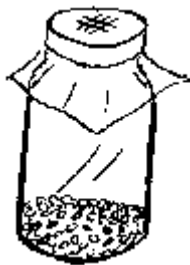


Make Your Own “Wheat Juice”, “Sprouts”, & “Wheat Grass”

**Acidophilus –
Is Vary Important
To The Body...**



Wheat Sprouts:

Sprouting wheat berries is trouble-free and well worth the three-day wait that it takes for them to grow into nourishing little green sprouts. Once the small berries develop a small sprout on the end they become what is classified as a “**living food**”, and are ready to be eaten as sprouts. Raw fruits and vegetables that have never been cooked are considered to be “**living foods**” and are the most beneficial to our health.

Live foods, like wheat berry sprouts, have miraculous amounts of cell restoring properties that help repair and build up our system towards resistance to sickness and disease. This is one reason why eating raw foods is so important in our daily diet - eating four to five servings of **live/raw** foods daily is absolutely imperative to having good health.

Sprouted Wheat used in Bread, two or three servings of your raw food intake can be from your very own wheat sprouts that you grow yourself! Wheat sprouts are excellent in salads, soups, and tossed on any cooked food, such as rice, pasta, and vegetable stir fry dishes.

When the stir fry is finished cooking, and it is taken off of the heat, toss in several heaping tablespoons of sprouts to the dish or add them to your own dish for extra nutrition. Wheat sprouts are very tasteful and add a nutty like flavor and chewy texture to the foods.

Sprouting wheat is an easy way to have fresh, nourishing sprouts for your favorite foods at anytime. Your smaller children will truly enjoy helping you to bring to life these small wheat kernels and they will probably like the nutty flavor they bring to your dishes. Wheat berries are already nutritious just as they are for making breads and other whole wheat foods, imagine how much more nutritious they will be after they develop into a living food – the wheat sprout.

Make Your Own

“Wheat Juice”, “Sprouts”, & “Wheat Grass”

Wheat Sprouts Nutrition:

The nutritional content of the wheat berry quadruples in some of the vitamins and minerals through the sprouting process. For example, once the wheat berry is sprouted, vitamin B-12 quadruples, other B vitamins increase 3 to 12 times, vitamin E content triples, and the fiber content increases three to four times that of whole wheat bread! According to research undertaken at the University of Minnesota, sprouting increases the total nutrient density of wheat berries. Here is an example of what happens to the wheat berry once it sprouts. It's absolutely amazing!

- Vitamin B1 (thiamin) increase of 28%
- Vitamin B2 (riboflavin) increase of 315%
- Vitamin B3 (niacin) increase of 66%
- Vitamin B5 (pantathenic) increase of 65%
- Biotin increase of 111%
- Folic acid increase of 278%
- Vitamin C increase of 300%

How to Sprout Wheat Berries:

You will need a wide mouthed quart sized pickle jar, or other jar, and a fine mesh strainer and cheesecloth. Add 1/3 of jar with wheat berries. Fill the jar half full of distilled water, shake well and drain, do several times to remove dust and other particles, then fill the jar half full of distilled water, and let stand over night. The next morning strain and rinse the wheat berries using a fine mesh strainer. Cover jar with a terry cloth or mesh screen and hold it in place with a rubber band.

Place jar with sprouts on their side facing towards a window so they receive light, but not sunlight. Rinse sprouts 2 to 3 times a day with distilled water. Within three days you will see that your sprouts have come to life. If the sprouts are not green than they need more light. It only takes a few hours for the sprouts to turn green and come alive with chlorophyll and abundant life giving nourishment. Once your berries have sprouted they should be kept in the refrigerator to retain freshness. Isn't that easy?

You may want to have two or more jars of sprouts going at one time so that you will always have sprouts on hand. In which case, you can start another jar of sprouts on the second day of the first jar and so on.

Make Your Own “Wheat Juice”, “Sprouts”, & “Wheat Grass”

For Better Health:

Are you having bowel problems, heartburn, flatulence, bloating, or chronic indigestion?

These symptoms may indicate that harmful bacteria have overrun your intestinal tract. These problems are often relieved by taking the Acidophilus Drink which implants friendly bacteria into the colon.

