

# CEREAL GRASS

## What's in it for You!

The Importance of  
Wheat Grass, Barley Grass  
and Other Green Vegetables  
in the Human Diet

Edited by  
Ronald L. Seibold, M.S.

PINES International, Inc.  
Lawrence, Kansas

The information contained in this book is provided solely for general educational purposes and should not be construed as medical advice for the treatment of specific illnesses.

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*Dedicated to Charles F. Schnabel, Sr.  
and George O. Kohler,  
pioneers of the modern use of cereal grass.*