

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Wheat Germ Oil

by Yvonne Salcido, M.H.

One of nature's finest super foods is wheat germ oil. Dr. Christopher taught that Wheat germ oil should be taken daily, along with apple cider vinegar, black strap molasses and cayenne. To begin, Wheat germ oil is high in antioxidants which benefit the body by supporting the immune system, protecting the cardiovascular system and helping to prevent development of cancer. The virtues of Wheat germ oil also safeguard the nervous system and the reproductive system.

Wheat germ oil's anti-inflammatory qualities work well in skin injuries, infection, eczema and burns. Wheat germ oil is high in squalene a natural/organic compound that increases cell growth. Dr. Christopher used wheat germ oil in his *Burn Paste Formula* which helps healing by rebuilding new cells.

Wheat germ oil contains both linoleic and linolenic acids (precursors for omega 6 and omega 3 fatty acids) and Octacosanol found present in wheat germ oil can improve performance levels during exercise particularly stamina and endurance. Octacosanol may also have a beneficial effect to lower LDL cholesterol levels and (Octacosanol is a number of long chain fatty, waxy alcohols found in wheat germ oil.) - can you explain to us why this is important? Policosanol found in wheat germ oil optimizes cardiovascular function especially when cholesterol levels are of concern.

Wheat germ oil is one of the highest food forms of Vitamin E; critical for balancing hormones in the body. When Wheat germ oil is taken with *Dr. Christopher's Hormonal Change Formula* the body can easily regulate hormone function - this combination has assisted many male and female hormonal balancing issues; particularly PMS. Vitamin E is also needed to maintain healthy skin, it helps heal damaged and dehydrated skin by restoring elasticity, and smoothness; helping skin to appear younger and firmer. The Vitamin E in Wheat germ oil improves lymph function, it assists in blood clotting, nourishes coronary blood vessels, improves blood vessels leading to better memory, nourishing those vessels involved with vertigo and fainting and Vitamin E has also been shown to feed a sluggish thyroid and benign prostatic hypertrophy.

I like to think of wheat germ oil as the oil for our engine, to facilitate the functioning of all major systems in the body smoothly and efficiently... so don't forget your oil.

Note: In order to keep Wheat germ oil from going bad, store it in the refrigerator or in a cool place out of direct sunlight.

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