The beneficial bacteria are disrupted when you fast or after taking antibiotics. Eating too much junk food or sugar can also cause harmful bacteria to multiply.

The Acidophilus Drink helps restore healthy digestion and elimination. Wheat water and sprouts are teeming with live acidophilus and other friendly lacto bacteria. Use daily as needed.

Instructions:

1. Place one cup of raw whole wheat berries in clean, one-quart jar and rinse a couple of times.
2. Add 2 cups of distilled or spring water.
3. Cover jar with cheesecloth, piece of nylon stocking, or nylon mesh.
4. Let wheat berries soak for three or four days until small bubbles appear on the surface of the water.
5. Strain off the water into a glass and then drink.
6. The wheat berries can be soaked once more in 2 cups of fresh distilled water. This time the drink is ready in about 24 hours.

Make Your Own “Wheat Juice”, “Sprouts”, & “Wheat Grass”

Hints:

1. Use any kind of food-grade whole wheat berry, but for best results. Chlorinated water kills these bacteria.
2. Don't expect this to taste like your favorite soft drink. It has a peculiar and unusual tang. This drink implants friendly bacteria into the intestinal tract much more effectively than eating yogurt or taking acidophilus tablets.

<http://www.embassyofheaven.com/newslett/news9904/news9904.htm>

Drink immediately if possible; can be refrigerated but length of storage life is unknown.

Chlorophyll nourishes and oxygenates the body, builds blood, promotes peristalsis and alkalizes our over acidic bodies. Wheat grass is rich in chlorophyll.

Many people have dysbiosis coming into the colonic or an imbalance in gut flora. That means more pathogenic bacteria, fungi, virus and parasites than friendly roam in your gut.

One may begin using probiotics or positive bacteria to implant and restore floral balance in the colon. Acidophilus and others such as bulgaricus and thermophilus are the primary ones.

Drinking the wheat water is high in friendly bacteria made from soaked wheat berries.

Sprouted seeds and young shoots such as wheat grass provide a higher degree of vitality and rejuvenation than other foods.

Recently inositol, sometimes in combination with inositol hexaphosphate or phytic acid, has been used in cancer therapy. It slows the growth of cancer cells, prevents formation of blood vessels in a tumor, and may cause cancer cell death.

Wheat seeds are high in phytates or minerals bound to phytic acid. These are not available in cooked seeds. During sprouting phytic acid is converted into inositol, while minerals are set free and can now be absorbed.

I recommend sprouted seeds as a mainstay of a good diet as well as for cancer control.

<http://www.heal-yourself.com.au/Diseases/Cancer/Cancer-Diets.html>

Make Your Own

“Wheat Juice”, “Sprouts”, & “Wheat Grass”

All species of wheat are annuals; these grasses grow to 1 meter, and are members of the genus *Triticum*, which belongs to the Poaceae family.

Durum or hard wheat, *Triticum durum*, is a hardy species that produces well, even in low rainfall and high temperatures. The long, pointed grains form in compact seed heads. Because of the high gluten content and the hardness of the seed, it is used principally for spaghetti and pasta.

The Importance Wheat:

Bread wheat *Triticum aestivum*, is a soft grain with a floury texture, mainly used in bread-making or other baked goods.

Spelt also called Dinkel wheat, *Triticum spelta*, is considered one of the very original grains used by man. The ears, or seed heads are long, slender, pointed and flinty. The grain grows well in harsh conditions, particularly in extremes of cold and high altitudes. Spelt has become popular as a health food, for the bioavailability of its high levels of nutrients. The protein content, of spelt, is slightly higher than other species, although this may differ with soil and climatic conditions. Spelt is considerably higher than other wheat in essential amino acids, and is a higher source of many vitamins and minerals.

Spelt contains carbohydrates as mucopolysaccharides, which have been found to play a decisive role in blood clotting and strengthening the immune system. The grain contains over 18 fatty acids, including 1.9% linoleic acid. Hildegard of Bingen, the famous 12th century German abbess, composer and herbal writer, esteemed spelt as... an easily digested, highly nutritious grain, creating happiness and contentment in the body. Recent European research has found that spelt wheat is effective for over 30 ailments, including angina and diabetes; also for constipation, diarrhea, irritable bowel syndrome and celiac (noteworthy, as people with such ailments, generally cannot tolerate the high gluten content of wheat flours). Gluten is the protein content that gives the elastic and tenacious consistency to dough, also resiliency and cohesion to baked bread. Spelt wheat is different: it contains a substance that aids gluten's digestibility. Spelt seeds, flour and breads are now available in many health food shops.

