

CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 211th Newsletter, I want to give us a chance to consider the impact that **wheatgrass** can have on people's physical, mental, emotional and spiritual well-being. In order to put the rest of the **newsletter in context**. This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on wheatgrass that you can read in full [HERE](#).

We are going to go **beyond the obvious** and explore the topic of WHEATGRASS including its comprehensive benefits on the body, it's **abundant nutritional value**, how to grow it and how to purchase it so that YOU can, if you wish, introduce this MIRACLE into your life to achieve and maintain **optimal** physical well-being, emotional balance, mental and spiritual clarity and vibrant energy..

WHEATGRASS IS ONE OF NATURE'S MOST MIRACULOUS MEDICINES!!!!

Wheatgrass is grown from the wheat seed (also known as **wheat berries**), which is the whole kernel of the wheat grain. To an inexperienced eye, the blades of wheatgrass look very similar to those of any common lawn grass. There are, however, considerable differences between them beyond their seemingly **uniform outer** appearance.

Wheatgrass juice is one of nature's

most potent and effective medicines. It is a powerful **concentrated liquid nutrient**. Two ounces of wheatgrass juice has the nutritional equivalent of five pounds of the best raw organic vegetables. For example, wheatgrass has twice the amount of Vitamin A as carrots and is higher in Vitamin C than oranges! Wheatgrass contains **more than 90 elements** that come from the soil (there are a total of 102 identified by science so far). When it is grown in **fertile organic soil**, it contains all of the known mineral elements, including calcium, magnesium, phosphorus, potassium (all in a balanced ratio), iron, sulfur, sodium, cobalt and zinc. It contains the full spectrum of B vitamins (even B12), including being abundant in vitamin B-17, a substance that can **destroy cancer cells selectively**.

Since wheatgrass is a great source of vitamins B, C, E and carotene, all of which are hugely effective in destroying and eliminating free radicals and **cleansing the body**, wheatgrass is also highly regarded for its ability to cleanse the blood, organs and gastrointestinal tract.

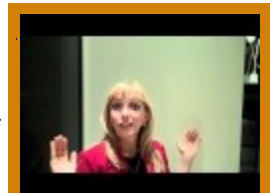
Wheatgrass also contains Vitamin F and Vitamin K₁. **Vitamin K₁** is the plant form of Vitamin K₁ and is directly involved in photosynthesis. The human body needs Vitamin K₁ for to modify certain proteins that are required for **blood coagulation**, and in bone and other tissues. The modification of the proteins allows them to bind calcium ions. It is an **antioxidant** nutrient that has been shown to help improve insulin resistance and as a critical nutrient for protecting cells that line blood vessels, including both **veins and arteries**.



CAROLINA ARAMBURO

Vitamin F (otherwise known as EFA or Essential Fatty acids) are needed for growth and behavior of **cell membranes**, a well balanced hormone level and properly working immune system. They are essential for the **synthesis** of tissue lipids, play an important role in the regulation of cholesterol levels, and are precursors of prostaglandins, hormone like compounds producing various **metabolic effects** in tissues. Vitamin F benefits the skin and hair, is important to manufacture sex and **adrenal** hormones, aids in the transmission of nerve impulses and stimulates the growth of the beneficial intestinal bacteria. Edema, hair loss, eczema, dry tear glands, blood pressure, cholesterol levels, arthritis, learning disabilities and memory recall can all be improved with Vitamin F.

It is also high in **saponin**, a class of chemical (Cont. on next page)



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WHEATGRASS IS ONE OF NATURE'S MOST MIRACULOUS MEDICINES!!!! (Cont.)

compounds found in various plants. Wheatgrass offers excellent support to the lymphatic system, helping to extract thousands of **different toxins** from the cells of the body. Viktoras Kulvinskas, co-founder of the Hippocrates Institute with Ann Wigmore, said wheatgrass helps to "detoxify the body by increasing the elimination of hardened mucous, crystallized acids and solidified, decaying fecal matter...It is the fastest, surest way to **eliminate internal waste** and provide an optimum nutritional environment".

