

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## **Wheatgrass - The Ultimate Healer**

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Most of us don't think of wheat, the staff of life and the staple of many Westerners' diets, as a healing herb. The dried grain in itself provides optimal nourishment as a basic food--it contains protein, vitamins, minerals and carbohydrates for energy. But what turns it into a powerful healer is germination: grow wheatgrass and you have an ultimate healer.

Dr. Ann Wigmore was the first to popularize wheatgrass for healing. She noted that wheatgrass has live minerals, live vitamins, and live trace elements at a pH very close to that of human blood.

Wheatgrass is 70% chlorophyll. The chemical structure of chlorophyll is similar to that of the hemoglobin of the blood. Chlorophyll purifies and builds the blood. It also arrests the growth of unfriendly bacteria, assisting the body in attaining optimal health.

Wheatgrass is high in vitamins A, C, and the B vitamins. It contains minerals and trace elements necessary to your body. It is rich in calcium, phosphorus and magnesium in just the right proportions for optimal calcium assimilation (you can't absorb calcium well unless these three elements are in correct proportion). It also contains sodium, potassium, sulfur, iron, cobalt and zinc. It is loaded with enzymes, which will create youth and health for you. It contains all the essential amino acids, which is great news for the pure vegetarian who is trying to follow Dr. Christopher's nutritional guidelines.

Wheatgrass helps detoxify your body by breaking up impacted matter in the colon. It helps fight infection throughout your system and builds your immune system. It contains lecithin, which will help break down fats in the lymphatic system and feeds the heart. In experiments with anemic animals, their blood count returned to normal after four to five days of receiving chlorophyll.

Wheatgrass is entirely nontoxic. It can be used internally or topically without fear of side-effects. Used in conjunction with the Christopher Cleansing Program it can do much as a tonic aid toward relieving pain and suffering of so-called incurable diseases.

You can purchase flats of wheatgrass at your local health-food store, or you can grow your own. Fill a nursery flat with a few inches of soil, making sure it is nice and even. Moisten the soil evenly. Then soak 2 cups of hard red winter wheat overnight. Place on soil in a single layer, leaving no empty spots. Cover with a half-inch of soil. Keep moist; in a few days you'll have beautiful wheatgrass four to six inches high, which is ready to harvest. Place by a window or outside on a mild day to green up.

Cut bundles of this wheatgrass, rinse it well, and juice it in a slow, manual wheatgrass juicer. If you use a blender or highspeed juicer, you can oxidize important lifegiving elements. Drink two ounces night and morning by swishing each mouthful to mix the saliva with the wheatgrass juice. You may experience a

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“gag reflex” because the wheatgrass juice is so concentrated, but persevere, and you'll begin to see a miraculous increase in energy and vitality from taking daily wheatgrass juice.

Be sure to replant in time so that you'll have a constant source of fresh wheatgrass.

Dr. Christopher recommended this schedule: when you get up in the morning, take a drink of 1 quart warm water, 2 tablespoons unsulphured molasses, and ½ lemon to clear any leftover digestive liquids from the stomach. In a half hour, take your two ounces of wheatgrass juice. This can be taken straight, diluted half and half with distilled water.

Source: School of Natural Healing 100-herb syllabus