

Wheatgrass

Wheatgrass powder or caps. are prescribed by Dr. Kessler for several reasons:

It contains an optimal mixture of minerals in order to rebuild tissues and organs. The basic structure (matrix) of tissues and organs is the **electro-dynamic magnetic field** (Prof. Burr, Yale University USA), which governs all life functions by means of laws of physics and thereby kicking off all chemical interactions.

The composition of minerals is vital for the quality of **electro-dynamic magnetic fields**. The astounding success improving painful osteoporosis using the **ONDAMED** is based on minerally harmonizing the electro-magnetic field of bones. The minerals make the electro magnetic. Thus repair of ailing bone structure is jump started. Bone mass is increasing.

Wheatgrass is an excellent source for Lutein which is akin to Beta-Carotene and is capable to neutralize poisonous Free Radicals.

It supports the eyes, because Lutein is deposited in large quantities in the retina. The macula lutea of our retina represents the most important area for visual acuity. It is of yellow color because Lutein ist yellow.

From Wikipedia

Wheatgrass stems from the plant, *Triticum aestivum*, rendering chlorophyll, amino-acids, minerals, vitamins and enzymes. It replenishes lacking minerals and initiates unique healing impulses through improving em-fields. .

History:

Wheatgras was first applied in the 1930ies by Charles F. Schnabel, an agricultural chemist in order to cure ailing or dying hens. They not only recovered but doubled their egg production. Emboldened by these results he also successfully applied wheatgras to his family and friends. Then Quaker Oats and American Diaries Inc. invested millions of dollars into research. Since 1940 wheatgrass could be bought in all larger drug stores in the US.

Table 1. Comparison of nutrition facts of 1 oz (28.35 g

Wheatgras juice, broccoli and spinach

Protein 860 mg 800 mg 810 mg

Beta carotene 120 IU 177 IU 2658 IU

Vitamin E 880 mcg 220 mcg 580 mcg

Vitamin C 1 mg 25.3 mg 8 mg

Vitamin B₁₂ 0.30 mcg 0 mcg 0 mcg

Phosphor 21 mg 19 mg 14 mg

Magnesium 8 mg 6 mg 22 mg Calcium 7.2 mg 13 mg 28 mg

Iron 0.66 mg 0.21 mg 0.77 mg

Potassium 42 mg 90 mg 158 mg