According to the HHI (Hippocrates Health Institute) and maaaaany other of the MOST Effective Holistic Treatments Centers around the world, wheatgrass is a **complete source of protein**, supplying all of the essential amino acids and more. It includes **19 amino acids** including: Protease (assists in protein digestion), Cytochrome Oxidase (a powerful anti oxidant), Amylase (facilitates digestion), Lipase (a fat splitting enzyme), Transhydrogenase (strengthens the heart muscle) & Superoxide Dismutase (SOD) (found in all body cells and is known for its ability to lessen the effect of radiation and can slow cellular aging). Amino acids are the **building blocks** of protein. They are absolutely essential to our **growth and cell regeneration**. Wheatgrass has about 20% of it's total calories coming from protein. This protein is in the form of polypeptides, simpler and shorter chains of **amino acids** that the body uses more efficiently in the blood stream and tissues.

In addition to flooding the body with therapeutic dosages of vitamins, minerals, antioxidants, enzymes, and phytonutrients, wheatgrass is also a **powerful detoxifier**, especially of the liver and blood. It helps neutralize toxins and environmental pollutants in the body. This is because Wheat-

grass contains beneficial enzymes that help **protect us from carcinogens**, including Superoxide Dismutates (SOD), which reduces the effects of radiation and helps digest toxins in the body. It cleanses the body from head to toe of any heavy metals, pollutants and other toxins that may be stored in the body's tissues and organs.

When it is consumed fresh, it is a **living food** and has bio-electricity. This high vibration energy is literally the life force within the living juice. This resource of life-force energy can potentially unleash powerful **renewing vibrations** and greater connectivity to one's inner being. These powerful nutrients can also prevent DNA destruction and help protect us from the ongoing effects of premature aging and cellular breakdown. Recent research shows that **only living foods** and juices can restore the electrical charge between the capillaries and the cell walls, which boosts the immune system. When it is fresh, wheatgrass juice is the king of living juices.

Among other things, **wheatgrass** juice is particularly high in chlorophyll. Scientists at the University of Texas concluded that wheatgrass juice is exceptional in its chlorophyll content. **Chlorophyll** is the molecule that absorbs sunlight and uses its energy to synthesize carbohydrates from CO2 and water. This process is known as photosynthesis, a complex biochemical pathway in which solar energy is used to convert water and carbon dioxide to glucose and other carbohydrates, and is the **basis for sustaining** the life processes of all plants. Since most animals and most humans obtain at least part their food supply by eating plants, photosynthesis can be said to be the **source of our life** also.

Chlorophyll's DNA is almost identical to human blood; the difference is that the **central atom** of blood is iron and chlorophyll's is magnesium. Chlorophyll A and B are the

fat soluble portion of plants that allows them to absorb the sun's vibrancy and convert that into energy – the primary **photoreceptor** pigment in biochemical terms. This energy from plants is readily available, nutritious and healing for the human body – if you eat plants. Chlorophyll rich foods top the charts in **immune system enhancing and toxin elimination**. Known as "nature's greatest healer," chlorophyll produces an environment in the body that suppresses bacterial growth and counteracts ingested toxins. It also helps to purify the liver, build the blood's oxygen-carrying potential and regulate digestion. (Cont. on next page)



To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn "HOW" please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

WHEATGRASS IS ONE OF NATURE'S MOST MIRACULOUS MEDICINES!!!! (Cont.)

Wheatgrass **cleanses and builds** the blood due to its high content of chlorophyll. Chlorophyll is the first product of light and therefore contains more healing properties than **any other element**. All life on this planet comes from the sun. Only green plants can transform the sun's energy into chlorophyll through the process of photosynthesis. Chlorophyll is known as the 'life-blood' of the plants. This important phytonutrient is what your cells need to **heal and to thrive**. Drinking wheatgrass juice is like drinking liquid sunshine.

