

# Wheat Grass Juice Shots

# “THE BIG SHOTS” of the Juice Bar

Wheat grass juice shots provide powerfully concentrated nutrition, energy and much more. It's no wonder they've become the “big shots” of the juice bar.

For those who've experienced the energizing, exhilarating potency of wheat grass juice shots, you know what it's like to feel the “rush” of its nutrients pulsing through your bloodstream to spread their green goodness throughout your body—providing potent nutrition and quick energy.


As you gulp it down, you know it's giving you “off the charts” nutrition, nearly instantaneous energy, building up your body's cellular health and inwardly cleansing your body.

Many wheat grass juice drinkers even prefer the “green shot” to a morning cup of joe or to tea time. That's how much energy they get from this big shot! Wheat grass juice shot drinkers often feel more invigorated, too, since the chlorophyll in the shots builds blood cells, which, in turn, increases oxygenation to the entire body.

Generally speaking, wheat grass shot lovers take a one-ounce wheat grass shot once daily—usually on an empty stomach and before meals. Some, however, take one-ounce shots three to four times a day or even up their wheat grass shots to 2-ounce to 4-ounce shots two or three times daily for more of those green benefits.

Each shot is equivalent to the most nutritious leafy green vegetables imaginable, but honed into a small amount of concentrated juice made from young, tender shoots of wheat plants, which are just like green, leafy veggies. It's so concentrated that some say that two wheat grass shots are equivalent to nearly three pounds of vegetables in its vitamins, minerals and live nutrient energy!

Wheat grass juice shots are also deep green in color due to the nearly 70 percent chlorophyll content. Interestingly, chlorophyll's chemical makeup is similar to the oxygen-carrying part of the blood's hemoglobin, called *heme*, which carries oxygen from the lungs to the other cells and tissues of the body.



**If there's any downside to wheat grass shots, it's how expensive they can be over time. If you pay \$1.50 per shot daily at your favorite juice bar, then you'll spend \$547.00 a year. If your wheat grass shots cost you \$2.00 per shot, then you'll hand over \$730.00 each year. If you have more than one shot a day, just multiply that number by however many shots you have each a day.**



Unsurprisingly, much of what builds and sustains the essential elements of blood is also found in foods packed with chlorophyll, such as wheat grass and other greens. Research points out that chlorophyll:

- stimulates the synthesis of red blood cells, increasing the quality and quantity of them.
- supports healthy oxygen transportation in the body.
- boosts energy levels.
- detoxifies the liver.
- cleans the digestive tract, while supporting the growth of beneficial bacteria (probiotics).
- supports healthy wound healing.
- can provide protection from toxic chemicals.
- helps to support repair of damaged tissues.
- is packed with powerful antioxidants that can fight off free radicals.
- can inhibit the growth of unfriendly bacteria.
- can help support already healthy blood sugar and blood pressure levels.

Wheat grass juice also provides enzymes; protein—including essential amino acids, which are those that must come from one's diet; beta-carotene; folic acid; vitamins C, E, K and B12; other B vitamins; calcium; phosphorus; magnesium, iron, zinc and potassium.

Additionally, wheat grass juice supports the growth of *Lactobacilli*, the healthy bacteria which grows naturally in the human digestive tract. Wheat grass juice is also teeming with enzymes—that is, if it's not overprocessed or overheated, which can destroy most enzymes. That's why it's good to have it raw.



## INTRODUCING Perfect Food® RAW 100% Organic Young Wheat Grass Juice Powder:



**1 Serving = 13 Wheat Grass Shots**

If you love the powerful green goodness of wheat grass shots straight from the juice bar or your own wheat grass garden, then you're going to love our new wheat grass juice powder 13 times more. That's right. Our grower juices the equivalent amount of wheat grass needed for 13 shots to juice one serving of our Wheat Grass Juice Powder. Our grass is grown on beautiful organic Utah fields for weeks, not in a plastic tray indoors under fluorescent lights for several days.

It's good to know that you have choices with wheat grass juice shots—and we're pleased to offer you the ultimate "big shot" in wheat grass shots.

### Perfect Food RAW Wheat Grass Juice—High Potency, Instant Green Energy†

Our USDA Certified Organic, Non-GMO, RAW Wheat Grass Juice is one of the most nutritionally dense greens on earth, power-packed with naturally occurring nutrients including chlorophyll, beta-carotene, vitamin C, B vitamins, amino acids, magnesium, potassium, manganese and betaine. Juicing our greens super-concentrates them. One serving of Perfect Food RAW Wheat Grass Juice instantly delivers as much natural wholesome green food energy as 13 one-ounce wheat grass shots at a juice bar.†

### Perfect Food RAW Puts the GREEN in Greens—More Chlorophyll in Every Serving

Our CERTIFIED ORGANIC Greens are sustainably grown by our family farmers here in the USA. We harvest before the grain buds (to prevent gluten from forming) and then juice at the farm immediately after harvest. Our juice is gently low-temperature dried and powdered on site, locking in its nutritionally dense, organic goodness. The end result is highly bioavailable and many times more concentrated in nutrients, including chlorophyll, than whole leaf grass powders, putting the **GREEN IN YOUR GREENS!**†

It's RAW, Vegan, Certified Organic, Dairy Free, Soy Free, No Whole Grass Fillers, No Added Sugars, No Artificial Flavors or Sweeteners and No Preservatives

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



# The Importance of Alkalizing and Detoxifying:

*An Interview with Dr. Terry Willard*

**Extraordinary Health Magazine:** Dr. Willard, we know that you're a leading clinical herbalist, so please give us an overview of your practice as well as what your focus has been recently.

**Dr. Willard:** I have practiced as a clinical herbalist since 1975 in a very busy urban clinic—the Wild Rose Wholistic Clinic in Calgary, Alberta. During this timeframe, I have also run clinics in several other cities. Even though I am in general practice as a senior practitioner, I mostly concentrate on patients with severe and critical health issues as well as specializing in cleansing and detoxification. Besides using a wide range of botanical medicines and natural food supplements, I do research and use medicinal mushrooms and flower essences.

**Extraordinary Health Magazine:** You're also well versed in the healing power of herbals. What is it about herbals that makes them so beneficial for health?

**Dr. Willard:** Botanical medicine is well keyed into the human system, as we've used them for several millennia. Plant-based medicines are the basis, or starting point, of over 50 percent of the modern pharmaceuticals used, and worldwide, over 80 percent of humans still use herbal medicines as part of their primary health care system. Herbal remedies are good at initiating the natural processes of the body to heal itself. Typically, herbals are gentler on the human system, but have a profound effect on the body, giving it energy.

**Extraordinary Health Magazine:** While we're on the topic of herbals, please speak to the benefits of small batch, organic cultivation.

**Dr. Willard:** When it comes down to natural remedies, small batch, organic cultivated is always the best way to go. This assures high quality, letting the farmers to processors concentrate on the details that we want our medicines and foods to have. By doing this, we can make our foods our medicines and vice versa.

**Extraordinary Health Magazine:** Dr. Willard, you've reviewed the ingredients of Garden of Life's Perfect Food® Alkalizer & Detoxifier RAW Organic Green Super Food. Tell us how those primary ingredients work to alkalize and detoxify the body—and why it's important to have a more alkaline vs. acidic state in the body as well as intentionally detoxifying the body.

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