

WHEAT GRASS HEALTH BENEFITS

Nutraceutical is a food or food product that provides health and medical benefits, including the prevention and treatment of disease. Nutraceuticals are the products typically claim to prevent chronic diseases, improve health, delay the aging process, and increase life expectancy. Let us know something about one such nutraceutical. Wheatgrass is a commonly found herb in India contains enzymes like protease, cytochrome, amylase, lipase, transhydrogenase and SOD (super oxide dismutase). Besides these enzymes, it also contains all the essential amino acids especially alanine, aspartic acid, glutamic acid, arginine and serine, which are helpful in providing good amount of protein in body which builds and repair tissues. Wheatgrass contains chlorophyll and flavonoids in good amount. It also contains vitamins like vitamin A, vitamin C, and vitamin E and minerals like iron, calcium and magnesium. Chlorophyll has been shown to build red blood cells quickly, cures anemia, normalise blood pressure by dilating the blood vessels. Chlorophyll has been shown to produce an unfavourable environment for bacterial growth in the body and therefore effective in increasing the body's resistance to illness. Probably the most important benefit of wheatgrass is, it is a cancer fighting agent. Many people strongly believe that the benefits of wheatgrass on cancer are real and that consuming wheat grass can help in the treatment and even in the prevention of cancer. Wheatgrass produces an immunization effect against many dietary carcinogens. Additional benefits of wheatgrass are better complexion and a healthy glow. The slowing of graying hair is also a benefit believed to come from wheatgrass. We can grow wheat grass in small cups, pots and trays very conveniently in our homes, so that we will have fresh juice and powder with minimum cost.

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Editor