

BENEFITS OF ORGANIC WHEATGRASS



We have all heard of wheat. It is the crop grown all over this planet of ours, to produce flour and bread. That flour is made by grinding up the grains that eventually develop when the wheat has matured. Wheatgrass is immature wheat. It is lovely fresh green shoots that are picked a very long time before it matures into wheat.

These shoots are then either made into a juice or the most popular option is a powder. That powder can then be added to smoothies or water. It is also delicious blended with coconut or almond milk. You can also mix it with apple cider vinegar, water and lemon juice for a real hit of healthiness.

Wheatgrass Health Benefits

Wheatgrass is absolutely packed full to the brim with vitamins and minerals. And also chlorophyll, enzymes and amino acids. These make the ideal natural multi-vitamin instead of taking chemical pills.

Just make sure it is organically grown and that there are no fillers or other nasties added. If it is organic then it won't be genetically modified either which is a bonus.

Gluten Free

Wheatgrass does not contain any gluten. Many people can have a reaction to gluten, which is in wheat that has been made into bread. But it is the grain of wheat that contains gluten not the grassy shoots. The reaction to gluten can upset your stomach and cause a lot of pain. Wheatgrass is completely safe for these people to eat.

Increases energy

Wheatgrass is jam packed with loads of vitamins and minerals. These nutrients help give you more energy because they help your body to work better. As strange as it may seem every single cell in our body works because of an electrical charge. If you think of each cell as a tiny little battery. Just like you need a battery in your car for it to run. Without that fuel the car won't work properly. It is the same for the body.

Wheatgrass also gives you more oomph because it cleans your body. There is sludge in the body that needs to be got rid of. The body can get rid of this itself but as the saying goes every little helps. So it uses ingredients in wheatgrass to boost its cleaning power. This means everything runs much better.

Wheatgrass also contains chlorophyll. This is what makes it green. It is how the plant gets oxygen. In our body, red blood cells carry oxygen to every single cell and organ to use for energy. Chlorophyll helps our red blood cells work better so we feel more energetic.

Improves metabolism

The fact that everything is running well means that it speeds up a little. Your metabolism is the name for all the processes that are going on in your body keeping it ticking over. It is what keeps you alive. Once again if those processes are running better you will feel better.

Improves sleep

Normally when you are asleep the body goes into housekeeping mode. This means it cleans up your organs from what you have been eating the day before. If what you have been eating is helping to do that house-keeping you will wake up feeling much more refreshed and ready to face the new day.

Fights illness

Amino acids are what protein is made up of and there are lots in wheatgrass. They keep your body fighting fit because they help to repair damage caused by the things that can cause cancer and heart disease. If you eat non-organic wheatgrass, the chemicals from killing pests are one of the things that can cause these illnesses. Which only adds to the list of reasons why you should be eating organic wheatgrass.

When you come into contact with the bugs that cause you to make be sick, the vitamins in wheatgrass mean you are less likely to feel poorly.

To get the most benefit from wheatgrass it should be organic. Growing it yourself is a sure-fire way to make sure it is organic. It also means that it is really fresh when you eat it. Once something is picked it starts to lose its goodness. If you pick it fresh and eat it immediately, it is still living meaning you will get much more bang for your buck.