



Wheatgrass: Superfood for the New Millennium (Paperback)

By Li Smith

Vital Health Publishing, U.S., United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. More than just a grain, wheatgrass has tremendous health and healing properties. As a primary sun-food, it converts the sun's rays directly into chlorophyll as well as an abundance of vitamins, minerals, amino acids, and enzymes--all of which are needed to optimize well-being. Wheatgrass describes the outstanding therapeutic benefits of consuming wheatgrass juice. Included are home usage suggestions and growing instructions, as well as a cleansing and rejuvenation program that incorporates wheatgrass, fresh fruits and vegetables, fermented foods, herbs, and edible flowers.



READ ONLINE
[1.44 MB]

Reviews

This is the best publication we have study till now. It is written in basic terms and not difficult to understand. I am effortlessly will get a satisfaction of studying a written pdf.

-- **Jasen Roberts**

Extensive manual! Its this type of great read through. Sure, it is actually engage in, nonetheless an interesting and amazing literature. Its been written in an exceedingly simple way and it is simply right after i finished reading this pdf through which basically altered me, affect the way i believe.

-- **Mrs. Mertie Cummerata**