Make Your Own

“Wheat Juice”, “Sprouts”, & “Wheat Grass”

Botanists have identified almost 30,000 species and developed varieties of wheat, which are assigned to one of several classifications, as having hard or soft kernels. This strength is a function of the protein-to-starch ratio in the endosperm, the starchy, middle part of the seed.

Occasionally Triticale may be available in health food shops. It is a grain, produced by crossbreeding wheat and rye for the intended purpose of the protein and bread-making merits of wheat and the durability and high lysine content of rye. Pronounced ‘trit-i-kay-lee’ the name is a combination of the Latin names of the plants: ‘triti’ referring to triticum for wheat, and ‘cale’ referring to secale for rye. The grain is found to contain more protein than wheat, has less gluten than wheat, and also the high level of lysine that is common in rye. Wheat is, undoubtedly, one of the most important grains cultivated, worldwide. Whatever would we do without bread on our tables?

Bread wheat (soft grain) is also good for sprouts, as it is easy to digest, while durum hard wheat is considered best for growing wheatgrass. Some shops may just stock wheat, with no indication, of kind. Don’t worry, all species, will sprout. If what you buy is hard wheat, it will germinate, however the sprouts will be harder to chew, if eaten as fresh sprouts.

Constituents:

Components of wheat are linolenic and linoleic acid, abscisic acid, gluten, over 80 enzymes including super oxide dismutase (SOD); co-enzyme Q10, sugars, lignans, squalene, bioflavonoids, fiber, chlorophyll - high in wheatgrass, protein 9-14% in wheat sprouts with 17 amino acids, including 8 essentials (amino acid score 64; only moderate lysine content)

Vitamins:

A, B1, B2, B3, B5, B6, B12, B17, C, D, E, F, H, K, P, choline, folic acid, inositol, PABA

Minerals:

boron, calcium, chlorine, chromium, cobalt, copper, iodine, iron, magnesium, manganese, molybdenum, nickel, phosphorus, potassium, selenium, silicon, sodium, sulphur, zinc

Make Your Own

“Wheat Juice”, “Sprouts”, & “Wheat Grass”

Actions:

Alterative; antibacterial, antibiotic, anti-inflammatory, antioxidant, antiviral, cancerolytic, choleric, deodorant, depurative, digestive, diuretic, hepatoprotective, hypoglycemic, immune-enhancer, laxative, nutritive, sedative, tonic and etc

Medicinal Uses

Germinated wheat sprouts are an effective and economical tonic to improve general health. Buy some whole grains, and sprout a handful of seeds every couple of days. The seeds become living food as soon as germination takes place and valuable enzymes are activated. Once eaten, these enzymes act as catalysts that perform important functions in the body, such as: to aid metabolism, neutralize toxins, cleanse the blood, and provide energy for innumerable bodily functions.

The enzyme diastase, activated by germinating the wheat, transforms starch into absorbable nutrients. The sweet taste of germinated wheat, tells us the enzymes are activated. Chewing the sprouts well makes their full potential available for cleansing and regenerating body cells, and as a powerful tonic. These enzymes, also aid the digestion of other foods, and can benefit anyone who suffers with digestive and assimilation problems. By eating wheat sprouts, we also get the benefit of the wheat germ, a rich source of vitamin E (usually removed in flour milling). Vitamin E is an essential nutrient for fertility, healthy skin, hair, glands, kidneys, muscles (especially the heart), circulation and the nervous system; also for building red blood cells and improving absorption of fats, protein, vitamins A, C and iron. Wheat germ (the seed embryo), in the early stages of plant growth, is considered one of the best remedies to help overcome a tendency toward miscarriage and birthing prematurely.

