

## About Wheatgrass

Wheatgrass is a green super-food that is probably the most valuable source of natural nutrients on earth. It contains vitamins A, B, C, calcium, iron, magnesium, phosphorus, potassium, sodium, sulfur, cobalt, zinc, living enzymes, and protein in the form of amino acids. The solid portion of wheatgrass juice is 70% chlorophyll, which is often referred to as the blood of the plant and closely resembles the molecules of human red blood cells. Chlorophyll is known to produce an unfavorable environment for bacterial growth in the body and is therefore effective in increasing the body's resistance to illness.

Wheatgrass juice is part of the raw foods diet as first promoted by Dr. Ann Wigmore. Ideally, it should be incorporated into a diet consisting of sprouted seeds and beans, raw fruits and vegetables, as well as fermented foods such as raw sauerkraut and Rejuvelac (a sprouted wheat drink).

### Wheatgrass juice can:

- Cleanse the bloodstream of toxins
- Build healthy blood as it increases hemoglobin levels
- Improve circulation
- Help reduce high blood pressure
- Alleviate anemia by providing iron
- Promote healthy gums and skin
- Aid digestion
- Curb appetite
- Reduce cravings for addictive substances
- Increase energy
- Wheatgrass pulp soaked in wheatgrass juice can be applied to the skin as a poultice

### How to Drink Wheatgrass Juice

Try 1 ounce of wheatgrass juice per day for the first week. It is best to drink the juice in the morning on an empty stomach and wait at least 20 minutes before eating. Over time the amount can gradually be increased to 2 to 3 ounces per day as a healthy supplement. If you are on a cleansing diet, you can drink as much as 4 to 6 ounces per day. For best results, drink wheatgrass juice twice a day, for example, 2 ounces in the morning and 2 ounces later in the afternoon. This is better than trying to drink a large amount all at once.



**PERFECT  
FOODS**

Wheatgrass juice can be mixed with other vegetable juices such as carrot, celery, or parsley, but it does not combine well with fruit juices. In general, it is digested more quickly if you just drink it straight.

For more information, visit Perfect Foods online at [www.800wheatgrass.com](http://www.800wheatgrass.com)

Please Note: The information regarding wheatgrass is not intended to be medical advice. Wheatgrass does not "cure" anything; it simply provides the body with proper nourishment, which supports healing. If you are ill, please see your doctor.

Perfect Foods, Inc. is the sole importer of Dr. Squeeze Green Queen ®



**GreenQueen**®  
Household  
Electric Model

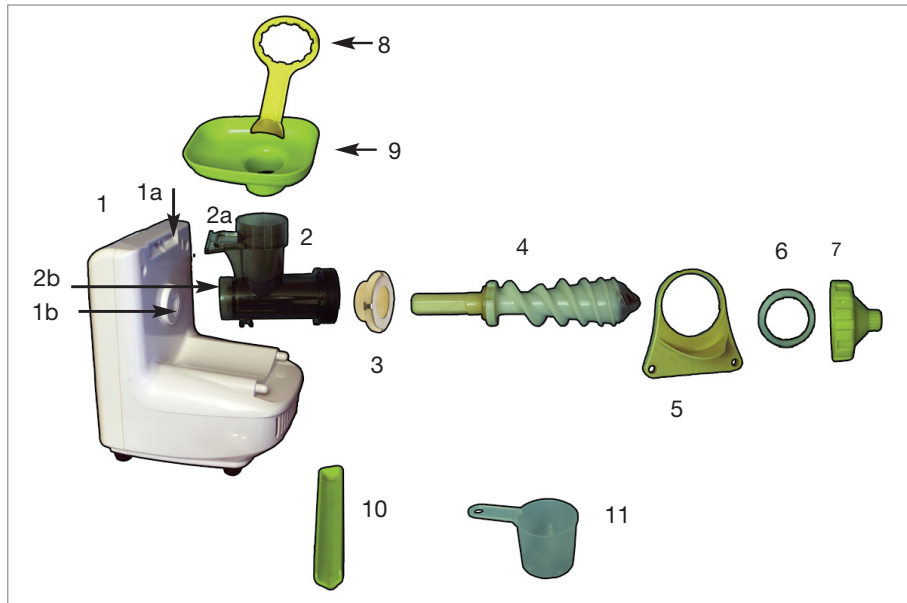


## Owner's Manual

Please read all instructions carefully before use.  
1-866-628-7451

## Congratulations!

You have just purchased one of the most efficient and affordable wheatgrass juicers on the market. The Dr. Squeeze Green Queen® is designed as a household juicer for wheatgrass only. It is one of the simplest juicers to operate and clean. With a little practice, you will be able to put it together, juice with it, and clean and reassemble it all in a few minutes.



### Juicer Parts (Numbered in order of assembly) NOTE: Check to see that all parts are included in box.

- 1) Motor Base
- 1a) Motor receptacle (slot) for feed pipe
- 1b) Motor receptacle for grinding auger
- 2) Feed Pipe
- 2a) Top of feed pipe
- 2b) Rear of feed pipe
- 3) Bushing \*
- 4) Grinding Auger
- 5) Brace
- 6) Gasket
- 7) Locking Ring / Pulp Outlet
- 8) Wrench / Tamper
- 9) Hopper Tray
- 10) Juice Duct
- 11) Measuring Cup

\* The bushing is a small plastic part designed to stay in place inside the feed pipe, but can be removed if it needs to be cleaned or replaced.



## Trouble Shooting

### 1) The motor doesn't go on.

Check to see that plug is securely in wall outlet. Make sure the outlet has power to it. Make sure you are turning the safety switch to the "on" position.

