

WHEATGRASS JUICE EBOOK



RawfoodLife



WHAT IS WHEATGRASS JUICE

Your body creates 25 million new cells every day. That is over 9 billion brand new cells each year. Those cells are created only from what you eat, breathe and drink. Food is the cornerstone of great health and you need the best you can get. What you do today can benefit you 25 million times tomorrow.

Grasses are the foundational food for land based life. What makes grasses unique is that they are singularly life sustaining. This is clearly demonstrated by the wide range of animals that exist solely on grasses. There is nothing at any health food or grocery store that can make the same claim.

Wheatgrass is the early growth stage of the common wheat plant. Wheatgrass is the preferred type of grass because it provides the best balance of nutrition, taste, yield and growability.

The best wheatgrass is grown outdoors with full sun, soil, air and natural rain. It must be grown from untreated non-GMO seed and it must be chemical free, herbicide free and pesticide free.

Harvesting takes place when the plant is at its nutritional peak. It is 7 - 11 inches tall and has accumulated growth energy which the plant will use to power rapid growth, jointing and flowering into grain.

Juicing allows us to capture this growth energy. We apply pressure to the plant to separate the nutrition from the indigestible fiber. Juice is easy to digest, readily absorbed and therefore biologically available to us two legged animals. We need it juiced because our digestive system cannot break down grass fiber on its own.

Our job is to grow, harvest, juice, capture and protect this growth energy. We keep it intact by cutting without bruising, washing without chemicals, juicing without atmosphere, vacuum packing and flash freezing with nitrogen. Each step is designed to prevent biological aging.

Ultimately, this gives you access to high quality wheatgrass juice throughout the year. You can be confident that the juice you are drinking has been sourced from naturally grown plants in prime condition.

You can now reap the benefits of a broad range of antioxidants, amino acids, vitamins, colloidal minerals, essential fatty acids and enzymes when it best suits you.

We are delighted to bring you this incredible food and hope you love it!



**WHY OUR JUICE
IS SO GOOD**

FIELD GROWN

Wheatgrass needs to grow outdoors in open fields. This environment sends natural cues that signal the plant to build a strong root system and produce phyto-nutrients. Greenhouse plants have far fewer nutrients and often significant mold issues.

THE OUTDOOR ADVANTAGE

- 6 x deeper root system
- 10 x longer growing cycle
- 10% - 300% higher nutrient levels
- 50% higher chlorophyll alone
- Zero simple sugars
- Absolutely no wheatgrass mold problems
- It is excellent tasting wheatgrass juice

JUICE QUALITIES

100% WHEATGRASS JUICE

BEYOND ORGANIC

NON-GMO SEED

HERBICIDE/PESTICIDE FREE

UNPASTEURIZED

FLASH FROZEN

VACUUM PACKED

GLUTEN & SUGAR FREE

10 FLUID OZ PACKAGES

0.5 FLUID OZ PORTIONS

QUICK PREPARATION

MINIMUM 1 YEAR

FREEZER LIFE

LAB TESTED SAFE





**SERVING
SUGGESTIONS**

CHILDREN

1 CUBE OF JUICE DAILY

This is food, like a salad in a glass, that is appropriate for the entire family. You can start, stop, increase or decrease amounts any time you wish. The only rule of thumb with kids is to serve yourself last. You can finish what they pass on so none goes to waste.



TEENS / COLLEGE

1 - 2 CUBES OF JUICE DAILY

Youth is powerful and your teen likely feels great but they are changing fast.

Their healthy growth needs nutritional support and the calming influence of great food in a world of less desirable options.

Great nutrition helps every facet of development, even helping achieve glowing skin.



ADULTS

DAYS 1 - 10 4 CUBES MORNING
4 CUBES EVENING

DAY 11 + 2 - 4 CUBES DAILY

By the age of 30, the body
become less efficient
overall. By 40, most
of us can feel it.

Wheatgrass shines as
an anti-aging food.
When something used to
work just fine and time has
taken that away, nutrition
may bring it right back.



MAX NUTRITION

DAYS 1 - 60

5 CUBES - 4 TIMES PER DAY

DAYS 61 - 120

5 CUBES - 2 TIMES PER DAY

DAY 121 +

2 - 4 CUBES DAILY

We believe this gives you everything that the nutrition of wheatgrass juice has to offer. Beyond this, give yourself a lift by focusing on general diet, sleep, hydration, light exercise, stress reduction and more.





