Wheat Grass Juice May Improve Hematological Toxicity Related To Chemotherapy In Breast Cancer Patients: A Pilot Study.

Myelotoxicity induced by chemotherapy may become life-threatening. Neutropenia may be prevented by granulocyte colony-stimulating factors (GCSF), and epoetin may prevent anemia, but both cause substantial side effects and increased costs. According to non-established data, wheat grass juice (WGJ) may prevent myelotoxicity when applied with chemotherapy. In this prospective matched control study, 60 patients with breast carcinoma on chemotherapy were enrolled and assigned to an intervention or control arm. Those in the intervention arm (A) were given 60 cc of WGJ orally daily during the first three cycles of chemotherapy, while those in the control arm (B) received only regular supportive therapy. Premature termination of treatment, dose reduction, and starting GCSF or epoetin were considered as “censoring events.” Response rate to chemotherapy was calculated in patients with evaluable disease. Analysis of the results showed that five censoring events occurred in Arm A and 15 in Arm B (P = 0.01). Of the 15 events in Arm B, 11 were related to hematological events. No reduction in response rate was observed in patients who could be assessed for response. Side effects related to WGJ were minimal, including worsening of nausea in six patients, causing cessation of WGJ intake. In conclusion, it was found that WGJ taken during FAC chemotherapy may reduce myelotoxicity, dose reductions, and need for GCSF support, without diminishing efficacy of chemotherapy. These preliminary results need confirmation in a phase III study.

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Effect Of Wheat Grass Juice In Supportive Care Of Terminally Ill Cancer Patients - A Tertiary Cancer Centre Experience From India

Background: The solid content of juice made from wheat grass is 70% chlorophyll. Chlorophyll is often referred to as “The blood of plant life” and has almost the same chemical structure as haemoglobin. Chlorophyll cleanses the blood by improving the supply of oxygen to the circulatory system. Wheat grass is also a complete protein with about 30 enzymes, vitamins & minerals. Wheat grass juice has been proven over many years to benefit people in numerous ways, building the blood, restoring balance in the body, removing toxic metals from the cells, nourishing the liver & kidneys and restoring vitality. The aim of our study was to see the effect of wheat grass juice in terminally ill cancer patients to improve the quality of life.

Methods: During period from January 2003 to December 2005 we selected 400 solid organ cancer patients in our palliative care unit of Netaji Subhash Chandra Bose Cancer Research Institute to see the effect of wheat grass on improvement of haemoglobin level, serum protein & performance status on terminally ill cancer patients. The age range of the patients was 22 year to 87 year (median age 42 years). The different types of cancers were Lung (25%), Breast (20%), Oesophagus (11%), Colon (9%), Ovary (8%), Hepatocellular carcinoma (6%), Stomach (6%) and others (15%) respectively. We cultivated wheat grass in our campus. When the grasses were 5 days old we took the fresh leaves including roots and made fresh juice out of that and had given 30ml of juice to all our 400 cancer patients for continuous 6 months.

Result: The mean levels of haemoglobin, Serum total protein, albumin and performance status were 8gm%, 5.4gm%, 2.2gm% and 50%. Fifty patients required transfusion support & those patients were excluded from the study. Other 348 patients are evaluated 6 months after giving wheat grass juice. The mean values for haemoglobin, total protein & albumin were improved significantly (pvalue < .005) and were observed mean of 9.6gm%, 7.4gm% and 3.1gm%. White blood cell & platelet count were same in both the cases. The performance status was improved from 50% to 70% (Karnofsky) after wheat grass treatment.

Conclusion: We concluded that wheat grass juice is an effective alternative of blood transfusion. Its use in terminally ill cancer patients should be encouraged.

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Wheat Grass juice Reduces Transfusion Requirement In Patients With Thalassemia Major:
A Pilot Study.

Wheat grass juice is the juice extracted from the pulp of wheat grass and has been used as a general-purpose health tonic for several years. Several of our patients in the thalassemia unit began consuming wheat grass juice after anecdotal accounts of beneficial effects on transfusion requirements. These encouraging experiences prompted us to evaluate the effect of wheat grass juice on transfusion requirements in patients with transfusion dependent beta thalassemia. Families of patients raised the wheat grass at home in kitchen garden/pots. The patients consumed about 100 mL of wheat grass juice daily. Each patient acted as his own control. Observations recorded during the period of intake of wheat grass juice were compared with one-year period preceding it. Variables recorded were the interval between transfusions, pre-transfusion hemoglobin, amount of blood transfused and the body weight. A beneficial effect of wheat grass juice was defined as decrease in the requirement of packed red cells (measured as grams/Kg body weight/year) by 25% or more. 16 cases were analyzed. Blood transfusion requirement fell by >25% in 8 (50%) patients with a decrease of >40% documented in 3 of these. No perceptible adverse effects were recognized.

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Are There Any Other Things I Should Do While Taking My Wheatgrass Juice?

