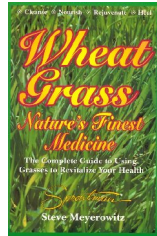


“Wheat Grass: Nature’s Finest Medicine”



Author: Steve Meyerowitz

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“Until man duplicates a blade of grass, nature can laugh at his so-called scientific knowledge”

-Thomas Edison

Background

It is our most ubiquitous source of food, occupying the bottom of the food chain. Yet without it, life on earth would cease to exist, for it is the grass that transforms the sun’s energy into the food that sustains all living matter on earth.

Synopsis

Steve Meyerowitz, “The Sproutman,” writes of the benefits and historical use of grass (wheatgrass, barley, rye, and oat), from its references in the bible to the western discoverer of wheatgrass in the twentieth century and the pioneers who devoted their lives to researching and spreading the word about the nutritional power of wheatgrass.

Strengths

1. Wheatgrass has been labeled by the nutrition industry as a “complete food”, proven to have more protein than eggs, more Vitamin C than oranges, and enormous amounts of polyphenols and enzymes that provide extraordinary antioxidant and detoxifying power.
2. Steve devotes an entire chapter to citing specific conditions that wheatgrass has been researched to treat
3. The “pioneers of wheatgrass” have all been rescued from severe illness (Anne Wigmore used wheatgrass to avoid leg amputation), hence their intense passion for wheatgrass. As Steve states, “Clinical evidence from health professionals and testimony from users who have conquered life-threatening diseases after being abandoned by conventional medicine have value.”

Weaknesses

1. Steve devotes a section to slamming conventional medicine and how they are responsible for over 100,000 Americans each year. Although this is true, conventional medicine does indeed hold a place in the healthcare paradigm. Unfortunately, the American healthcare system does not give enough credence to alternative medicine’s value and use before conventional medicine is implemented.

Overall Impression:

Wheatgrass can be a fantastic addition to your diet to improve your immune system, digestion, skin health, and overall well-being. It is not a panacea, but it is the purest form of nutrition you will find, better than any supplement you can buy. Exercise and overall proper nutrition must also be done if wheatgrass is to exert maximum health benefits in the body.