**HOW TO
PREPARE**

STEP 1

Remove a juice bag from the freezer and lay it on the counter for 1 minute.

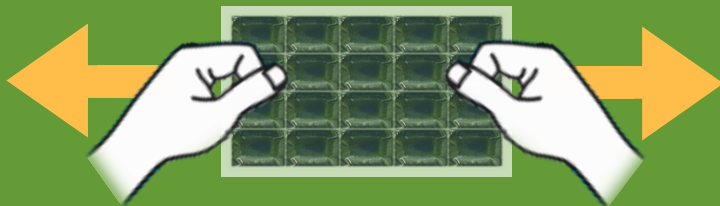
STEP 2

Pick it up and twist firmly 5 to 10 times.



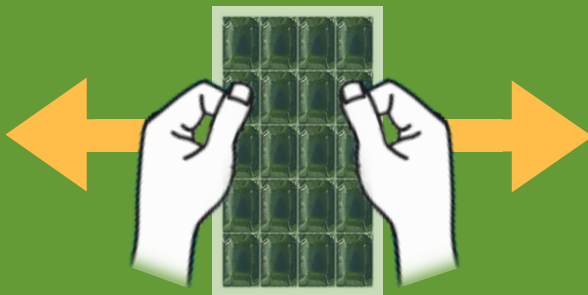
STEP 3

Pull sharply end-to-end



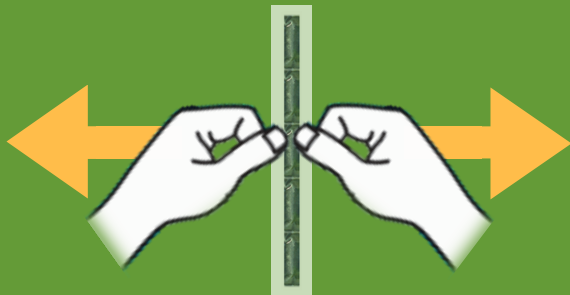
STEP 4

Pull sharply side-to-side



STEP 5

Grab the sides of the package and pull them apart.



STEP 6

With practice, the dots release easily and the cubes come together in a single bag. Cut off a corner to pour out the cubes.



STEP 7

Put the cubes into a glass. Add 3 parts room temperature water. Stir to speed the thaw. Drink it as it thaws.





**A FEW
MORE THINGS**

DELIVERY CONDITION

- The wheatgrass juice bags should arrive firm to the touch
- The ice bags will have significant melt

RECYCLING THE CONTAINER

- The container is 100% recyclable type 6
- Check your municipal website to find out how to recycle Type 6 in your city

REMOVING THE JUICE CUBES

- Follow the instructions in this pamphlet
- Do not cut the cubes out with scissors as it will make for a messy counter
- The first time you remove the cubes it will be challenging, by the third bag, you will find it easy

DETOXIFICATION

- We sell wheatgrass juice for its food value not for detoxication although it may produce those effects
- Detox would show as none, any or all of the following: light headache, loose stool, frequent urination, skin irritation or flu like fatigue
- If present, detox is a minor nuisance, lasts a few days at most and once complete, will be gone forever
- Recognize detox as a positive, it means your body is eliminating a burden it may have been carrying for decades

YOU WILL EXPERIENCE VARIABILITY

- Each batch of juice will be different, sometimes strikingly different
- Variability is entirely natural and is what separates natural living foods from manufactured foods
- It is not possible to achieve perfect consistency without destroying the beneficial living qualities of your wheatgrass juice

GETTING THE BEST POSSIBLE PRICE

- Buy it when you need it, we never run specials or have coupon codes
- Check for larger sizes which have a significantly lower price per oz



SHOP WHEATGRASS JUICE

**WE PICK PARTNERS WHO DELIVER
5 STAR EXPERIENCES**



**PLEASE REVIEW THEM
IF PLEASED OR CONTACT ME
IF YOU NEED HELP**



**ROBERT ROSS
1-855-LIVE-RAW**



SHOP WHEATGRASS JUICE



VISIT RAW FOOD LIFE