

# Sudershan Bhatti

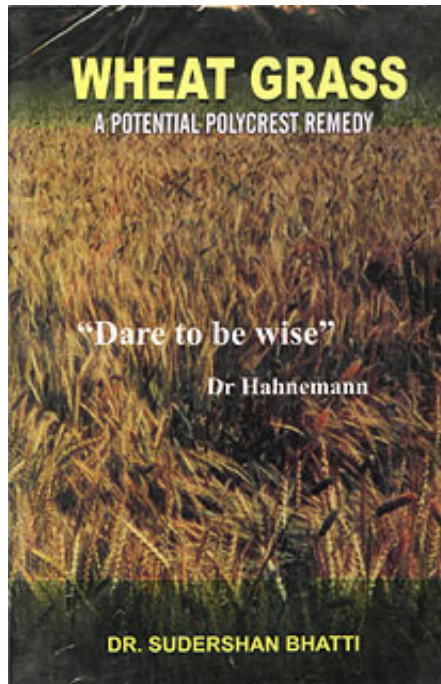
## Wheat Grass: A Potential Polycrest Remedy

Reading excerpt

[Wheat Grass: A Potential Polycrest Remedy](#)

of [Sudershan Bhatti](#)

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### COLON CLEANSING

Wheat grass implants ( enemas ) are great for healing and detoxifying the colon walls. It also heal and cleanse the internal organs. It is excellent in a case of constipation in keeping the bowels open. It is high in magnesium.

### What's So Great About Wheat grass Medicine?

Wheat grass maintains our health in number of ways :

1. Circulatory system : Wheat grass has dilating effect on the "blood vessels allowing blood to flow more easily. This improved circulation means valuable nutrients can be distributed more efficiently throughout the body. It also has effect on the RBCs , where by it increases the iron content in the blood . Combined with living foods, it is great for blood disorders of all kinds including Anaemia. Wheat grass medicine builds up not only Red Blood Cells but also the White Blood Cells through its cleansing energy and nutritional value, when combined with a diet of organically grown living foods. It helps to reduce High Blood Pressure as it reduces toxins from the body and has enhances the capillaries. It also work as an blood purifier, as it cleanse the blood.
2. Wheat grass can dissolve the scars formed in the lungs from breathing acid gases. The affect of carbon-monoxide is minimised since chlorophyll increases the haemoglobin production.
3. Wheat grass is a superior detoxification agent compared to carrot juice and other fruits and vegetables.  
*Dr. Erap Thomas, associate of Dr. Ann Wigmore* says that 15-pounds of wheat grass is the equivalent of 350 pounds of carrots, lettuce, celery and so forth.
4. Wheat grass is one of the richest natural sources of vitamin-A, C. It is also excellent source of Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Sulphur, Cobalt, Zinc and Protein.

5. Toxic metals - Lead, Cadmium, Mercury, Aluminium and excessive amounts of Copper can be successfully removed with small amounts of wheat grass medicine is increasing dosages.
6. By taking wheat grass medicine, one may feel a difference in strength, endurance, health and spirituality and experience a sense of well-being.
7. Wheat grass is high in oxygen like all green plants that contain chlorophyll. The brain and all body tissue function at an optimal level in a highly oxygenated environment.
8. *Dr. Bernard Jensen* says that it only takes minutes to digest Wheat grass and uses up very little body energy.
9. Wheat grass can remove heavy metals from the body.
10. Wheat grass -Q (Mother tincture) is high in enzymes.
11. Wheat grass improves digestion.
12. Wheat grass acts as detergent in the body and is used as a body deodorant.
13. Wheat grass has also been shown to have a beneficial external effect as well :
  - ~ Wheat grass ointment has been used to successfully treat such disorders as skin ulcers, impetigo and itching.
  - ~ It is an excellent skin cleanser and beautifier .
  - ~ Wheat grass cream can also be used safely on broken, cracked, raw or chafed skin. S Wheat grass protect, repair and revitalize your skin.
  - ~ Regular wheat grass -Q ( mother tincture) for skin problems such as eczema or psoriasis.
  - ~ Wheat grass medicine cures acne and even removes scars after it has been ingested for 7 to 8 month. The diet must be improved at the same time.
14. Wheat grass is one of the best food sources of B-carotene which is converted by the body of Vitamin-A.
15. Wheat grass is also a source of iron folic acid and Vitamin B-12, all necessary for healthy RBCs and

immunity.