Chlorophyll also carries high levels of oxygen, which is especially powerful in assisting the body to restore abnormalities. The high content of oxygen in chlorophyll helps deliver more oxygen to the blood, which **impacts every organ** in your body including your brain. We see red blood cell counts and blood oxygen levels rise very quickly with the regular drinking of wheatgrass juice and using wheatgrass juice implants (otherwise known as retention enemas). This marker is a **key indicator of health recovery** for abnormalities, ailments and disease. Oxygen is vital to many body processes, especially for the brain, which uses 25% of the oxygen supply. High oxygen content helps support a healthy body.

As a cocktail, wheatgrass is a **powerful purifier** of the stomach, liver, pancreas and circulatory system. Initial consumption of even one ounce may cause nausea; however, this is merely a **brief manifestation** of the initial impact of the wheatgrass juice on the toxins in the body. We recommend one starts with a small amount (one ounce or less) and increase that amount gradually until one is drinking four ounces daily. For optimum **nutritional value**, one must consume the fresh juice immediately after it has been squeezed (within 15 minutes). One can also chew the blades of wheatgrass; the juice can be swallowed and the pulp discarded.

EXTRAORDINARY REASONS TO USE WHEATGRASS:

1. The starch of the wheatgrass is stored energy which, when converted to simpler sugars, is a quick energy source as it is quickly absorbed (in about 20 minutes), providing the body with a **rapid boost of energy**. Wheatgrass uses very little of the body's energy to extract the nutrients and this making it a perfect supplement for athletes.
2. Because the nutrition in wheatgrass juice is so complete and absorbed so easily, it relieves your body of cravings and it naturally shuts off the appetite in the brain, thus reducing the need to overeat. This makes wheatgrass **ideal for weight loss**.
3. The chlorophyll and beta-carotene obtained from wheatgrass juice is beneficial in fighting and **preventing cancer**. A variety of flavonoid compounds found in this plant are powerful antioxidants and anti-cancer agents. Studies have indicated at least a 40% risk reduction in cancer development with regular **consumption**. Multiple studies, including those done by Dr. Chiu-nan Lai, Ph.D. have determined that chlorophyll in wheatgrass actually inhibits the metabolic activity of carcinogens. Reduction of carcinogens in the body means a **reduced risk of cancer**.
4. Chlorophyll contains enzymes and the **super-oxide dismutase**, a copper-containing protein found in mature red blood cells. This enzyme decomposes superoxide radicals in the body into a more manageable form, thereby helping to **slow down the aging process**.
5. Allergies are often related to food and digestive issues. Wheatgrass is loaded with live enzymes that improve digestion, and vitamins and minerals to **improve overall health**. Improved assimilation leads to less food sensitivities and allergies.
6. Chlorophyll is the first product of light and, therefore, contains more light energy than any other food element. Wheatgrass juice contains **crude chlorophyll** (as opposed to pure) and can be taken orally and as a colon implant without side effects. In addition, scientists have **never** found wheatgrass to be toxic in any amount when given to either animals or humans.
7. Drinking only 1-2 ounces of wheatgrass regularly will **build your immune system**.
8. Wheatgrass cleanses the blood and combines with oxygen in the bloodstream, helping to **remove foreign objects** from the blood vessels and capillaries. It can be used in treating hardening of arteries (arteriosclerosis), and high blood pressure. In addition the proteinous compounds in the high quality chlorophyll from wheatgrass has been found to be beneficial in **lowering high blood pressure**.
9. The high alkalinity properties of wheatgrass also make it the perfect choice of food for people suffering from **other inflammatory ailments**, like osteoarthritis and rheumatoid arthritis.
10. Wheatgrass is very alkalizing. Its **alkaline minerals** are essential for detoxifying tissues and maintaining the balance of alkalinity of the blood, making it effective in combating acidosis. Do not confuse this with full grown, **harvested**, stored, milled and prepared wheat, which is acidifying. (Cont. on next page)

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WHEATGRASS IS ONE OF NATURE'S MOST MIRACULOUS MEDICINES!!!! (Cont.)

As with almost every grain, when sprouted it is very alkaline, and this is certainly the case with wheatgrass.

