

The #1 Most Powerful, Alkaline Food You Can Eat



If you could eat a tiny portion of the healthiest food on the planet every day to get easy benefits like disease prevention, slower aging, easier weight loss, and a stronger immune system, would you do it?

This isn't a hypothetical question or some futuristic cure-all pill...

There really is one food that can deliver all of those benefits and more in just one ounce a day.

Want to know what this powerful super food is?

It's WHEATGRASS!

Ever wonder why wheatgrass is so good for you?

It's one of those foods we hear about, and we might try once, but most people rarely, if ever, actually eat it.

And yet, wheatgrass is one of the healthiest, most nutrient-dense foods on the planet. It delivers countless health benefits.

If you want an easy way to alkalize your body, consume more of the dark, leafy greens you know you should, lose weight, and improve your health and well-being in all kinds of ways, look no further than a daily dose of wheatgrass.

A shot of wheatgrass a day keeps the doctor away!

Before we dig into benefits of wheatgrass, I've got a pop quiz for you. There are 102 minerals found in our soil.

How many minerals do you think are found in wheatgrass?

All 102! That's how nutritious this food is!

What is wheatgrass?

It's an edible plant from the wheat family, but don't worry – **it contains no wheat or gluten.**

Wheatgrass is a green vegetable. Wheat is a grain. The grain has gluten, the grass does not.

Green vegetables do not contain gluten. Although the grass was germinated from grain, it undergoes a complete transformation into a vegetable.

Because it's a grass, it's typically consumed as a liquid by juicing the grass, or purchased over the counter as a powder available in all kinds of products.

Now if you've ever tried wheatgrass shots, you probably know the problem that can arise from taking them. Keep reading for what to do about it.

Benefits

Health experts the world over tout wheatgrass as an important super food. What's so super about it?

Wheatgrass is the most concentrated food source of chlorophyll, the plant energy that comes from photosynthesis and gives wheatgrass its distinct, bright green color. **More than any other food – even dark, leafy greens – wheatgrass contains 70% chlorophyll.**



Chlorophyll does a few very important things for you:

- Increases blood oxygen levels and red blood cell count, which cleanses your blood
- Delivers oxygen throughout the body, which helps to fight damage on the cellular level – **remember, the #1 way to fight acid is to oxygenate!**
- Detoxifies and cleans the liver
- Fights free radicals, slowing the aging process and keeping cells healthy and cancer-free
- Detoxifies the entire body, removing heavy metals and carcinogens found in the blood stream

And that's just the chlorophyll! **Wheatgrass also contains powerful doses of vitamins (like more vitamin A than carrots and more vitamin C than oranges) and minerals (like magnesium, calcium, and selenium), plus amino acids, iron, and antioxidants that deliver a wide array of health benefits like:**

- Improves digestion and fights complaints like IBS, acid reflux, colitis, and ulcers
- Prevents and fights anemia because wheatgrass is iron-rich
- Lowers blood pressure, triglycerides, and cholesterol
- Stimulates thyroid hormone production
- Boosts immunity
- Fights inflammation
- Keeps skin clear of acne, eczema, and psoriasis
- Boosts the metabolism, aiding weight loss

- Helps regulate blood sugar
- Prevents bacterial overgrowth
- Balances hormones
- And of course, alkalizes the body!

In fact, wheatgrass is one of the most potent disease-fighters you can put in your body!

Between its powerful antioxidants, its liver cleansing properties, and its ability to fight inflammation, consuming wheatgrass every day is a great way to reduce your risk of cancer, heart disease, and liver disease.

It's also been shown to lessen the side effects of cancer treatments like radiation and chemotherapy.

Drawbacks or Side Effects

Here's the truth about wheatgrass... It's never going to be your favorite food. Although the taste grows on you after a while, it has a distinctly grassy taste.

That's okay though. It should be consumed only in moderation. More than an ounce or two at most a day can lead to side effects like diarrhea.

It can also be a bit of a hassle to fresh press it every day. That's why taking wheatgrass as a supplement is a great way to go.

Just be sure you're buying high-quality powder wheatgrass. There are a lot of low quality alternatives available these days, as more and more people take supplements containing wheatgrass.

How to Use Wheatgrass

Most people who want fresh wheatgrass daily grow their own. It's relatively low maintenance, about the same as your typical houseplant, and it has the nice side benefit of oxygenating the air you breath around it. Just make sure you're growing it in a clean environment. Like sprouts, it can lead to mold or bacteria if grown improperly.



You can take a daily shot of wheatgrass if you have a good juicer. It should be fresh-pressed daily right before you drink it, but you can freeze fresh shots in 1 or 2-ounce portions and defrost them one at a time.

The problem that a lot people have with wheatgrass shots is the way they take them. And if you've ever had a stomachache after trying wheatgrass, this is why.

When you do a wheatgrass shot, it is very, very important that you do a little bit of the shot – about a half an ounce – and hold it in your mouth and swish it around for about 30 seconds and let the digestive enzymes in your mouth start to break it down before swallowing it.

Otherwise, you may have a problem actually digesting it and assimilating it.



What's beautiful about [Alkamind Daily Greens](#) is that the wheatgrass is broken down into a powder in a way that it's practically predigested for you – with little to no degradation whatsoever. Other brands cannot say that.

So unlike other brands, you're going to absorb more of the wheatgrass and other beneficial ingredients.

Did you know that the #1 ingredient in our greens is organic wheatgrass? It's actually over half wheatgrass.

We've combined that with spinach, kale, parsley, dandelion, beetroot, turmeric, lemon, chia, broccoli, celery, 8 different sprouts, and more!

So by taking your [Alkamind Daily Greens](#) first thing every morning, you're getting a dose of the most powerful, alkaline food on the planet!