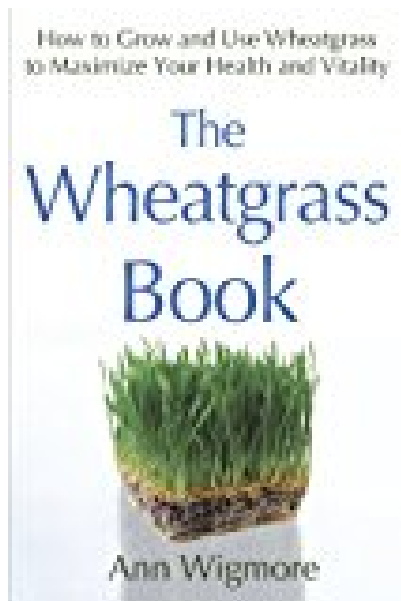


The Wheatgrass Book How to Grow and Use Wheatgrass to Maximize Your Health and Vitality



BOOK DETAILS

- Author : Ann Wigmore
- Pages : 144 Pages
- Publisher : Avery
- Language : English
- ISBN : 0895292343

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BOOK SYNOPSIS

The Wheatgrass Book is written by Ann Wigmore - the woman who introduced wheatgrass juice to America 30 years ago. Anns book contains a wealth of information on wheatgrass - from its nutrient properties to ways of easily growing it for the home juicer. Chapters include: green power from wheatgrass, how wheatgrass chlorophyll works, super nutrition from wheatgrass, how to grow and juice wheatgrass and the many uses of wheatgrass. This is a must for the person serious about incorporating wheatgrass into his or her health regimen.

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