11. The **anti-bacterial** effect of wheatgrass creates an unfavorable environment for yeast. Regular consumption of this juice will help to prevent further yeast growth.
12. Multiple studies have proven that chlorophyll foods create an **environment** in the body that is unfavorable to unfriendly bacteria. While it does not act on the bacteria itself, chlorophyll is antibacterial because it creates a **hostile environment for bacteria**, arresting the growth and development of unfriendly bacteria.
13. Chlorophyll treats and helps the body recover from the harsh effects of radiation therapy treatments and **radiation poisoning**.
14. Liquid chlorophyll has the ability to be absorbed by tissue, where it can actually **refine and renew** them.
15. The bland soothing effect of chlorophyll (wheatgrass) ointments are very beneficial to the treatment of various skin diseases involving the outer and **underlying layers** of the skin, including: itching and burning of the rectum, ivy poisoning, weeping and dry eczema, x-ray burns and even in conditions caused by insect bites or infection. For wounds, you can pour two ounces of wheatgrass juice into a **small bucket** of distilled water. Use this water to dab generously on wounds and sores; and experience great relief with **accelerated healing**.
16. Doctors R. Redpath and J. C. Davis found chlorophyll packs inserted into the sinuses had a drying effect, clearing up congestion and giving providing immediate relief. Congested head colds were **cleared up within 24 hours**.
17. Liquid **chlorophyll** washes drug deposits from the body.
18. Chlorophyll helps **purify the liver**.
19. Chlorophyll improves blood sugar issues. The ability to regulate blood sugar levels makes this green juice a suitable drink for **diabetics**.
20. For body builders: because wheatgrass juice contains a long list of amino acids that are the building blocks of protein, and it is reported to be so **high in protein**, you can forget about protein powder. Instead, incorporate this miracle juice into your daily routine.
21. In the American Journal of Surgery (1940), Benjamin Gruskin, M.D. recommends chlorophyll for its **antiseptic benefits**. The article suggests the following clinical uses for chlorophyll: to clear up foul smelling odors, neutralize Strep infections, heal wounds, hasten skin grafting, cure **chronic sinusitis**, overcome chronic inner ear inflammation and infection, reduce varicose veins and heal leg ulcers, **eliminate impetigo** and other scabby eruptions, heal rectal sores, successfully treat inflammation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pyorrhea (infection and loosening of tooth sockets) in many cases.
22. Dr. Birscher, a research scientist, called chlorophyll "**concentrated sun power**." He said, "Chlorophyll increases the function of the heart, affects the vascular system, the intestines, the uterus, and the lungs."
23. Wheatgrass juice can **dissolve** the scars that are formed in the lungs from breathing acid gasses. The effect of **carbon monoxide** is minimized since chlorophyll increases hemoglobin production.
24. Wheatgrass is high in oxygen, like all **green plants** that contain chlorophyll. This is beneficial because the brain and all body tissues function at an optimal level in a highly- oxygenated environment.
25. It is a **nutritionally complete food**, which sustains the growth and development of animals and humans alike. Wheatgrass has what is called the "grass-juice factor," which has been shown to keep **herbivorous** animals alive practically indefinitely.
26. Wheatgrass juice is a **superior detoxification agent** compared to carrot juice and other fruits and vegetables.
27. The high magnesium content in chlorophyll builds enzymes that restore the **sex hormones** and help with **fertility**.
28. Wheatgrass juice cures acne and even helps to **remove scars** after it has been ingested for seven to eight months. The diet, of course, must be improved at the same time.
29. Wheatgrass juice acts as a detergent in the body, and can be used as a **body deodorant**.
30. A small amount of wheatgrass juice in the human diet helps **prevent tooth decay**.
31. Gargle wheatgrass juice (or hold in the mouth for at least 5 min) to prevent **tooth decay**, relieve toothache, treat bleeding gums and control pyorrhea (infection and loosening of tooth sockets). It will pull poisons from the gums.
32. Gargle wheatgrass juice for a **sore throat**.
33. Drink wheatgrass juice for skin problems such as **eczema** or psoriasis.
34. Wheatgrass juice helps to keep the hair from **graying**.
35. **Pyorrhea** of the mouth: lay pulp of wheatgrass soaked in juice on diseased area in mouth or chew wheatgrass, spitting out the pulp.
36. Wheatgrass juice improves the **digestion**.
37. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutrition. Pour **green juice** over your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cold water.
38. Wheatgrass implants (retention (Cont. on next page)

WHEATGRASS IS ONE OF NATURE'S MOST MIRACULOUS MEDICINES!!!! (Cont.)

enemas) are great for **healing and detoxifying the colon walls**. The implants also heal and cleanse the internal organs. After an enema is **evacuated**, implant 4 ounces of wheatgrass juice. Retain for 20 minutes.

