THE MIRACLE OF 100% ORGANIC WHEATGRASS...
& WHY YOU SHOULD BE TAKING IT RIGHT NOW!

wheatgrass.ie
the smarter way to better health
“The Miracle Of 100% Organic Wheatgrass… & Why You Should Be Taking It Right Now!”

- Ever wondered about why wheatgrass is called one of Mother Nature’s Miracle Foods?
- Concerned about toxins and carcinogens in “no-name” wheatgrass supplements?
- Want the biggest bang for your buck when it comes to quality, purity and value?

You have come to the right place! This short but informative “Wheatgrass Field Manual” gives you the answers you want to know – without the hype, confusion and puff-speak you have no doubt come across before!

Wheatgrass – The Wonder Food
You have heard about this super food called wheatgrass.

How it detoxifies, revitalizes and energizes your entire system – plus offering you a host of other health benefits that just cannot be beat.

But what exactly are those health benefits, and how does wheatgrass work its bio-nutrient magic?

Glad you inquired! Because now you are going to discover everything you never knew about wheatgrass, and some things you probably would never even think to ask.

Ready? Then let’s get cracking!

What Exactly is Wheatgrass?
Wheatgrass is the green sprout of a young wheatgrass plant, grown under optimum conditions, carefully harvested at its nutritional maximum, dehydrated and bottled for your convenience. Wheatgrass is not to be confused with the common wheat grain used for making flour. Wheatgrass is also 100% gluten free – important for anyone with a wheat or gluten intolerance.
Packing a 70% wallop of pure chlorophyll, this is one of wheatgrass’s most important nutritional aspect. Remarkably similar to human red blood cells, once this chlorophyll is ingested – it carries oxygen to every cell in the body. Nourishing, protecting and strengthening your entire system.

In fact, there are few other plants in nature with such a high concentration of bio-available chlorophyll as wheatgrass! Because of this, wheatgrass has the highest oxygen content of any other green plant. This high oxygen content keeps the human brain and body functioning at optimal efficiency.

**Potent Detoxifier!**

It seems that almost everything we touch, drink or eat lately is adulterated is some way…

- Pesticides
- Heavy metals
- Pharmaceutical wastes
- Rogue hormones
- Industrial runoff…
You name it, and we are being exposed to it. All of these harmful substances are linked to **subclinical chronic infection**. This chronic infection in turn is directly linked to a host of ailments – including diseases and dementia.

Our bodies are working overtime to keep our bodies cleansed – and this places undue stress on our system. But it gets to be a losing battle, as the **toxins and poisons** of modern-day living accumulate faster than we can expel them from our sweat and digestive track.

**This is where wheatgrass truly shines.** The oxygen and other bio-nutrients in wheatgrass attach to these harmful substances, **rendering them inert**. They are then eliminated through the usual bodily processes.

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**Did you know…** Wheatgrass is a super detoxifying agent, even when compared to carrot juice and other fruit and vegetables – with over **20 times** the potency?

Dr. Earp Thomas, associate of the Ann Wigmore foundation states that 15 pounds of wheatgrass is equivalent to 350 pounds of carrots, lettuce and celery.

Wheatgrass is especially effective against **mercury, strontium and lead** – three of the biggest **heavy-metal poisoning** dangers we face.

It is also quite a powerful aid in **pharmaceutical detoxification**, flushing these unwanted chemicals right out of the body.
Protection Against Colds & Flu

Wheatgrass has another health-friendly property – it helps balance out immune system, keeping it at optimal efficiency.

Our first line of defense against germs, viruses and bacteria is our immune system. Constantly scavenging our body and lymphatic system for harmful invaders, without a healthy immune system we would hardly make it out of the bed.

However, as we get older, our immune system starts to slow down and become less effective at doing its job. Wheatgrass can give our flagging immune system a kick in the doldrums – bringing it back to youthful vigour!

Especially during the colder months when we are not exposed to healthy sunlight, our immune systems need all the help it can get. Wheatgrass gives us that help!

**Did you know...** Why does the flu always seem to crop up during the winter months? One of the most potent immune-enhancing vitamins is Vitamin D3 – the “sunshine” vitamin. During those bleak, dark winter days, we get almost no quality exposure to sunlight, and our Vitamin D3 levels plummet.

With our resistance to germs and viruses so low, they can get a foothold, overwhelm our innate defences – and cause illness.

The chlorophyll in wheatgrass is a potent anti-bacterial in its own right – arresting the growth and development of unfriendly bacteria. This property helps to heal us on the inside when ingested, and topically when used as a lotion or spray. Plus, drinking wheatgrass on a regular basis helps improve skin problems such as acne, eczema or psoriasis.

