Ann Wigmore was the guru of wheat grass juice, having discovered it out of her own need. At 50 years of age she said that she was ready for early retirement, with grey hair, terrible colitis, low energy and no clear direction in life. In desperation she found raw foods, exercise and wheat grass juice. There was great improvement and twenty-five years later she still had more energy than she had ever had. Her hair had turned naturally brown again, her weight had reduced to that of her youth and remained stable, and “my energy level is limitless”. For the ten years prior to writing the book, she required only four hours sleep a night. Soon after discovering wheat grass juice, Ann delivered it to bedridden, ill and elderly neighbours, and was amazed that all of them were out of bed in a number of weeks and more active than they had been for years. Here is a list of what wheat grass can do for us:

• Wheat grass nutrients, especially chlorophyll, which is very similar to our blood haemoglobin, but with the magnesium replaced by iron.
• Containing almost a full spectrum of vitamins and minerals, it strengthens every system in the body, including the immune system.
• It contains enough antioxidants to neutralise a large number of free radicals.
• Wheat grass nutrients, especially chlorophyll, stimulate the regeneration of the liver, the main detoxifying organ in the body.
• The most anti-cancer vitamin, vitamin B17, is found in wheat grass, according to Ann Wigmore.
• Chlorophyll can protect us from carcinogens [cancer-causing agents] like no other food or medicine can, she says:
• Combined with a balanced natural diet, wheat grass juice has “the power to regenerate the body far better than any chemicals, drugs or vitamin-mineral supplements can”.

Before her death, Ann Wigmore ran the Hippocrates Health Institute in Boston, USA, for many years. Not surprisingly, many of the people who went there were cancer sufferers. Ann Wigmore’s opinion was that there will never be a “cure” for cancer because it can’t be cured. On the other hand, the body can heal itself, given the necessary support. “Once you understand the logic of self-healing and self-cleansing,” she says, “it is easy to understand how the body can reverse even a serious problem like cancer.”

The remainder of the book is devoted to explaining how to grow wheatgrass and elaborating its many uses. The final chapter is entitled, ‘The Wheat Grass Fast: for Cleansing, Healing and Super Nutrition’.

For juicing wheatgrass, the NHS considers the Samson juicer to be good value. It is efficient, versatile and easy to clean. For further details, see inside back cover.