39. Wheatgrass juice improves arthritis. Soak a **cotton sock** with 6 ounces and place on affected area, cover with plastic bag.

40. For minor eye irritation, apply strained wheatgrass juice mixed with half pure water in an eye-cup for 15 - 30 seconds.

41. Massage 6 ounces of wheatgrass juice into the scalp and cover with shower cap for 15 minutes to help eliminate dandruff.

42. Wheatgrass juice can be used as a douche for many **feminine** complications.

43. Wheatgrass juice is great for **constipation** and keeping the bowels open because it is high in magnesium.

44. The high grade content of iron in wheatgrass juice makes it a great **blood builder**, increasing red blood cell count. Wheatgrass regenerates and reactivates the red blood cells and supplies fresh oxygen to the body with no **negative** physical reaction. Studies show that red cell counts return to normal in just 4 - 5 days after administering wheatgrass even in extremely anemic cases.

45. Wheatgrass juice can remove **heavy metals** from the body.

46. Wheatgrass juice is great for blood disorders of all kinds.

47. Another benefit of wheatgrass is you can **grow it fast** - in just about a week, right in your own home.

48. Wheatgrass is **gluten-free**, because it's cut before the grain forms.

49. Dr. Earp Thomas said, "Wheat is the **king of all** grain foods". He found that an ounce of wheatgrass in a gallon of fluoridated water would turn the fluorine into harmless calcium-

phosphate-fluoride **compound**. Used in wash water it adds softness to the face and hands. In the bath, it is most soothing. Dr. Thomas further discovered that fruits and vegetables contaminated by sprays were thoroughly cleaned and the negative food **transformed** by wash water with a wisp of wheatgrass placed in the water.

50. Wheatgrass, because of the live oxygen content, increases mental clarity. Regular consumption will greatly help to **prevent Alzheimer's disease** and many other mental conditions.

51. The high **anti-oxidant** content in wheatgrass helps neutralize free radicals and oxidation that find their way in the body. This helps reduce the harm caused by air pollutants like carbon monoxide or cigarette smoke.

52. Among the diseases wheatgrass is instrumental in healing are: **ulcerative colitis**, constipation, IBS and other digestive disorders, cancer, skin conditions like eczema, acne, psoriasis; arthritis, diabetes, AIDS and thyroid imbalances.

53. Keeping a tray of live wheatgrass near your bed may also enhance the **oxygen in the air** and generate healthful negative ions to help improve your sleep.

54. By taking wheatgrass juice, one may feel an increase in strength and **endurance**, renewed health and spirituality, and experience an overall sense of well-being.

Nutritional Facts About Wheatgrass

(This particular analysis was performed by Irvine Analytical Laboratories. Inc on 100 grams (2 oz) of wheatgrass Juice)

- Calories 21
- Protein 1.95 g
- Carbohydrates 2 g
- Magnesium 24 mg
- Potassium 147 mg
- Zinc 0.33 mg

- Calcium 24.2 mg
- Sodium 10.3 mg
- Iron 0.61 mg
- Folic Acid/ Folacin 29 mcg
- Vitamin A 427 IU
- Vitamin B1 (Thiamine) 0.08 mg
- Vitamin B2 (Riboflavin) 0.13 mg
- Vitamin B3 (Niacinamide) 0.11 mg
- Vitamin 85 (Pantothenic HCl) .02 mg
- Vitamin B6 (Cyanocobalamin <1 mcg
- Vitamin C (Ascorbic Acid) 3.65 mg
- Vitamin E 15.2 IU
- Biotin 10 mcg
- Chlorophyll 42.2 mg
- Choline 92.4 mg

Dr. Ann Wigmore, the founder of the Hippocrates Health Institute said, "An analysis of blood samples drawn from more than two hundred **Hippocrates** guests before and after only two weeks of our program gave scientific support to our observations. Performed at the Arthur Testing Laboratory, the study showed that within two weeks of following the Hippocrates wheatgrass juice, the blood is detoxified and the **immune system** strengthened. These changes lead to more energy and an improved ability to combat and reverse illness."

