

## INFORMATION ABOUT THE BENEFITS OF OAT GRASS

### What Is Cereal Grass?

Cereal grass is the young green plant, which will grow to produce the cereal grain. All cereal grasses, including the green leaves of wheat, barley, kamut, rye and **oats** are nutritionally similar. These young grasses are, in their chemical and nutritional composition, very different from the mature seed grains.

Several growth stages are required for the development of nutritionally complete cereal grasses. Suitable soil, moisture, and temperature conditions are essential for the young wheat plant to pass through these developmental stages. **The nutrients in the plant reach their peak values as they approach the brief, but critical, jointing stage.**

The nutrient profile of cereal grass is similar to those of the most nutritious dark green leafy vegetables. The importance of green foods in the diet is now being validated scientifically.

### Chlorophyll and Blood Regeneration

There are many reasons why cereal grass and other dark green plants can be considered "blood-building" foods. The vitamins and minerals in cereal grass are essential to the synthesis and function of the components of healthy blood. But perhaps the most interesting connection between green foods and blood is the similarity in the structures of the two colored pigments, heme and chlorophyll. The biological relationship between these two molecules, though studied for over 60 years, is still not completely clear. It does appear, however, that small amounts of the digestive products of chlorophyll may stimulate the synthesis of either heme or globin or both in **animals** and humans.

### PETS AND OAT GRASS

Dogs and Cats instinctively eat fresh green grass that is rich in vitamins, minerals and enzymes. The problem with eating lawn grass is that each blade is covered with microscopic barbs that can cause stomach and throat irritation. **The initial growth of emerald green Oat Grass is soft and sweet, and aids digestion rather than causing irritation. As mentioned above this brief, but critical stage of growth contains the peak nutritional value for your pet.** This is also a wonderfully nutritious treat for birds, rabbits, guinea pigs, iguanas, tortoises, and other reptiles and small animal pets.

### Rabbits and Oat Grass

Hay is the most important part of the house rabbit diet. **A constant supply of good quality grass hay must be available 24 hours a day.** Hay provides healthy indigestible fiber, which keeps the digestive tract working normally. It has been documented that plenty of roughage, especially hay, will reduce problems with hairballs and other blockages, which can be deadly to rabbits. In addition hay contains a variety of other nutrients and calories essential to the good health of your rabbit. The type of hay preferred is GRASS hay which can include timothy, prairie, brome, meadow, **oat (this is the Grass, not the oats you buy in the store to eat for cereal)**, and Bermuda.

**Eating House Plants**-Cats may eat houseplants as par or play or to satisfy a nutritional craving for fiber. Houseplants may be poisonous.

**Treatments:**

- prevent access
- provide cats with safe house plants (wheat grass and **oat grass**-can be purchased at pet stores)
- provide a high fiber diet

Besides chlorophyll, cereal grasses also contain essential enzymes. Enzymes aid in the digestion of food, and are essential in the chemical processes that turn food into energy. Enzymes are only available from live foods (such as live grasses). The grasses are also high in choline, magnesium, and potassium, which work together to revitalize your pets liver from damage caused by diets high in fat.

Pets that like to eat potted plants or grass are actually telling you that their bodies are lacking certain nutritional substances. Nature provides wild animals with access to a wide variety of leafy greens, plants, herbs and berries. Since most commercial pet foods contain hardly any vegetables (check their labels), your pets may be truly missing out.

**References**

Seibold, Ronald L., M.S., Cereal Grass Nature's Greatest Health Gift, Keats Publishing, Inc., New Canaan, Connecticut