The sprouting process starts a beneficial modification of various nutritional elements. Research undertaken at the University of Minnesota, USA, showed that sprouting increases the nutrient density of food. At 3 days of sprouting, much of the original carbohydrate is converted to natural sugars, making it less mucus forming. During the 3 days of sprouting, the vitamin E content can increase 300%, vitamin C increase 600%, and the B vitamins have been found to increase from 20% to 1200%, with B17, the ‘anti-cancer vitamin’ 100% more than in unsprouted seed.

Make Your Own

“Wheat Juice”, “Sprouts”, & “Wheat Grass”

The protein content increases by 300% in the third day of sprouting, compared to the unsprouted wheat seed. Sprouted wheat, being a raw grain, should be eaten in moderate amounts, as in the early stages of germination (1-4 days) there is insufficient time to convert all raw starch into sugars, for ease of digestion.

However, if the sprouts are made into bread and baked at a low temperature, it becomes easier to digest and eat in a larger quantity. But, keep in mind, sprout bread is dense as it is usually made without yeast; therefore a slice of well-chewed sprout bread may still be harder to digest, because of the density of the loaf, than a slice of regular yeast bread.

Growing wheatgrass is another way to use the grain for its nutritive and healing properties, which can help build vitality for anyone desiring optimum health.

Human consumption of wheatgrass was popularized in the 1930's by Charles Schnabal, known as the father of wheatgrass. He said: “Fifteen pounds of wheatgrass is equivalent to 350lb (157kg) of the choicest vegetable. We have not even scratched the surface of what grass can mean to man in the future”.

Wheatgrass juice has been used to detoxify the body by loosening and eliminating hard, encrusted, bowel build-up. Victoras Kulvinkas, a USA advocate of wheat grass, taught that the juice is the fastest way to eliminate internal wastes and provide an optimum nutritional environment: the enzymes of the grass helping to dissolve tumors. Ann Wigmore's research, using wheatgrass in her personal life, then teaching and working with thousands of sick people (many with inoperable cancer), at the Hippocrates Health Institute, Boston, USA, inspires us to see how valuable wheatgrass could be, in our daily lives. The living-food program she advocated, gave countless people a new lease of life, many regaining health from near death from incurable cancers. Ann said, “Wheatgrass is perhaps the most powerful and safest healing aid there is.” She taught that wheatgrass, living sprouts, fresh fruit and vegetables and fermented foods were vital to health and prevention of degenerative diseases.

Wheatgrass is rich in Chlorophyll:

Chlorophyll comprises 70% of wheatgrass; it is often referred to as ‘the life blood of plant life’ as chlorophyll closely resembles the molecules of human red blood cells. With so many similarities in structure, it is absorbed quickly through our digestive system and begins rebuilding our blood cells.

Make Your Own “Wheat Juice”, “Sprouts”, & “Wheat Grass”

Chlorophyll helps to regenerate the liver, detoxify and invigorate the body and energize the immune system, which is our natural means of prevention and healing from illnesses. Steve Meyerowitz, who has been called Sproutman in USA, says, wheatgrass is a powerful colon and liver detoxifier, blood alkaliser and oxygenator of blood and cells, and it is like ‘rocket fuel’ for the dynamic and energizing benefits to the body. Steve has motivated many people to grow and eat sprouted foods, through his enthusiasm and numerous books, sharing his story of 20 years of disappointment with conventional medicine and his journey to better health and a new vibrant life. He calls the juice, ‘liquid sunshine,’ transformed into nutritive energy...water, oxygen, enzymes, protein, phytochemicals, chlorophyll, carotenoids, fatty acids, trace minerals, all rushing to revitalise you.”

Many health centers, include wheatgrass as juice and enemas, as an essential part of their therapy program of rejuvenation, operating on the principle that the body heals itself, if given the proper tools. As wheatgrass has a remarkable cleansing effect on the liver, this daily juicing regime can play a major role in recovery from degenerative diseases.

Chlorophyll has been found beneficial for strengthening the heart, intestines, vascular and lymphatic systems, lungs, glands and reproductive organs; also for treating anaemia, indigestion, diarrhoea, candida, irritable bowel syndrome, constipation, peptic ulcers, colitis, sleeplessness, sinusitis, injuries to bones, tendons and skin, for reducing varicose veins, and for neutralizing toxins, carcinogens, removing heavy metals and drug deposits; dealing with allergies and helping clear infections and mucus of the colon and to stimulate peristaltic action.