Have a sore throat or mouth infection? Then try swishing or gargling with our pure wheatgrass mixed with water. It not only will attack the germs causing your distress, but leave your breath smelling fresh and sweet too!
How many times when you are feeling blah and listless do you grab a cup of coffee for a hopeful pick-me-up? Want a better solution? Try wheatgrass instead!

By oxygenating our cells from the inside, wheatgrass provides a long lasting and healthy energy boost – getting us through the day without feeling like we have balls and chains wrapped around our ankles.

A serving of wheatgrass will do more to energize your system than a potful of caffeine-laden coffee – and you won’t be getting those awful jitters afterwards!

And unlike coffee or those super caffeine saturated energy drinks, wheatgrass is digested and goes to work within 15 minutes to quickly raise energy levels! Coffee can take well over an hour to start doing its thing.
Rebuilds Your Blood!

Wheatgrass actually rebuilds the bloodstream, without any toxic reaction!

Even cases of severe anemia have returned to normal after taking wheatgrass - in as little as 14 days! And as an added benefit, the high magnesium content in wheatgrass helps build the enzymes that are responsible for restoring our sex hormones.

Slows Down Greying Hair!

Is your hair turning prematurely grey? If so, then you know greying hair can make you appear older than your years. Now this might be a gift for some of us, but for the rest it's a trend we would rather see reversed!

Greying hair is a gradual process, slowly beginning near your temples and then onto the rest of your head. But with premature greying, the melanin (the colour producing substance found in our hair) starts rapidly declining. These melanin molecules separate from each other – causing your hair to take on its grey appearance.

This premature greying can be caused by heredity, excessive or prolonged periods of stress, or other factors such as illness or nutrient deficiency reducing melanin production. You may not be able to totally stop hair from going grey, but you can slow down the entire process, or prevent it from getting worse by taking wheatgrass!
Even More Benefits!

As if everything we just mentioned wasn’t enough, wheatgrass has even more wonderful health-inducing tricks up its sleeve…

Wheatgrass is great for **healing and detoxifying the colon walls**, significantly improves digestion as well as healing and cleansing the internal organs.

Wheatgrass can also **dissolve lung scars** formed from breathing acid gasses.

Wheatgrass **capillary enhancement properties** can actually **help reduce high blood pressure**.

Wheatgrass **stabilizes blood sugar**, helping to prevent and if already present, control diabetes.

Organic vs. Non-Organic… Is There a Difference?

There is a ton of controversy about **organic vs. non-organic** produce – wheatgrass included. Is organic truly better – or is it just marketing hype?

The truth of the matter is this: When you buy organic, you are buying a product **certified grown without pesticides**. This is no small matter.

Pesticides make up some of the largest toxins found in our water and food supply. Quite bluntly, if these toxins are fatal to insects, then I’m sure you will agree, they cannot be doing us much good either.

It is not just the small amount of pesticides found on any one piece of produce. It is the **cumulative effect** of years of ingesting these toxins that take its ultimate toll.

**Pesticides accumulate in our fatty tissues and liver**, slowly but surely grinding down our immune system. Plus, as insects grow pesticide resistant, stronger and more lethal version of those poisons must be developed – which again find their way into our bodies.
Organic farming is better for the overall environment. So-called factory farming methods tend to deplete the natural fertility of our soil. The reason they use so much artificial fertilizer is because of this very reason – the soils would be barren without them. But many chemical fertilizers don’t contain the full range of nutrients typically found in pristine soil. Hence, crops grown are also nutrient shy.

With organic farming, biodiversity is preserved. Fields are allowed to remain idle for a season or so, in order to rebuild its overall health. Nitrogen fixing plants such as clover or alfalfa may be allowed to grow on these fields to further increase their nutrient levels.

Nitrogen fixing plants contain rhizobia - symbiotic bacteria within their root systems. These bacteria produce nitrogen compounds, and when the plant dies, it releases this fixed nitrogen back into the soil, making it available for other plants.

Weeds are typically removed by mechanical methods, further reducing pesticide usage.
Organic Means NO GMO!

If a product is labelled and certified organic, it cannot have any Genetically Modified Organisms present. GMO proponents say that altering the crops genetic makeup is actually a good thing. It is not.

Here’s what GMO advocates say, and then comes the truth:

Fact or Fiction: It has never been proven GMOs are harmful to people or animals.