16. Wheat grass also contains 20 % vegetable Protein as well as Vitamins-C and a variety of trace minerals all of which are vital to immune healthy.
17. Wheat grass is also an excellent source of essential B-Vitamins, which are necessary for normal brain and body development.
18. It helps to overcome dandruff.
19. It keeps the hair from graying before ageing.
20. Wheat grass -Q mixed in water ( 1:10) can be used for douching in case of vaginal infections.
21. Small amount of wheat grass Q in human diet can prevent tooth decay.
22. When wheat grass -Q hold in the mouth for 5-minutes will eliminate toothaches. It pulls poisons from the gums.
23. It helps to relieve sore throat.
24. Wheat grass medicine aids in the pyorrhoea of the mouth.
25. It can be used as sterilizer.
26. Use it especially for its protection and healing power.
27. Use it as a source of fresh alive vitamins for total health.
28. It gives strength, health , spirituality and well being.
29. It is an excellent mouthwash and draws out toxins from the gums and teeth.
30. It disinfects and clears out bacteria and viruses, as it creates an unfavourable environment for unfriendly bacteria growth.
31. It helps to overcome aging and gives energy to the sex hormones.
32. It neutralizes harmful inorganic molecules . Fruits and vegetables contaminated by sprays can be cleansed with Wheat Grass placed in the rinse water.
33. *According to an Agriculture researcher Pfeiffer, if one dehydrates wheat grass, the protein consumption is*

maintenance of good health. In 30<sup>th</sup> potency, wheat grass medicine can be taken TDS, 4-globules soaked in WG-30 at a time, usually but according to the severity of disease, it varies.

So all my dear doctor friends, we have been entered into 21<sup>st</sup> Century and have worked from the simple, easily available plant namely wheat grass the panacea in the universe and get the Miraculous results out of a polychrest remedy and why we should not lead to the economy of not only of our country INDIA but World-wide too.

## **CLINICAL CASE REPORTS**

### **Case No.1**

S. Pritam Singh 60-years of village Chhinniwal, Barnala (Punjab) has come in our camp who was suffering from Eczema alongwith allergic on face, legs and abdomen with honey like discharges and flying bees around him. Red rashes, Patient hot, itching aggravate which heated and warmth of bed. Better by cold and cold application. Desired sweet, Hard worker. Keeping in view these symptoms, medicine Graphite-30 was given, he recovered almost normal but after few days recurrence again and again erupt from the last 3-years.

At last, when Mr. Attended our another camp and he was given WHEAT GRASS in .mother tincture 15 drops in little water 4 time a day. After 15-days the improvement was seen and medicine was continued for three and a half months and the patient was cured fastly and permanently and till date no above symptoms comes again.

### **Case No.2**

Anmol 5-years old female child suffering from Anaemia, the Hb was got tested which show to 6-gm. The chief complaint was abdomen pain before stool. Appetite diminished, irritability. Weeping all the time. Warm

infection in abdomen. Thirty , hot, desired sweet. Fear from animal like Dog, Cat and also fear in dark. Desired hot things like tea and hot food. Salivation during sleep, grinding teeth.

First, I given her Lyco-IM (single dose) the condition was improved but Hb could not be raised. At last when I started WHEAT GRASS mother tincture, right after 15-days the Haemoglobin increased to 8 gm. As such the medicine continued for 2-months and thus it further raised upto 11 gms. The child is happily going to school and taking normal diet.

