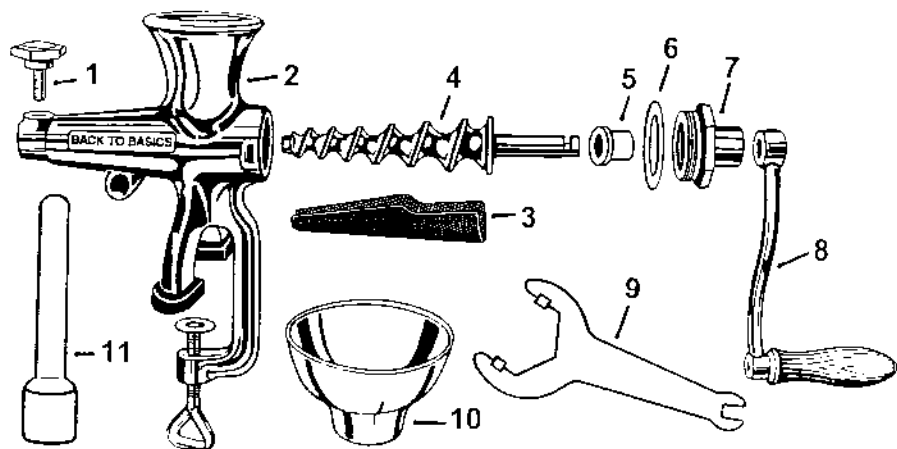




*Stainless Steel*

# *Wheat Grass Juicer*



## How-to-Instructions

## Model SJ-27

Congratulations on acquiring your new Wheat Grass Juicer. You have invested in a superior health tool that will likely become a family heirloom. The Juicers' hygienic stainless steel design makes it an exceptional product for those concerned about health and nutrition.

Before using the Wheat Grass Juicer for the first time, wash all parts in hot, soapy water to remove any residue from the manufacturing process.

To assemble, clamp the Wheat Grass Juicer securely to a counter or table top and assemble the parts as shown above, in the following order. Turn the pressure control screw (1) completely into the juicer (2). Place the screen (3) inside the juicer body so that it seats itself between the two upper ribs. Place the auger (4) inside the juicer body also. Slide the nylon bushing (5) onto the shaft end of the auger. Attach the rubber gasket (6) to the end cap (7) by firmly pressing the gasket over the threads. Slide the end cap onto the auger and attach to the body by turning clockwise. Place the handle (8) on the end of the auger and turn clockwise to lock in place. The wrench (9) is used to tighten or loosen the end cap (7). However, tightening with your fingers is usually sufficient. Place the small end of the

hopper (10) into the top of the juicer. Use the plunger (11) to push the grass or fruits and vegetables into the juicer.

To use, turn the handle clockwise and feed wheatgrass into the hopper. Be careful not to pinch fingers. As the machine fills and the juice flows, open and adjust the pressure control screw so that the pressed waste is ejected after a maximum of juice has been extracted. The juice drains out through the bottom opening for collection into a container. A second container is needed to catch the ejected waste.

The screen can be used when juicing wheat grass or leafy greens, but is not necessary. It is included so that you can juice fruits and vegetables more efficiently.

After use, dismantle the juicer, wash all parts and dry thoroughly. Store in the original carton.

## Rejuvenate Your Health

Wheat grass supplies the life-giving nutrients the body needs while at the same time detoxifying and building the blood stream. Wheatgrass holds characteristics of both food and medicine. It is best mixed with other juices or taken alone in 1 to 3 ounce servings. For best results, sip on an empty or near empty stomach, taking a couple of minutes to finish.

For more information regarding wheat grass and its uses, refer to **The Wheatgrass Book** by Ann Wigmore, or the two new books by Steve Meyerowitz entitled **Wheatgrass-Nature's finest Medicine** and **Juicing Fasting & Detoxification**, available at Health and Natural Food Stores. Use Wheat grass juice daily and feel the difference in your level of vitality and sense of well-being.

*"There is absolutely no substitute for greens in the diet! If you refuse to eat these "sunlight energy" foods you are depriving yourself, to a large degree, of the very essence of life."*

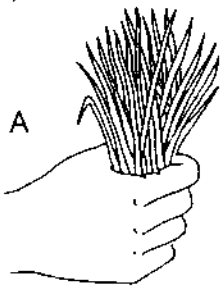
H. E. Kirschner, M.D.

## Helpful Hints

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The Wheat Grass Juicer also does a good job of squeezing juices from most vegetables and fruits, including leafy greens, sprouts, squash, cucumbers, celery, pineapple, carrots, beets, apples, watermelon, etc. For best results, cut firm fruits and vegetables into small bite-size pieces and use the plunger to push food into the Juicer. The waste pulp may be restrained to retrieve more of the juice.