Yes, we have a few ideas.

In our experience, we prefer seeing someone try to remove some bad habits at the same time they add wheatgrass. We believe that any one of a number of positive changes may be the one that tips the scales in your favor, enabling your body to retain, improve or re-establish control of your health. So do yourself a favor and focus on a few common sense ideas.

1) Look at your work environment

For our blue collar brethren, make sure there are no toxins in your work environment. We have talked to a number of people that have become very sick while working in environments with chemical pollutants. Interestingly, several people have indicated that it just never crossed their mind that the auto body shop or print shop they worked in might inadvertently be contributing to their problem. I read something really resonated with me; it was “if it is not going through a filter, you are the filter”. Don’t let your body be the filter! If there are chemicals in the air or ones that come in contact with your skin, you may be absorbing them.

For our white collar friends, watch out for those long hours and mental fatigue. It is good to understand that stress has physiological effects. Take a look at this page to read about Dr. Nicholas Perricone’s opinion: http://www.oprah.com/presents/2005/young/life/life_stress.jhtml

2) Do your best to follow your doctor’s orders

If you approach your physician for any health matter, the first thing that they will tell you is quit smoking, lose weight and get more exercise. There are also two other important ideas that deserve some attention:
Get high quality sleep - People who sleep less than 6 hours per night have twice the mortality rate in all categories vs. those who sleep more than 6 hours. The body does a lot of repair work in the night, give it a chance to take care of you.
Drink enough water to stay hydrated - every bio-chemical activity in the body needs water. This is our most basic form of fuel so do away with the caffeine filled drinks and get some water.

3) Get some wheatgrass juice

Wheatgrass juice is essentially the king of raw foods and a great source of nutrition for your body. Not only does it have a broad spectrum of nutrition, the juicing process chews the grass (essentially performing the first digestive step) and this makes is exceptionally easy to assimilate. Wheatgrass juice also complements the next point by helping your body achieve pH balance.

Beyond this, there is something unique about wheatgrass juice. It underwent extensive study during the 1930s - 1950s and has been termed the “grass juice factor”. The grass juice factor is believed to help the body release a healing growth hormone similar to that released into the body when we sleep.
4) Eat in a way that creates supportive body chemistry

Wheatgrass juice is an excellent support of proper body chemistry, but you are not going to live on wheatgrass alone. So what do you do? Here is the best part...you can assist yourself greatly by just making some different choices at the grocery store.

One of the most sensible movements out there has to do with achieving pH balance in your body. People have always told us what to eat (an apple a day keeps the doctor away) and what not to eat (don’t eat too much red meat); however, no one every told us why.

Here is where things get interesting. Those foods we were all told to use in moderation have been shown to make us acidic. This is called acidosis and the best example of it is to think about 3 friends. Friend 1 - never gets a cold, friend 2 - gets a cold and shakes it in a couple of days, friend 3 - gets a cold and has it for weeks. Surprise, if you looked at the pH of their blood, you would discover that friend 1 (never sick) is pH balanced, friend 2 (sometimes sick) is slightly acidic and friend 3 (always sick) is very acidic. The current approach is to eat less acidic foods and more alkaline foods. You can read more about this here: http://www.dynamicgreens.com/wheatgrassforum/showthread.php?t=19

5) If you need guidance or help getting started...get it at a Health Retreat!

Sometimes getting started is the hardest part. Jump starting a great strategy is much easier if you can put down the books, web sites and advice from friends and just get to it. There are several health retreats which can help you hit the ground running and they are all founded on the principles established by Ann Wigmore. http://www.dynamicgreens.com/linkexc...healthretreats or www.juicemaster.com

6) Have faith in your strategy

Most people who find wheatgrass juice do so after a great deal of research. They also have an action plan of sorts know exactly what they are doing. In my opinion, the people that we’ve seen do really well with wheatgrass juice have done one or more of the things about plus, they believe in their decisions, sometimes God, sometimes both and can move forward with confidence.

7) If a serious health matter show immediate improvement, still give yourself time to strengthen

On a number of occasions, we have seen people reach their health goals very quickly and then immediately resume the rigors and stresses of work and family life. We believe that true recovery from serious health problems takes time. We encourage you to give your body a chance to completely heal before adding additional stressors.

8) Stick with what worked!