In a word, this is bull-feathers! Here are just a few of the outcomes of eating GMO food:

- allergic reactions
- grotesque tumours
- organ failure
- gastric lesions
- liver & kidney damage

Fact or Fiction: GMO crops use fewer pesticides.

Yes, for the first couple of years this may be true. But then, the organisms become resilient to the pesticides being used, and more and more pesticides must be used just to keep even. The one major purpose of GMO crops was that they could withstand poisons that would kill normal (non GMO) plant life. But as the insects became immune to the special pesticides used to control their population, even more had to be sprayed. It was a no-win situation.

Fact or Fiction: GMO crops are just as nutritious as non-GMO produce.

Utter baloney! Here are scientific results of one of the most prevalent GMO crops grown in the world – corn:

- GMO Corn has 14 ppm of calcium. **NON GMO corn has 6130 ppm.**
  There is 437 times more calcium in normal corn!
- GMO corn has 2 ppm of Magnesium. **NON GMO corn has 113 ppm,**
  or 56 times more magnesiam.
• GMO corn has 2 ppm of Manganese. **NON GMO corn has 7 times more** – or 14 ppm.
• GMO corn has **130,000 TIMES** the amount of glyphosate that is deemed safe in drinking water.
• GMO corn has **200 TIMES** the amount of formaldehyde that is deemed safe to ingest. This does not sound like GMO crops are awfully nutritious (or safe) to me.

Fact or Fiction: GMO crops have government approval, so they must be OK.

In a perfect world, this might be true. But we don’t live in a perfect world. In case you didn’t know – in many cases the people heading the regulatory agencies in charge of safeguarding the food supply come from the very same industries making the GMO’s!

Conflict of interests? Sure it is… but that is always the way government works.

**The bottom line is this:**
If you can at all avoid it, treat GMO food like the plague it is. If in doubt, ask your greengrocer if his produce contains any GMO’s. If he doesn’t know, and doesn’t seem inclined to investigate, look for another greengrocer!
What Exactly is in Wheatgrass?

Did you know… Besides a whopping amount of pure chlorophyll, here is a quick breakdown of the essential bio-nutrients found in wheatgrass:

**Vitamins**
- Vitamin A
- Vitamin E (Alpha Tocopherol)
- Thiamin
- Niacin
- Pantothenic Acid
- Vitamin B12 (Cyanocobalamin)
- Vitamin C
- Vitamin K
- Riboflavin
- Vitamin B6
- Choline
- Folic Acid

**Minerals**
- Calcium
- Magnesium
- Potassium
- Copper
- Selenium
- Iron
- Phosphorus
- Zinc
- Manganese

**Amino Acids**
- Alanine
- Cysteine
- L-Arginine
- Leucine
- Phenylalanine
- Threonine
- Valine
- Aspartic Acid
- Isoleucine
- L-Lysine
- Methionine
- Proline
- Tyrosine

**Important Gluten Information**

You may think that because of the name “wheatgrass” you will find gluten in this wonderful plant. Absolutely not! In fact, as mentioned right at the beginning of the book, wheatgrass is **100% GLUTEN FREE!**
One thing you must be absolutely cautious about – making sure the wheatgrass you buy is both fresh and wholesome. First, when is the wheatgrass harvested – and when does wheatgrass reach its maximum nutritional potential?

Laboratory analyses clearly indicates that the nutrients found in young green cereal plants such as wheatgrass vary with the stage of growth, rather than with the age or height of the plant.

### Jointing Stage

Chlorophyll, protein, and most of the vitamins found in these plants reach their peak concentrations in the period just prior to what's called the jointing stage. Although this period lasts for only a few days, wheatgrass which is consumed as a food supplement should be harvested precisely during this stage of development.

This jointing stage is that point at which the intermodal tissue in the grass leaf begins to elongate, forming a stem. This stage represents the peak of the plant’s vegetative development; photosynthesis and plant metabolism would be expected to increase up to this stage.

After the jointing stage, the stem forms branches and continues to elongate. The chlorophyll, protein, and vitamin contents of the plant decline sharply while the level of cellulose increases. Cellulose, the indigestible plant fibre, provides structural stability for the growing stem.

Over a period of several months, the green leafy plants are transformed into golden stalks of grain. The mature cereal plant holds the seed grains which contain the nutrients necessary for germination and early growth of the young cereal plant. And so the seed-grass-grain cycle continues.
Buyers and Consumers Beware! Did you know that many so-called “natural” wheatgrass supplements and powders come from India and China? So what’s the problem?

You never know when or how the wheatgrass was harvested.

You also can never be sure if the wheatgrass is organic or not – notwithstanding what the label promises.