Measure wheat grass in "rounds", like spaghetti. A one-inch round of wheat grass, will yield about one ounce of juice. Because wheat grass spoils quickly, juice all other ingredients first to ensure you are getting the freshest drink possible.



## Recipes

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### Simply Green

- |                        |                               |
|------------------------|-------------------------------|
| 2 stalks of celery     | 2-3 inch round of wheat grass |
| 4 large spinach leaves | 1/4 cup water, optional       |
| 1/2 cup parsley        |                               |

Wash greens thoroughly, cut up celery and juice. Dilute with water if desired.



### Carrot Grass

- |                         |                               |
|-------------------------|-------------------------------|
| 3 carrots               | 2-3 inch round of wheat grass |
| 1/4 cup water, optional |                               |

A nutritious drink that tastes great.



### Hawaiian Wheat Grass

- |                       |                               |
|-----------------------|-------------------------------|
| 2 cup fresh pineapple | 1 papaya                      |
| 1 orange              | 2-3 inch round of wheat grass |

Combine juices to enjoy this healthy Hawaiian treat. Sip slowly and imagine sitting on a tropical beach.

### Wheat Grass Smoothie

- |           |                               |
|-----------|-------------------------------|
| 2 oranges | 2-3 inch round of wheat grass |
| 1 banana  | 12 ice cubes, crushed         |
| 1 lime    |                               |

Juice orange, lime and wheat grass, then place all ingredients in a blender on high speed for 30 seconds. Stimulating!

### Apple Grass



- |                            |                               |
|----------------------------|-------------------------------|
| 1-2 apples, cut up         |                               |
| 1/4 cup of water, optional | 2-3 inch round of wheat grass |

A very popular drink among frequent users. The apple slightly sweetens the taste of the wheat grass.

### Pure Veggie Delight

- |                 |                         |
|-----------------|-------------------------|
| 2 large carrots | 4 large spinach leaves  |
| 3 stalks celery | 1/2 beet root           |
| 1/2 cup parsley | 1/2 cup alfalfa sprouts |

Wash veggies thoroughly and cut to fit juicer. A veggie lovers delight.



### Tropical Passion Grass



- |                   |                               |
|-------------------|-------------------------------|
| 2 kiwi            | 5 strawberries                |
| 1 guava or papaya | 1 orange                      |
| 1 cup pineapple   | 3-4 inch round of wheat grass |

Combine all juices and serve slightly chilled.

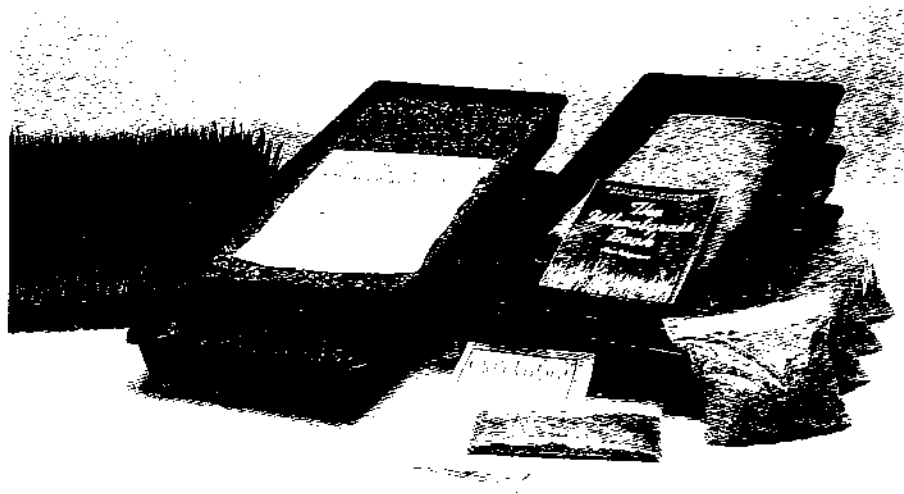
### Sweet Grass

- |          |                               |
|----------|-------------------------------|
| 2 apples |                               |
| 1 orange | 2-3 inch round of wheat grass |

This sweet drink is sure to satisfy your sweet tooth.

## ***Grow Your Own Wheat Grass***

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Our easy and fun to use Wheat Grass Kit contains everything you need to grow healthy, nutritious wheat grass in your own home. Includes 4 10" x 20" growing trays, peat moss and vermiculite as a sterile growing medium, kelp meal as a natural fertilizer, burlap cloth to keep young sprouts moist, four bags of premium wheatberries, and instructions to get your wheat grass planted...**FAST**. Ask for it at your local Health or Natural Food Store.

