

## Living life the natural way – Wheatgrass and Health

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### **Abstract:**

The Human diet is enriched with young parts of plants (so called “green foods”), which can improve nutrient balance intake in natural way. Wheatgrass (*Triticum aestivum*) refers to young grass of the common wheat plant, which belongs to Poaceae family. This is the most commonly found herb in India, although its nativity is currently unknown. This plant is believed to have many nutritional values; it has been shown to have anti-inflammatory, antioxidant, anti-carcinogenic, immunomodulatory, laxative, astringent, diuretic, antibacterial and anti-aging properties. Its use in acidity, colitis, kidney malfunctions, atherosclerosis and swelling has been shown to be beneficial. Wheatgrass juice helps in building red blood cells and stimulates healthy tissue cell growth. 100 g of wheatgrass powder is equal to 23 kg of fresh vegetables. Ideally, wheatgrass should be taken about an hour prior to meal. This allows the body to fully metabolize it without competing with other foods, and it may also curb hunger. It is recommended that lot of water (at least a liter) should be consumed with the juice to reap its maximum nutritional benefits. Taking wheatgrass as a supplement in the mid-morning or mid-afternoon is a great time for this "green" energy boost.

**Keywords:** wheatgrass, anti-carcinogenic, detoxification, health.