

**The Basics of Wheatgrass - from *Wheatgrass: Nature's Finest Medicine***  
by Steve Meyerowitz, "Sproutman®" author of *Wheatgrass, Nature's Finest Medicine*  
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**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.

**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.

**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.

**Where do I get it?**

From your natural food store, juice bar, direct from growers, or mail order.

**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.

**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 2-4 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.

**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

**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.

***About the author:** Steve Meyerowitz, "Sproutman" is the author of several books on health, diet, and nutrition including *Wheatgrass Nature's Finest Medicine, Power Juices Super Drinks, and Juice Fasting and Detoxification among others. For more information about this subject, you can visit [www.Sproutman.com](http://www.Sproutman.com).**