In the next article, we will provide details about **purchasing and growing** wheatgrass that will help you add this MIRACLE food to your life. I invite you to **PREVENT**, and if necessary **HEAL** yourself from illness with wheatgrass and a **Plant Based Diet**, starting TODAY. Illness and dis-ease are almost ABSOLUTELY PREVENTABLE with a Raw Vegan Balance Diet + Mindful food like wheatgrass. You **deserve** your utmost WELLNESS, please give yourself the GIFT of CLAIMING IT, in ACTION, starting now!!

WHEATGRASS CAN BE BOUGHT DRY OR FRESH AND YOU CAN EVEN GROW YOUR OWN!!!

Wheatgrass contains large amounts of chlorophyll, and is presents a wide variety of health enhancing properties; however these benefits are largely related to the quality of **how it is grown**. Like any food or supplement, quality is highly variable, and if you choose to use it this is important to pay attention to. It is far **less expensive** to grow your own, but more importantly you can typically grow a much higher quality grass.

Harvest time is crucial, and that is typically around one week after you **germinate the seeds** at what is called the "jointing stage." Some stores that sell wheat grass will harvest it once and then let it grow again for a second harvest. Some also sell frozen **wheatgrass** but this is far less effective than freshly harvested wheat grass.

Most wheat grass tastes very bitter. Many believe that they need to grow it in **direct sunlight** but this actually contributes to the bitterness. Expose the grass only to indirect sunlight, and harvest it right at the **jointing stage** when it is at its sweetest.

One of the **complications** of growing wheat grass is that it is very easy to be contaminated with mold due to its tightly bound roots in moist soil. If this occurs, the mold can make you sick. Mold typically grows at the **bottom of the wheat grass** near the soil. Keeping a gentle breeze blowing, keeping the humidity low, and reducing the quantity of seed so the growth is **less dense** are three approaches to help limit this.

Steve Meyerowitz, author of the book, **Wheatgrass: Natures' Finest Medicine**, looks at the chemical breakdown of dry, powered

and fresh wheatgrass. Through various studies and research done in multiple labs, it can be observed that dried wheatgrass is not just **convenient**, but also very concentrated. He warns that there are, however, differences between various powders. Different drying techniques can be applied: **spray-dried**, freeze-dried, drum dried and dried in carbon dioxide. He also notes that there are different modes of extraction. If you plan to purchase powered, **dried wheatgrass**, make sure you do your research. Much research has been done on powered, dried wheatgrass and its therapeutic effects. A high quality dried grass can be effective. If you measure the nutritional content, you will find it very similar. Why fresh then? It is all about the **energy of LIVE food**. Our living cells are magnetized to other living cells. Particularly when we are ill or depleted, only other living cells can provide the healing and rejuvenation you need. The **enzyme activity** of dried wheatgrass is just not the same. There can be a place for dried product in your nutrition plan, but the best and most potent answer is live fresh wheatgrass.

When beginning to use wheatgrass it is a good idea to use it judiciously. When first starting, you should only use one ounce **once or twice a day**, gradually working up to two ounces. Remember that wheatgrass is a detoxifying liquid, and when your body is toxic you may react as the toxins are released.

Growing Basics – from Hippocrates Holistic Institute

1. Soak your hard winter wheat seed (also called **wheat berries**) overnight (8 to 12 hours).
2. **Sprout the seed** in a jar for the next 16 to 24 hours, rinsing the seed well three times a day.
3. After a very **short "tail"** is visible, plant the seed on top of the

soil. Basic **potting mix** or topsoil will work fine. Peat moss is an important ingredient to look for in your soil so if you have to add it, the mix is one part peat moss to three parts soil, filled **halfway** up a two-inch deep tray.

