

The secret to healthy living

One of the best kept secrets of the modern world — a product that will nourish and help you regain strength — is now available on the West Rand.

INS High Fibre Bio Wheatgrass is developed through organic aeroponic cultivation. It is made of 100 percent pure wheatgrass — inclusive of the leaves and roots. It's wholly natural, no preservation, no artificial colouring and no flavourings added. It is a bacteria-free, 100 percent natural and complete anti-oxidant food which improves the digestive system, blood circulation and skin problems.

It also boosts the immune system and restores energy.

Wheatgrass is cultivated in a low temperature, soil-less, chemical and bacteria free environment using a special technology known as Indoor Organic Aeroponic Cultivation Method.

It is exceptionally easy to absorb, giving quick results. To date, many people have benefited from the rich nutrients that are provided by INS Wheatgrass Tea due to the special cultivation method.

The chlorophyll found in wheatgrass has a very similar molecular structure to that of human haemoglobin, the only difference being the ferum ion in haemoglobin is substituted by the magnesium ion in chlorophyll.

This similarity eases the absorption of chlorophyll in the blood, hence its common appellation — "green blood". Wheatgrass inhibits the growth of pathogens and helps the body to secrete toxins.

Wheatgrass contributes to the production of blood and the revitalisation of cells.

Wheatgrass has an alkalinity of 66,4 — twice that of spinach — the most alkaline of all vegetables. An alkaline diet will promote the conditions necessary for optimum cell regeneration and for the smooth running of bodily organs. Since wheatgrass is so highly alkaline, it is the natural supplement most suited for this purpose.

Wheatgrass is also rich in natural enzymes that promotes the smooth functioning of the body's organs and cells. Enzymes dominate every function and activity in the body. Without enzymes the internal constituents of cells, the digestive system and other organs would not regulate the process of integration, and would therefore cease functioning.

Wheatgrass can also aid in weight loss. When there is an increased level of lipids in the body, a hormone is activated to metabolise these lipids. A low secretion of this hormone will encourage the storage of fats in the body, resulting in obesity.

The enzymes in wheatgrass have the ability to increase this hormone production to actively metabolise lipids and break down the structure of fat within the body, thus contributing to weight reduction.

INS Wheatgrass Tea is available from Dis-Chem Struben's Valley, situated at the Retail Crossing shopping centre. Call 011 991 3600.



Twenty lucky readers can experience the benefits of wheatgrass tea first hand.

The *Northside Chronicle* has 10 boxes of INS Wheatgrass Tea and 10 containers of INS Wheatgrass Tea enriched with honey to give away.

Simply email your details to unwind@caxton.co.za to reach us by Monday, 6 August at 10am, indicating which product you would like to receive.