Living life the natural way – Wheatgrass and Health

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Abstract

The Human diet is enriched with young parts of plants (so called “green foods”), which can improve nutrient balance intake in natural way. Wheatgrass (Triticum aestivum) refers to young grass of the common wheat plant, which belongs to Poaceae family. This is the most commonly found herb in India, although its nativity is currently unknown. This plant is believed to have many nutritional values; it has been shown to have anti-inflammatory, antioxidant, anti-carcinogenic, immunomodulatory, laxative, astringent, diuretic, antibacterial and anti-aging properties. Its use in acidity, colitis, kidney malfunctions, atherosclerosis and swelling has been shown to be beneficial. Wheatgrass juice helps in building red blood cells and stimulates healthy tissue cell growth. 100 g of wheatgrass powder is equal to 23 kg of fresh vegetables. Ideally, wheatgrass should be taken about an hour prior to meal. This allows the body to fully metabolize it without competing with other foods, and it may also curb hunger. It is recommended that lot of water (at least a liter) should be consumed with the juice to reap its maximum nutritional benefits. Taking wheatgrass as a supplement in the mid-morning or mid-afternoon is a great time for this “green” energy boost.

Keywords: wheatgrass, anti-carcinogenic, detoxification, health.

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Wheatgrass is all the rage these days. This article examines 7 benefits of wheatgrass that are backed by science. Popping up everywhere from juice bars to health food stores, wheatgrass is the latest ingredient to enter the limelight in the world of natural health. Wheatgrass is prepared from the freshly sprouted leaves of the common wheat plant, Triticum aestivum. It can be grown and prepared at home or purchased in juice, powder or supplement form. Nutrients in Wheatgrass. Wheatgrass is considered by many people to be the most healing of all grasses. It contains more than 90 elements from the soil, and it is one of nature's richest sources of vitamins A and C. When it is grown in fertile organic soil, it contains all of the known mineral elements and is rich in calcium, magnesium, selenium, phosphorus, iron, potassium, sulfur, sodium, B12, cobalt and zinc. The chlorophyll in wheatgrass, and its alkalinity, can help balance our body pH and protect our cells from damage while possessing anti-aging, metabolism-boosting and skin/beauty benefits. 3. Antioxidants and Free radical-protection. This high vibration energy is literally the life force within the living juice.