4. Water the tray and then cover the seeds to keep them from drying out for the **first three days**.
5. During the first three days of growth, water once a day in the morning and really **soak the soil** (until the tray drips is a good sign you are watering enough). Then lightly mist your seed in the evening (lift cover off to mist seed).
6. On the fourth day, **uncover grass** (roots should begin to take over your soil), water heavily once a day and keep the grass in the shade (never direct sunlight).
7. For **mold problems**, increase your air circulation with a fan or air conditioning to keep the temperature between 60 and 80 degrees Fahrenheit (21° to 26° Celsius).
8. **Harvest grass** when a second blade of grass appears on the grass blades, or when the grass "splits" toward the bottom of the blade. Average **growing time** is seven to 12 days, depending on the weather, but still always watch for the second blade of grass as you can never judge by how many days it has been growing or how tall the grass is.
9. **Only harvest once**. Cut grass will store in the fridge for about seven to 10 days or longer in Green Bags. Then start the process all over again with new seeds and soil.

MASTERFUL BUSINESS & PERSONAL COACHING

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Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weeks a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous **UNPRECEDENTED**

transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULFILLING ADVENTURE!!**

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TAP INTO THE LIVING ENERGY OF WHEATGRASS AND ALLOW IT TO BALANCE YOUR MENTALLY, EMOTIONALLY AND SPIRITUALLY!!!

Patients at HHI (Hippocrates Health Institute) and many other of the MOST Effective Holistic Treatments Centers around the world produce measurable mental and emotional benefits from wheatgrass including: increased **cognitive skills**, more clarity, an expanded sense of calmness and less anger and anxiousness.

In addition, many holistic nutrition counselors use wheatgrass to **treat anxiety** and depression because the nutrient-dense grasses provide the building blocks to aid your body in **producing its own serotonin** (a hormone that contributes to your feelings of well-being and happiness).

Consuming live foods increases our bio-energetic vibration. It is a simple formula: **Higher frequency Fuel = Higher frequency Energy**. Wheatgrass in its energy field form has **unique effects**. These effects are:

1. The **energy field** of Wheatgrass vibrates at the Schumann Frequency (earth-energy frequency). This WIDE all-

encompassing energy field, whenever it is introduced into our energy fields, immediately absorbs any imbalanced energy pattern. It helps **dissolve the negative energy** effects of physical stress, illness and chemicals and any other imbalanced energy field including the negative effects of emotional stress or mental stress. It builds up energy field strength, stability, and **recovery** from physical, mental and emotional impacts.

2. The energy field of Wheatgrass has its components moving in an **counter-clockwise** direction rather than clockwise. This 'negative ion charge' is why its so valuable, is because energy fields with a negative ion charge literally 'negate' pollution, toxins and so on which are carried by positive ions and **clears up the energy field**.

This property causes our energy fields to revert to their **basic energy pattern**, undoing all the 'conditioned' patterns of energy flow we have developed or been exposed to over the years (physical, mental and emotional).

This property of wheatgrass helps **overcome and correct** the way our bodies manage and process energy. The energy essence of wheatgrass is invaluable in fighting physical, mental and emotional **imbalances**, and unravels long term damage done to the blood and cells in general, which impacts your brain, neurotransmitters, hormones, etc. - basically **all of your physical, mental and emotional functions**.

3. The energy field of Wheatgrass causes the balance of energy levels in the body, because it is so perfectly balanced in itself. By virtue of simply being in our energy field, it causes our energy field to **mirror its own balance**. Since our energy fields move according to polarity and are constantly reacting to all of the energy around us, when a completely balanced energy field faces us, we react to it by **becoming balanced** ourselves. This greatly aids in naturally restoring physical, mental and emotional balance. (Cont. on next page)

TAP INTO THE LIVING ENERGY OF WHEATGRASS AND ALLOW IT TO BALANCE YOUR MENTALLY, EMOTIONALLY AND SPIRITUALLY!!! (Cont.)