After harvesting, you also can’t possibly ever know how long the wheatgrass was sitting around before being processed. Left out for any length of time, moulds can take hold and adulterate the entire wheatgrass batch. Then there is the very real matter of animal droppings and insect infestation – neither of which would be very appealing or healthy!

Plastic Bottles, BPA and Contaminants

Here is something almost no one considers when purchasing wheatgrass powders or supplements – the packaging they come in!

Almost every powder or supplement comes in PLASTIC containers or Foil or plastic pouch packaging. But did you know that these containers are notorious for leeching out toxins into their contents?

One huge problem with plastic is a substance called BPA – or Bisphenal A. Mostly ignored when discovered in 1891, its use exploded when chemists found out it could be used to form polycarbonate plastic.
Now while polycarbonate plastics are indeed tough, the BPA bonds inside those plastics are not very chemically stable. Over time, they break down and produce what is called “gas off.” The BPA slowly releases in gaseous form – adulterating whatever is in the container. If BPA was inert, there would be no problem. But it is not inert. Far from it. In fact, BPA is what is called an estrogen mimic – its chemical composition closely resembles the structure of human estrogen.

Here is a short list of the dangers associated with this BPA:

BPA leads to a condition called aneuploidy – changes in cell divisions that can cause spontaneous illnesses.

- **BPA** can be a contributing factor in the formation and growth of fat cells – which in turn are factors in the ever increasing levels of obesity in our society.

- **BPA** has been linked to insulin resistance, a risk factor for Type II diabetes.

- **BPA** is also linked to lower sperm count in men.

The question is this… **why is BPA allowed?**

The answer is simply this: **MONEY!**

Basically, BPA plastics are made by the five largest chemical companies, with a bottom line of **6 BILLION EUROS** per year. With those kinds of profits, you can bet their lobbying efforts are going to be quite vigorous in defence of BPA.

Here is an eye-opening quote from an article in the online magazine **Fast Company:**

"Of the more than 100 independently funded experiments on BPA, about 90% have found evidence of adverse health effects at levels similar to human exposure. On the other hand, every single industry-funded study ever conducted — 14 in all — has found no such effects."

Follow the money, as usual!

If you ever notice and I am certain you often do get an off-tasting quality to food or drink stored or served to you in plastic – it could very well be this “gas-off” effect from BPA.
Premium Quality, 100% Certified Organic Wheatgrass Available to You.

With all the different vendors and companies offering wheatgrass, how can you be sure of getting the real thing? Well, one way to be totally certain is growing your own! If you have the time, patience, and green thumb skills – by all means give it a try. You will need ample space to grow the seeds – and most probably an indoor growing system as well. (As you must realize, growing wheatgrass in the winter is impossible unless it is done inside a greenhouse or similar contrivance.)

However, if you want to get the same health benefits as freshly grown wheatgrass without the hassle – there is a far easier way.

WheatGrass.ie™ is the solution you are looking for.

Here’s why:

100% Certified Organic Produce

WheatGrass.ie™ uses ONLY EU certified organic wheatgrass, which has undergone strict quality assurance inspections. No ifs, buts or maybes… every particle of wheatgrass in WheatGrass.ie™ is free from pesticides, toxins, moulds – and anything else that could adulterate the product.

Local Irish Company

Wheatgrass.ie™ is Irish born and Irish owned! We are your neighbours down the street. With locations in Cork and Dublin, we are committed to improving our community one satisfied customer at a time!
Harvested at the Peak of Vitality

WheatGrass.ie™ carefully monitors the growth stage of our wheatgrass. The moment it reaches its **full biological potential**, we harvest the shoots. You can rest assured you will be getting the absolute full strength of nutrients wheatgrass has to offer.

Processed That Same Day

After harvesting, it is scientifically dried and *immediately converted* into powder and tablet form – retaining all the elements that make wheatgrass such a super food.

Concentrated Power

Through our exacting extraction methods, the organic wheatgrass is concentrated – essentially *distilling far more wheatgrass* into a smaller volume. Whether you choose our powder or tablets – you will be getting the biggest nutritional value possible for your hard-earned investment.

Remember – Wheatgrass is 100% Gluten Free!

As you read previously in this eBook, if you are gluten intolerant, you can take wheatgrass without any problem whatsoever. Wheat allergies are normally a reaction to the gluten found in the wheat berry. **Wheatgrass available from us has no gluten whatsoever.**

In fact, since our Organic Wheatgrass from Wheatgrass.ie™ offers so many nutrients, minerals and enzyme’s  (and a body needs all the help it can get to combat allergens) and is grown without herbicides or pesticides, it would be **an excellent addition to the diet** of someone suffering with allergies.
Bottled in Nitrogen-Flushed Glass Jars!