## ***Wheat Grass Juicer Warranty***

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Your Back To Basics Wheat Grass Juicer is warranted for one year, from the date of purchase, to be free from mechanical defects in material and workmanship. The manufacturer's obligation is limited to replacing or repairing such defects during the warranty period at no charge, providing the product is sent pre-paid to: **BACK TO BASICS PRODUCTS, INC.** DRAPER UT 84020. Back To Basics will pay for the return postage. This warranty does not cover damage from misuse of this product.

### **If Service is Required**

1. Send a note explaining the problem. Be sure to include your name, address, and phone number.
2. For faster service, call (801) 572-1982.
3. Most service problems are resolved by replacing a broken or defective part. If this is not the case, we will give you instructions for returning the unit.

# ***WHEAT GRASS - Nature's Finest Medicine***

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**WHEAT GRASS** has been called one of nature's finest medicines. It is perhaps the most nutritious and cleansing juice there is. In its natural state, wheat grass is indigestible for humans, however, fresh squeezed wheat grass juice is easily digested. It's nutrients and enzymes are quickly absorbed into the blood stream, providing an instant boost of energy and nourishment.

## **Do You Know That . . .**

- One ounce of Wheat Grass is equivalent to over 2 lbs. of fresh fruits and vegetables? It acts as a natural appetizer suppressant.
- Wheat Grass picks up 92 of the 102 known minerals in the soil and contains all the vitamins that science has isolated?
- Wheat Grass juice is very high in enzymes and contains up to 70% chlorophyll, an important blood builder?
- Wheat Grass is loaded with natural vitamins, minerals, enzymes and chlorophyll and helps rid your body cells of harmful toxins?
- Wheat Grass can help you restore a high energy level in two ways: (1) Fulfilling nutritional deficiencies and (2) removing wastes that clog your cells, blood, tissues and organs?
- Wheat Grass helps dieters by speeding up blood circulation and metabolic rate and by enhancing digestive powers, thereby melting excess fat in the system?

## ***The Benefits of Chlorophyll***

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Wheat Grass Juice is rich in chlorophyll, a proteinous compound that, through the process of photosynthesis, converts the sun's energy into chemical energy, forms more usable by plants and animals.

### **Chlorophyll . . .**

- Detoxifies and rebuilds the blood stream.
- Is anti-bacterial and can be used inside and outside the body.
- Prevents tooth decay and strengthens gums.
- Improves blood sugar problems.
- Helps purify the liver and wash drug deposits from the body.
- Is great for many skin problems.

# ***Enzymes Your Body Needs***

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Enzymes are an important active ingredient in wheat grass juice. Enzymes are the life force of the food we eat and are needed to carry out many biological and chemical functions. Enzymes are destroyed by excessive heat, a condition which most food eaten today is exposed to. Freshly juiced wheat grass contains the following enzymes:

- SOD - (super oxide dismutase) is found in all of the bodies cells. It is known for its ability to slow cellular aging. Sod works to keep superoxides, a normal bi-product of cell metabolism, at a reasonable level in the cell. Environmental pollution like radiation, drugs, and food additives can cause an unhealthy increase in superoxides resulting in premature aging of the cell. If there is not a strong presence of SOD then the cell may die prematurely.
- Cytochrome oxidase - an anti-oxidant used for proper cell respiration.
- Protease - assists in protein digestion.
- Amylase - facilitates starch digestion.

## ***Get the Essentials***

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All of the essential amino acids are found in wheat grass juice. Wheat grass is a **complete** protein! In addition to the essential amino acids, wheat grass juice contains alanine, a blood builder; asparatic acid, improves mental balance; and serine, stimulates brain and nerve function.

## ***Lessons from Mother Nature***

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There is a lot we can learn from observing the natural world. A simple lesson is learned from the grazing animals of the earth. They grow bone and muscle structures far larger and stronger than our own, yet they subsist primarily on a diet of grass. All animal life on this planet is dependent, somewhere along the food chain, upon green plants as the building blocks of energy and health. No other single plant will keep herbivorous animals, such as mice, guinea pigs, sheep or cows, alive through generations. In these green foods, Mother Nature has packed *everything* a living body needs to experience vibrant health. Wheat Grass contains over 90 minerals, including calcium, that are needed to build bones, maintain good metabolism, and keep the bloods pH in check. Wheat Grass is also a good source of vitamins A, B, C, D and E.