The energy field of Wheatgrass has great value as a **protection** from extremities - both physically and emotionally. It helps teenagers stay emotionally stable while going through hormonally over-active days. It helps women stay emotionally **calm** as they are going through difficult periods, pregnancy and/or menopause. It helps travelers - especially those who travel to perform and need to keep their **nerves** and bodies at their peak. It helps babies who are ill and need gentle medication to undo the effects of strong medicines and change or separation related trauma.

Because wheatgrass **repairs** our bodies physically, mentally and emotionally, HHI (Hippocrates Health Institute) and many other of the MOST Effective Holistic Treatments Centers around the world have seen people literally **expand mental functions** and open up emotionally. The many healing properties of wheatgrass all contribute to this. In particular, the high oxygen in wheatgrass has a remarkable effect on the brain. Several factors, including environmental pollutants **stripping the air** we breathe of oxygen, higher elevations, shallow and improper breathing and aging deprive our body of oxygen. **Brain tissue** (including the brainstem and spinal cord) uses 20 – 25% of all oxygen in body. Wheatgrass allows for the repair of mental functions and **increases** clarity. When the body is not bogged down by having to deal with physical imbalances, mental and emotional functions are repaired.

The following amino acids are found in wheatgrass and are proven in many studies to impact mental and emotional well-being:

- **Lysine:** potential anti-aging factor; body growth and blood circulation are supported; when lysine is absent from our bodies, our immune system weakens, sight may well be affected and fatigue may occur.

- **Isoleucine:** is needed for growth, particularly in infants; provides protein balance in adults; a deficiency could end in mental conditions due to the fact that it affects the production of other amino acids.
- **Leucine:** keeps us attentive and awake
- **Tryptophane:** is very important for building rich, red blood, healthy skin and hair. If combined with Vitamin B complex, it can also help to calm our nerves and stimulate better digestion.
- **Phenylalanine:** aids the thyroid gland in its manufacture of thyroxin hormone, important for mental balance and emotional calm
- **Threonine:** metabolism
- **Valine:** activates the brain, supports muscle coordination and calms the nerves; a deficiency may lead to nervousness, mental fatigue, emotional outbursts and insomnia
- **Methionine:** helps clean and replenish kidney and liver cells.
- **Glutamic acid:** boosts mental balance and smooth metabolic function
- **Glycine:** helps cells use oxygen to make energy.
- **Histidine:** impacts hearing and nervous functions.
- **Serine:** stimulates brain and nerve functions.

The other key components in wheatgrass are the enzymes. Dr. Rudolf Steiner, an Austrian writer, educator and social activist, was the founder of **biodynamics**, a spiritual-ethical-ecological approach to agriculture, food production and nutrition. Steiner taught that **enzymes are the bridge** between the physical and the spiritual worlds.

Ann Wigmore, the founder of the Hippocrates Holistic Institute said, "I believe that each person has a **unique mission**, because each person is a unique human being.

However, when someone is very toxic and out of balance this mission is obscured. When they begin to detoxify, however, **illusion begins to shift** and they can start to see their mission. They become aware that they are spiritual beings and have a responsibility for nurturing their physical, mental and emotional aspects in order to develop their God-self. Wheatgrass **facilitates** the physical cleansing of the body. As we cleanse physically, we automatically cleanse mentally and emotionally. Issues arise that have been **suppressed** for years. These suppressed issues and emotions are a big part of the cause of disease... Wheatgrass and a Living Food Lifestyle help to bring these issues to the surface and to give a means for the body to rebuild health through its **self-healing ability.**"

The more balanced and pure the fuel we put into our bodies, the more integrous our life becomes. This allows us to remain physically, mentally, and emotionally at our TOP level of WELLNESS, thus our **connection** to our Major Life's Purpose and Spiritual Journey is **amplified**. Wheatgrass, along with a **live food diet** and other practices such as meditation or prayer, yoga, QiQong, exercise, connecting to nature and time alone to nurture and love yourself will bring the balance to your life that your WHOLE SELF **thrives** on.

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