#### Case No.3

Miss Bhupinder Kaur age 27 years visit my clinic with her parents from Sri Ganga Nagar (Rajasthan), she was suffering from Dysentery since the last 5-years. She got the medicines from different doctors, after little improvement, she again having the stool like thin water and some time it convert to red stool i.e. mixed with blood. Abdomen pain start before stool, as per her statement she was going to stool for about 10 times in a day. When she comes to my circle, she was asked for colour scanning from DMC&H, Ludhiana, it was clearly seen that she was having infection spot of Peptic ulcer. Many Homoeo. Medicine were administered but there were not proper recoveries. At last, I given her WHEAT GRASS mother tincture for one month, it was to my surprised that there was improvement in stool and got relief from abdomen pain too. Medicine was continued for 3-months , till now she pass the stool to normal semi-solid, now there is no bleeding even after taking to normal diet, however, the ulcer spot diminished slowly and removed after another one month by increasing the potency of WHEAT GRASS-30,TDS.

#### Case No.4

Mrs. Shinder Kaur of village Ramgarh, Barnala (Punjab) age 40-years suffering from Bronchitis with complaint sneezing discharge watery and wheezing respiration. She has been taking Homoeo. Medicines from some Homoeopathic doctors. During the treatment she

developed new complaint of; urticaria, so she closed all the medicine and comes to our camp. The case was taken, her history was Bronchitis, better by hot drink, cough agg. Cold and expectoration which come out difficult. She was advised for following tests and report were as follow :

Chest X-rays, clear mucous spot seen, TLC-14000, DLC 69,48,2,2,0

Urticaria also agg. By cold . Desired for sweet. She is hard working lady. She was given WHEAT GRASS mother tincture for about 1-month. After 15-days no symptoms comes as mentioned above and at last these tests repeated again and the result was as under :

X-ray clear, TLC - 9000 , DLC - 69, 50, 2,2,0

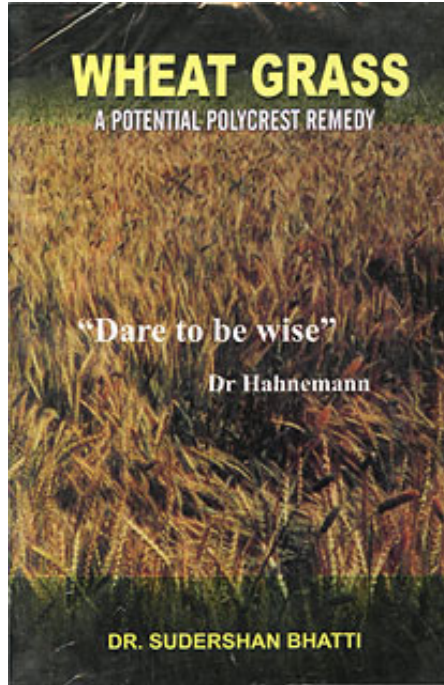
Now the patient is all right.

#### Case No.5

A young girl of 18-years was suffering from dysmenorrhoea. Her menstrual cycle was irregular. The period never started on time. During periods she suffered severe pain in the stomach, abdomen and legs, she also complained of hypomenorrhoea. Some times, her menstrual discharge was scanty. Feeling in breast. She was fed up from allopathic medicines she avoided consulting a doctor or taking any treatment.

One fine day, her mother brought her ;in my clinic for homoeopathic treatment. The good girl narrated her life story - symptoms, I reached to the conclusion that over all she is anaemic patient, I had given her WHEAT GRASS-30 which I prepared homoeopathically. It was to my surprise as she described that next period passed without any pain. So she continued her treatment and in three months all her troubles were cured. There after the menstruation cycle became regular and painless. When her physical problems were solved her psychological condition also improved. She became more cheerful and sadness on her face was replaced by a smile.

*(This case was published in 'Advent of Homoeopathy' journal July-Sept. 2002, Vol 19 No. 3 page 140)*



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