

WHEATGRASS JUICE USAGE PROTOCOL

GETTING STARTED

Clean sources of juice such as that available from DynamicGreens.com are appropriate for all members of the family including young children, the elderly, pregnant women and nursing mothers. [DynamicGreens](http://DynamicGreens.com) wheatgrass does not contain gluten and is appropriate for those with celiac disease or gluten tolerance issues.

GENERAL PRINCIPLES

- You need to be your own best observer
- You can use any amount you wish and start/stop as desired
- More juice always produces faster results
- It is possible to use too little, so be generous to yourself
- 10 fl. oz. per day is considered the maximum needed for most individuals

FOR YOUR FIRST USE

- Use only 1 cube to ensure that the juice agrees with your body

SUBSEQUENT USE

- Add 1 cube per use until you reach the desired amount
- This is intended to reduce or eliminate detoxification symptoms
- If detoxification symptoms appear, hold your use level until they clear

SOME SHOULD NOT USE WHEATGRASS JUICE

- Those with a grass allergy may react to the juice
- If using blood thinners, ask your doctor as green foods may be contra-indicated

PREPARATION

Release the cubes as shown on the label in the box. Put the desired number in a glass and add 3 parts room temperature, non-chlorinated water to speed the thaw and improve the taste.

CUBE SIZE

0.5 fl. oz. each



2 FL. OZ. MIXING EXAMPLE

2 fl. oz. juice (4 cubes)
6 fl. oz. water



INTERVENTION USE

Amounts needed to facilitate rapid change

- Flood the body with nutrition to activate dormant healing capabilities
- This requires 10 fl. oz. (20 cubes) of juice per day for 60 days
- Use the juice throughout the day as 4 x 2.5 fl. oz. (5 cubes each time)
- It may be wise to bypass starting slowly, this is a personal decision
- After 60 days, consider reducing usage to 4 fl. oz. / day as most maintain benefits at this level and it provides good economy
- After economizing, remain focused on your goals and any objective results you receive, in the event of negative changes, increase use or resume 10 fl. oz. / day

DAILY MAINTENANCE

Using wheatgrass juice as a potent multi-vitamin

- Infants & Toddlers: 0.5 fl. oz. / day (1 cube)
- School Age Children: 1 fl. oz. / day (2 cubes)
- Under 40 Years Of Age: 1 - 2 fl. oz. / day (2 - 4 cubes)
- Over 40 Years Of Age: 2 - 4 fl. oz. / day (4 - 8 cubes)

MAXIMIZING BENEFITS

WHEATGRASS JUICE IS BEST CONSUMED ON ITS OWN

- This means 15 minutes before eating or 2 hours after eating

USE IT THROUGH THE COURSE OF THE DAY

- If you are using more than 2 fl. oz. / day, split the usage up for maximum effect.

OTHER ACTIVITIES THAT OPTIMIZE PERFORMANCE OF THE BODY

- Wheatgrass juice is a powerhouse when it comes to achieving pH balance and creating conditions that allow the body to perform optimally. Your grocery store choices can also assist in this process and full information can be found here: <http://www.dynamicgreens.com/alkalize>
- Healing is a process that begins immediately, shows incrementally and continues well after symptoms disappear. Continue successful strategies for an extended period of time to complete healing and into the future for maintenance.
- Expect change and have confidence in your choices. Different inputs produce different outputs and wheatgrass juice is a tool that your body can use.



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WHAT IS WHEATGRASS JUICE

Wheatgrass juice (pictured at the bottom right) comes from the wheat plant (pictured across the bottom) when it is a young, green grass. It is a potent food that is used to deliver high quality nutrition in a living form. This nutrition strengthens the body and has been observed to reactivate natural recuperative powers that lie dormant. It is believed that the benefits come from the combination of nutrition, detoxification, the balancing of body chemistry and an increase in oxygen levels. Its rise to prominence has been the work of three people (see the book reference, lower left corner for more detail):

- Dr. Otto Heinrich Warburg, awarded the Nobel Prize in Physiology / Medicine in 1931, who identified pH balanced chemistry and oxygen levels as being key to the optimal performance of the body
- Dr. Charles Schnabel, an agricultural scientist active through the 1950's, who after extensive research identified wheatgrass as singularly life sustaining and the most potent agricultural food known
- Ann Wigmore, founder of the Hippocrates Institute and a life long wheatgrass advocate, who brought us wheatgrass juicing and dramatically increased the bio-availability and effectiveness of this food

UNDERSTANDINGS

By law, only approved drugs may be used to address named diseases. Wheatgrass juice is a food not a drug and has not been evaluated by Health Canada or the U.S. Food and Drug Administration. It is not intended to diagnose, treat, cure or prevent any disease.

YOUR WHEATGRASS JUICE SOURCE IS CRITICALLY IMPORTANT

The best wheatgrass juice is field grown, flash frozen and comes from DynamicGreens.com, a Canadian based family farm. The juice is carefully produced and flash frozen to maintain the living enzymes, organics and nutrition without compromise (see <http://www.dynamicgreens.com/usda>). Most wheatgrass products are seriously compromised leaving them incapable of changing health outcomes. Powders and tablets are dried in 900F furnaces and have only 2% of the bio-activity of the juice. Tray grown wheatgrass, juiced on the spot, has serious mold issues that produce terrible tasting juice and side-effects such as dizziness, nausea and headaches. It is health giving, but vastly inferior to the outdoor grown plant and the juice is very difficult to consume. Refrigerated wheatgrass is tray grown and the volatile organics are actively spoiling unless irradiated (cold pasteurized) which prevents spoilage by destroying the food value. Frozen wheatgrass juice found in most health food stores is not made of entirely of wheatgrass but cereal grass. DynamicGreens wheatgrass juice is 100% wheatgrass juice, living, good tasting, potent and uncompromised.

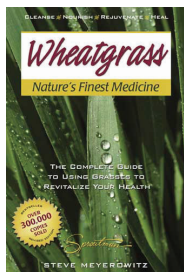
DynamicGreens[®]
the wheatgrass juice experts™

WEB SITE: DYNAMICGREENS.COM
TOLL FREE: 1-877-910-0467

FIELD GROWN FOR POTENCY, GOOD TASTE,
A 6 x DEEPER ROOT SYSTEM,
10 x LONGER GROWTH CYCLE,
50% HIGHER CHLOROPHYLL LEVELS,
NO SIMPLE SUGARS
AND NO DETECTABLE MOLDS

DETOXIFICATION

Detoxification is the process of reducing the "body burden" through the elimination of toxins that may have been accumulating for decades. Wheatgrass juice contains chlorophyll that is known to cleanse your system and cause detoxification to occur. If your body has stored toxins, it will detox. You can set the rate at which this occurs by increasing or decreasing your consumption of wheatgrass juice. Detoxification done quickly may cause you to experience a headache (particularly for high sugar consumers), flu-like feelings, diarrhea or fatigue which are termed a "healing crisis". A healing crisis is not desirable and in most cases not necessary. If you have time, start with a small amount of juice and work your way up to avoid this experience. If you still experience detoxification, recognize it for what it is. A temporary state (it will pass in a few days at most) and a positive sign that good things are starting to happen.



RECOMMENDED RESOURCE
WHEATGRASS
NATURE'S FINEST MEDICINE
BY STEVE MEYEROWITZ