Try not to think of the things you have done (or are about to do) as treatment. Think about them as a life strategy. If you resume your previous lifestyle, expect the same results. If you have found a strategy that works for you, stick with it. One of the new buzzwords is “healthspan”. If you have found a strategy that extends your healthspan, stick with it!
I’d like to discuss some information that I have given so that you understand our presentation of the knowledge available and be empowered to make the best decision you can. The first thing that you need to know is that we are **health enthusiasts and growers, not health professionals**. Our objectives are to:

- See everyone be healthy and stay that way (ourselves included)
- Provide the very best raw / living wheatgrass juice we can
- Supply you with the most comprehensive information available
- Focus on customer health experiences to demonstrate:
  - what is possible; and
  - validate that it is possible with our wheatgrass juice

Some of the claims associated with the use of wheatgrass juice are very broad and I would like to draw your attention to this. For example, excerpts from The Wheatgrass Book by Ann Wigmore found on this page (http://www.dynamicgreens.com/wheatgr..._benefits.html). While on the surface they seem quite fantastic, there is a critical connection that people need to make. **Wheatgrass juice is not the agent of change, it is a fuel that helps power the agent of change, your body. It is your body that maintains your health.**

This connection is fundamental to understanding the observations reported by various wheatgrass juice proponents that I have spoken about our published, our personal experiences and some clients that have shared their health experiences. What our experience has led us to believe is that:

**Wheatgrass Juice fuels the body**
- the body utilizes the juice and other nutrients to strengthen itself
- the body uses its capabilities to gain / regain the ability to enact repair
- with repairs complete, the body establishes control

We also believe that there is something special in wheatgrass juice that isn’t readily available from other sources. I don’t, nor to my knowledge do any of the people quoted actually understand the underlying mechanics of what does or does not goes on. What I can tell you is that we are interested in the very best possible information and will continue to update and improve our information as new research develops. The claims made by various observers are really quite mild when put in the right context. In comparison, let’s look at gasoline in your car. You can easily make a case that gasoline allows you to pull more than a team of horses, go from 0 – 60 in 10 seconds, keep cool on a hot day, keep warm on a cold day, play wonderful music and shelters you from the rain. Of course, the most important enabler in this case is not gasoline, it is the car… and in nutrition, it is your body.
Scientific (direct correlation between wheatgrass and change)
For example, there is a statement from Dr. Chui-nan Lai that wheatgrass extract itself is a “potent inhibitor of several carcinogens”.

Anecdotal (observed effect in an uncontrolled environment) observations from recognized proponents of wheatgrass juice
These include statements made by people like Dr. Ann Wigmore, Dr. Bernard Jensen, Dr. George H. Earp-Thomas. For the record, these individuals did not necessarily specialize in research medicine, however, in all three cases they were exposed to thousands of people and their life’s effort was devoted to the pursuit of health and well-being.

Anecdotal personal observations
For example, our involvement with wheatgrass juice began in 1992, after my Mother was diagnosed with Stage 4 colon & liver cancer. At that time, we began reading and researching alternative health options and read a lot of books. One book is called “How I Conquered Cancer Naturally” by Edie Mae Hunsberger. My Mother followed the program - which focused on wheatgrass juice and raw foods. She has had a great outcome and has been cancer free despite the bad forecast that was given to her.

Anecdotal customer health experiences
Our clients tell us and others about their own experiences. They are very exciting validations for us because they validate the things that are possible with wheatgrass juice and show that anything is possible.

We would like you to remember that it is the integral participation of the body that makes the potential benefits so broad. It is possible that the parts at work here are:
• that wheatgrass juice alone is entirely responsible improvements
• that a combination of factors or a completely separate factor is responsible
• that this is a component of belief or faith (placebo effect)
• or that no change occurs at all

In my opinion, the people that we’ve seen do really well with wheatgrass juice have had all three of these things working in their favor. They have had:

• Wheatgrass Juice -which we make the very best way we know how and teach people to make themselves
• Better nutrition all round as they often start eating more organic products and raw food in support of better blood chemistry. The best thing about this is there is no extra cost, as it just takes some different decisions at the grocery store.
• Faith. They believe in their decisions and can move forward with confidence.

Here’s to your Health!
Wheatgrass Juice Has Everything Your Body Needs

Wheatgrass is a raw, living food and when juiced features high bioavailability. Wheatgrass benefits us because it is a tremendously accessible source of nutrition. Many of the products available to us today have been de-natured through processing. This is why the benefits of wheat grass are so important. Even those that we think may help us, like a vitamin tablet, not only have a fraction of the nutrients available, they only have 10% - 20% bioavailability.

The benefits of wheatgrass are important because the human body needs nutrition. Essentially, our bodies orchestrate endless, complex chemical reactions that we call life. Each process requires a precise combination of nutrients including vitamins, minerals, enzymes, amino acids and essential fatty acids to function properly. When a vital component is missing, a process will either be abandoned, require excessive amounts of energy to complete, or simply become dysfunctional.

Wheat grass juice is produced from wheat harvested during its young, grassy stage at a height of –7-11 inches. At this point, it is loaded with living energy and when squeezed, the tender young blades express a rich, dark green liquid which becomes wheatgrass juice. Wheatgrass juice is a complete food or super food because the broad spectrum of nutrition can single handedly support the body. Wheat grass benefits are fully realized in juice form -- when consumed in a raw / living state, wheatgrass juice contains well over 100 known vitamins, minerals, amino acids, enzymes, essential fatty acids and anti-oxidants.