Chlorophyll has the unique ability to be able to be absorbed directly, through the mucus membranes, in particular: the nose, throat and digestive tract. Ann Wigmore showed people at the Hippocrates Institute, how to use wheatgrass to help remove pesticides and other toxins from chemically grown fruit and vegetables. For supermarket produce to look as good as it does, we can assume that it has been heavily sprayed. Lettuce, for example, may be sprayed 10-14 times in its short growing season, of only 4-6 weeks. Ann explained how to help eliminate insecticides and other toxins from produce, by chopping a handful of wheatgrass and soaking it in a bucket of water for a few hours or overnight; the grass is strained off and the produce submerged in the water for 30 minutes. Drain and wipe the food dry and refrigerate.

Research done in the 1950’s, found chlorophyll to be an efficient deodorizer, which could effectively neutralize bad breath, body odors, foul smelling urine and stools.

Make Your Own “Wheat Juice”, “Sprouts”, & “Wheat Grass”

Numerous manufacturers now include chlorophyll in products like chewing gums, breath fresheners, deodorants and vaginal douches. Research has found that chlorophyll increases tissue cell activity and is effective for healing bleeding gums, pyorrhoea, gingivitis, and infected and ulcerated wounds.

Studies have identified a number of substances in wheatgrass juice that are powerful anti-cancer agents: the blood-building chlorophyll with oxygen producing benefits; the alkalizing action; the enzyme action of living food, which promotes detoxification and elimination of mucus and decaying faecal matter on colon walls; strong antioxidants, like the mineral selenium and vitamins A, C, E and B17 (which has shown the ability to selectively destroy cancer cells, but leave healthy cells alone); and abscisic acid, a plant hormone that can reverse the growth of cancer (in high enough concentration to have a marked effect on cancer cells). Note: wheatgrass has been found to have up to a 100 times more vitamin B17, than the seed from which it came. Note too, that gluten is not present in wheatgrass because, after germination, gluten is broken down into smaller building blocks, needed for growing the grass. These smaller molecules are much easier for us to assimilate. Dr. Yasua Holta, a biologist at the University of California, isolated a compound from young wheatgrass, P4D1, which has the ability to stimulate the natural repair of DNA and the production of human sperm cells. Research scientists have never found any indication of toxicity in wheatgrass. It is easy to digest and assimilate.

Wheatgrass is often referred to as a complete food, with protein containing the 8 essential amino acids (although the lysine content is only of moderate amount); it contains a broad spectrum of vitamins, minerals and over 80 identified enzymes. The enzymes include: protease, which assists in food assimilation, particularly proteins; amylase, that facilitates starch digestion; lipase, a fat splitting enzyme; transhydrogenase, for toning heart muscles; cytochrome oxidase, a powerful antioxidant; and superoxide dismutase (SOD), often called the antiageing enzyme, to protect us from damaged cells, due to infections, inflammation, irritants, poisons, radiation and free radicals.

To grow wheatgrass purchase wheat seed by the kilogram, ideally organically grown seed, and store it in a well-sealed container, so that weevils do not spoil it. If the hard wheat varieties are procurable, use these for growing wheatgrass, since they are sturdier and more nutritious than soft wheat varieties. However, soft wheat varieties are useful for wheat sprouts and sprout recipes like pastries, bread, and other baked recipes. Although the soft wheat varieties may be utilized for wheatgrass, growth may not be as vigorous and plants may not give 3 harvest cuts.

Make Your Own “Wheat Juice”, “Sprouts”, & “Wheat Grass”

Soak 1 cup of seeds in 4 cups of water, for 12 hours.

Prepare a shallow tray or Styrofoam fruit box (with the sides cut down to 5-6cm), add a layer of soil, peat, compost, or organic potting mix, 2-5cm deep. Seedling trays, available from garden centers, are also suitable for growing wheatgrass. Water the tray until moist (but not soggy) and spread the soaked wheat evenly over the surface, it is best to use a single layer of seed. Cover the seed with a thin layer of soil or several layers of wet newspaper. Wheat grass could be grown inside, in a light airy spot, or outside. When grown inside, it is said that wheatgrass is an excellent air freshener and helps neutralize toxins, which may be present in the air. Wheatgrass can be grown directly in the garden, if preferred.

