

## Wheatgrass - Cellular Rejuvenation, DNA Repair, Anti-Aging

By Steve Meyerowitz, "Sproutman"

Preliminary Report on How Juice of Young Green Barley Plants Can Normalize and Rejuvenate Cells and Tissues, Repair Damaged DNA, Restore Cellular Activity and Prevent Aging of Tissues. By Y Hagiwara, Y. Hotta, K. Kubota. Japan Pharmaceutical Development and Biology Dept. Univ. of CA, San Diego. Reported to Annual Japan Pharmacy Science Assoc. Meeting

Damage to our genes (DNA) can be caused by many factors including everything from agricultural chemicals to medical drugs, radiation, x-rays, lack of enzymes and stress. According to Dr. K. Kubota of the Tokyo Pharmacy Science University : "A special fraction called "P4D1" from green barley juice produced a remarkable stimulation to the repair of cellular DNA." Meiotic cells (the reproductive cells) are equipped with DNA repairing enzymes and binding proteins that can repair any damage to the DNA. Kubota isolated the meiotic cells and damaged them with x-ray irradiation and quinoline, both of which are carcinogenic. "When these cells were incubated under normal conditions, repair to the DNA was slow and some cells died. However, when P4D1 was added into the culture, the repair of DNA was promoted significantly both in time and quantity." No side effects were observed.

Activity of the meiotic cells decrease with age. However, "it is exciting to discover that this reduction in meiotic activity with age can be remarkably restored by the fraction P4D1. No stimulation of DNA repair or promotion of meiotic activity has been reported earlier from the use of any natural or synthetic product"

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