatic cancer cells grown in tissue culture. ...It may provide a new nutritional approach to the treatment of prostate cancer. --Dr. Allan L. Goldstein, Ph.D, George Washington Univ. Medical Center

I believe a leaf of grass is no less than the journey-work of the stars.--Walt Whitman

Never Underestimate the Power of Nature

## **Users Review**

### **From reader reviews:**

#### **Ryan Pearson:**

In other case, little men and women like to read book Wheatgrass Nature's Finest Medicine: The Complete Guide to Using Grasses to Revitalize Your Health. You can choose the best book if you appreciate reading a book. Provided that we know about how is important some sort of book Wheatgrass Nature's Finest Medicine: The Complete Guide to Using Grasses to Revitalize Your Health. You can add understanding and of course you can around the world by just a book. Absolutely right, since from book you can realize everything! From your country right up until foreign or abroad you will find yourself known. About simple factor until wonderful thing you may know that. In this era, we can open a book or searching by internet gadget. It is called e-book. You need to use it when you feel bored to go to the library. Let's learn.

#### **Joshua Stamper:**

Spent a free a chance to be fun activity to do! A lot of people spent their free time with their family, or their very own friends. Usually they doing activity like watching television, likely to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? May be reading a book could be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the publication untitled Wheatgrass Nature's Finest Medicine: The Complete Guide to Using Grasses to Revitalize Your Health can be excellent book to read. May be it could be best activity to you.

#### **Martha Lockridge:**

Your reading 6th sense will not betray you, why because this Wheatgrass Nature's Finest Medicine: The Complete Guide to Using Grasses to Revitalize Your Health guide written by well-known writer who knows well how to make book which might be understand by anyone who all read the book. Written inside good manner for you, still dripping wet every ideas and writing skill only for eliminate your current hunger then you still skepticism Wheatgrass Nature's Finest Medicine: The Complete Guide to Using Grasses to Revitalize Your Health as good book not merely by the cover but also by content. This is one publication that can break don't judge book by its protect, so do you still needing another sixth sense to pick this kind

of!?! Oh come on your reading through sixth sense already told you so why you have to listening to yet another sixth sense.

**Phyllis Thompson:**

What is your hobby? Have you heard which question when you got students? We believe that that query was given by teacher to their students. Many kinds of hobby, Everyone has different hobby. Therefore you know that little person including reading or as reading become their hobby. You should know that reading is very important and book as to be the point. Book is important thing to include you knowledge, except your teacher or lecturer. You discover good news or update about something by book. A substantial number of sorts of books that can you decide to try be your object. One of them is this Wheatgrass Nature's Finest Medicine: The Complete Guide to Using Grasses to Revitalize Your Health.

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