As you read above, it would be counter-productive to consume a product adulterated with BPA gas-off. Unfortunately, virtually every imported brand of wheatgrass comes packaged in plastic.

But here at WheatGrass.ie – we don’t use plastic!

Our wheatgrass comes in solid amber glass containers – eliminating any chance or opportunity for chemical contamination. But beforehand, we go another crucial step further…

**We flush each jar with pure nitrogen.** Why nitrogen? Nitrogen is basically inert, meaning when it comes in contact with any substance it neither changes the product nor combines or degrades into other elements itself. By flushing our glass jars with nitrogen, we ensure the wheatgrass you are taking remains pure, wholesome and fresh as the exact moment it was bottled!

Sure, this takes a little more time and expense. But isn’t your health worth this?

Our pure Organic WheatGrass™ is a living substance, so does it make sense to store it in containers made from coal tar and petro-chemicals? You will always be certain of the highest quality product possible when purchasing from us.

(Have you ever wondered why beer, wine and baby foods are almost never or should never be stored in plastic containers? The product would react with the chemicals - ruining the taste & especially the quality!)
When & How Much Organic Wheatgrass Should You Take?

Ideally, you would take your wheatgrass on an empty stomach. It is best the first thing in the morning - or at least an hour or so before a meal. We also recommend taking your wheatgrass along with a glass of water. If the taste is too strong for you just use another liquid such as fruit or vegetable juice.

This helps your body take full advantage of the nutrients without competing with other foods. It also may take the edge off your hunger so you don’t eat as much at meals.

One to two servings per day for 5 days a week will ensure you get a full complement of quality nutrients every single day.

(Remember, there is no downside to taking Organic Wheatgrass from Wheatgrass.ie™ - you can’t overdo it!) This “five days on, two days off” approach works quite well for many people, working on the same principal as exercising – giving the body a bit of rest before the next round of detoxification.

Pregnant? No problem!

Wheatgrass is perfectly safe to take before, during and after pregnancy. In fact, it’s smart to take Organic Wheatgrass from Wheatgrass.ie™ during pregnancy, since it is an excellent source of folic acid, and of course many other important nutrients.
True Value For Your Money!

Great value explained – why we can beat the competition!

Here is the big difference between us and the rest: We provide giant wholesale sized GLASS jars at incredibly low prices – (€59.95 for 1400 organic tablets and €54.95 for organic powder) –Delivered - saving you a lot of cash. Here’s why…

The majority of those “great deals” are actually over processed synthetic varieties – defeating the entire purpose of taking Organic Wheatgrass in the first place!

Other’s tout their low price – but take a closer look. What you are actually getting are small, plastic bottles or pouch containers.

When you compare these product gram for gram or tablet for tablet, our Organic Wheatgrass is actually a much better buy!

Uncertified wheatgrass is NOT all natural and organic. It will most certainly be tainted with pesticides, chemical sprays and who knows what else – you will be ingesting a lot more than you bargained for!

When you purchase from us you can be assured of obtaining the highest quality product, at a fair and reasonable price. Try our all-organic wheatgrass today – a full 3 - 4 month supply, in sterile glass jars – and is absolutely guaranteed to be safe, fresh and potent.
On convinced that pure, organic wheatgrass should be part of your daily nutritional routine? Then ordering from WheatGrass.ie is just a mouse click away!

Simply go to: [www.wheatgrass.ie/order-wheatgrass-now](http://www.wheatgrass.ie/order-wheatgrass-now) - enter your information and we will rush your WheatGrass™ order direct to your front door.

If ordering online is not for you, then you can order by phone at
Dublin 01 6877113 or Cork 021 4627403 if the lines are busy then please understand we are helping others, just leave us a message and we will call you right back.

We deliver across the 32 counties of Ireland every day and anywhere across Europe in 2 days.

**SPECIAL OFFER! FREE EVALUATION TRIAL SAMPLES!**

If you haven’t done so already why not try our 100% Certified Organic Wheatgrass at no risk or cost to you?

Then just go to WheatGrass.ie, select FREE SAMPLE enter your information – and we will send you out one each of both our organic wheatgrass tablets and our organic wheatgrass powder compliments of the house. Free samples available in Ireland at present.

**Just one caveat:**
One free sample request to a customer, please.

You have nothing to lose, and a lifetime of vim and vigour to gain!

Here’s to your abundant health!