After 2-3 days, the seeds will sprout

Newspaper can be removed; keep the seeds moist. After 5-14 days, the grass will be 10-15cm high (depending on season and climatic conditions). Harvest with scissors or a sharp knife, cutting as close to the soil as possible. The plants will continue to grow and may be cut again as many as 1-3 times, before they have depleted their energy. Remove the soil/root mass from the tray/box and recycle in the compost heap or garden. For a continuous, daily supply of wheatgrass, new trays or boxes will need to be prepared and planted regularly.

As wheatgrass is rich in enzymes, iron and chlorophyll, we can prize it highly, as a blood builder. The chlorophyll molecule very closely resembles that of our blood: the hemoglobin molecule. The primary difference is that the chlorophyll molecule contains magnesium, as its central atom, while the hemoglobin molecule contains iron; our bodies are able to utilize the chlorophyll and rebuild blood. Use wheatgrass, as Nature's breathe freshener, by chewing a small amount of cut wheat grass during the day, to eliminate the problem. Chewing wheatgrass helps to control abnormal appetite, to lessen hunger and prevent the desire to snack between meals

<http://www.herbsarespecial.com.au/free-sprout-information/wheat.html>

Wheat is for man, and Wheat is the staff of life.

Make Your Own

“Wheat Juice”, “Sprouts”, & “Wheat Grass”

D&C 89:16 All grain is good for the food of man; as also the fruit of the vine; that which yielded fruit, whether in the ground or above the ground--

D&C 89:17 Nevertheless, wheat for man, and corn for the ox, and oats for the horse, and rye for the fowls and for swine, and for all beasts of the field, and barley for all useful animals, and for mild drinks, as also other grain.

D&C 89:18 And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones;

D&C 89:19 And shall find wisdom and great treasures of knowledge, even hidden treasures;

D&C 89:20 And shall run and not be weary, and shall walk and not faint.

D&C 89:21 And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen.

Make Your Own “Wheat Juice”, “Sprouts”, & “Wheat Grass”

DISCLAIMER: This is not legal or medical advice as I am NOT a doctor nor trained in the medical field or an attorney. These are simply things that I have discovered along the way, and that you can talk about with your medical provider or with his/her attorney, I am just a caring person. The information I am presenting is from both personal experience and internet studies and research. I am advocating knowledge, general information, good health, and that should remain a personal preference. Everyone reading this article should research more about this topic first and consider asking their attorney and/or doctor if it's safe to do with your current medications before even thinking of trying it, if the subject is covering health.

This is not any medical advice; it's an opinion of my personal experiences. No medical claims can be made by this article, subject, and/or information, under Federal law. Otherwise the FDA can take care of the ones involved with marketing and distributing said cures all the way to the store if they make drug like claims. Food products are not regulated by the FDA, as of yet, as a cure and/or aid for better health.

This information is solely for informational purposes. It is not intended to provide medical advice. Before engaging in any complementary medical technique, including the use of natural and/or herbal remedies, you should do your own research, and then consult your present physician. If your doctor does not believe in alternative medicines and you would like to give them a try then find a reputable doctor familiar with natural herbal remedies for your needs that can assist you in deciding what treatments might meet your specific needs.

This is not a replacement for medical diagnosis, treatment, and/or professional medical advice. The statements contained on this article have not been reviewed and/or approved by the Food & Drug Administration for their validity. Nothing contained on or in this article is meant to infer and/or state that any products are for the treatment of any disease and/or ailment and/or diagnose, treat, cure, and/or prevent any disease.

This article is for information and education purposes only and/or does not constitute advice. The information in this article strives to provide content that is true and accurate; however I give no guarantee the accuracy of the contents, as some information changes constantly. Always consult your attorney and/or doctor before starting a new diet and/or exercise if you have any known medical conditions and/or diseases.

This has no connection with any Churches and/or Religions, just purely for informational purposes, just information found on the internet, just doing my own research. Some of the above data may be religious in nature. You may find more supporting information or information contrary to the subject or material. This subject or material is just to make you think how you can live or survive in this great world. Much of the data is copied from website with URL address.