### 2) Juice leaks from behind the locking ring and brace.

- a) Check to see that gasket (#6) is in place inside locking ring (#7).
- b) The locking ring (#7) might be too loose. Sponge up the leak before disassembling the juicer, pull out pulp from inside the juicer and then reassemble it. Hand tighten securely.
- c) You might be feeding too much grass into the juicer too quickly. Use smaller amounts and feed more slowly.

### 3) I can't unscrew the locking ring.

- a) Make sure you are turning the locking ring in a counterclockwise direction to loosen it. Press down on the handle of the wrench.
- b) Turn machine back on and let run for 1–2 minutes until all or most of the pulp has been pushed through. Then shut machine and try to unscrew locking ring using wrench.
- c) Try repositioning wrench horizontally (at the nine o'clock position) for more leverage and do not over-tighten the locking ring when reassembling.

### 4) There is pulp in my juice.

Pour the juice through a small fine-mesh stainless steel strainer to remove the pulp. You can purchase one at a local store.

### 5) The grass stops spinning or does not move forward.

- a) Try adding another small handful of wheatgrass to help push the first bunch forward.
- b) The grinding auger may have broken. Call for a replacement.

## Special Features of the Green Queen®

- The materials that touch food are all made of food quality non-toxic materials (nylon polymer and stainless steel).
- The grinding auger has a low rotation speed (less than 60 rpm) to retain nutrients and taste. Other juicers with a high rotation speed tend to oxidize the juice and cause it to lose nutrients.
- The Green Queen® out produces the competition. It gives more ounces of juice per pound of grass. The proof is in the pulp; it is so dry you can not get another drop out of it!

### Technical Data:

- Power Supply: 110 V AC 60 Hz
- Power input idling: 38 W
- Power input under load: 278 W
- Rated speed of motor: 5600 rpm
- Rated speed of auger: 56 rpm
- Insulation class: 2 (no grounding required)
- Radio interference level: N/A
- Weight (with box): 9.04 lbs./4.3 kg.

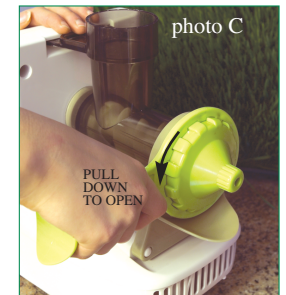
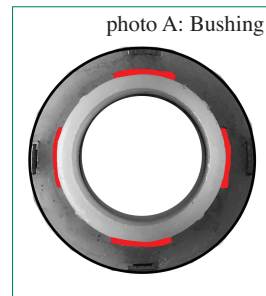
## Safety Directions

**Warning!** Read and fully understand all instructions and warnings prior to using this appliance. Your safety is most important. Failure to comply with procedures and safeguards may result in serious injury or damage to the machine. Remember that your personal safety is your responsibility!

- Never put hands into feed pipe while motor is on.
- Only use the provided tamper to push grass into juicer.
- To avoid injury, always use hopper tray.
- Never try to assemble or disassemble the machine while motor is on. Always turn switch to “off” position and unplug juicer beforehand to prevent damaging the plastic threads on the feed pipe and locking ring.
- **DANGER!** Never submerge or rinse motor base in water. Electrocutation may result.
- Do not attempt to use other kitchen objects, such as a wooden spoon, to push the grass into the machine! Other objects will get caught in the machine and damage it.
- Do not try to juice hard vegetables such as carrots, beets, or turnips, as they may damage the machine. This machine is only intended for wheatgrass.
- Do not stuff large amounts of grass into the machine. The motor and gears may overheat and be damaged, voiding the warranty.
- If the motor stops during juicing, shut the switch immediately to prevent motor from overheating and being permanently damaged.
- If there is any smoke or burning smell coming from the motor, shut the switch and unplug the unit immediately. Contact customer service.
- Do not put any parts in the dishwasher or in boiling water as plastic parts may be damaged by heat.
- Keep the machine away from children! Close supervision is necessary when any appliance is used by or near children.
- Do not use any appliance with a damaged cord or plug.
- Do not let the cord hang over the edge of a table or counter or touch hot surfaces.
- Do not move machine while it is plugged in and running.
- Do not allow water to enter the motor. If water gets into the motor for any reason, do not use the machine and contact our service center.
- Do not run the machine on a wet surface.
- Do not use this appliance outside.
- If you have any questions concerning safety, please call our toll-free service center at 1-866-628-7451.

## Assembling Your Juicer

- 1) Check to see that the white bushing (#3) is in place inside feed pipe (#2). If bushing is loose, place it onto shaft of grinding auger (#4) and maneuver it into feed pipe. Align the four grooves, shown below in red (see photo A) on the bushing so that it sits as far back as possible in the feed pipe.
- 2) To mount feed pipe (#2) onto motor base (#1), place top of feed pipe (#2a) at a 45 degree angle into slot on top of motor (motor receptacle #1a) and lower until it locks in place. (see photo B)
- 3) Insert the grinding auger (#4) inside the feed pipe (#2) until the shaft fits into the motor receptacle (#1b)
- 4) Slide circular opening of brace (#5) over feed pipe (#2) and snap in place.
- 5) Place gasket (#6) inside the rim of the locking ring (#7).
- 6) Turn locking ring (#7) clockwise by hand onto end of feed pipe (#2). Hand tighten securely. **DO NOT** use the wrench to tighten. Note: the direction of LOCK and OPEN is shown on the brace. Turn clockwise to tighten, counter-clockwise to loosen. (see photo C)
- 7) Slide the juice duct (#10) onto the mounting guides located on the underside of the feed pipe (#2).
- 8) Place hopper tray (#9) on top of feed pipe (#2).
- 9) Place measuring cup (#11) under juice duct (#10) to catch juice.
- 10) Place a bowl under pulp outlet (#7) to catch pulp.



## Operating Tips

Note: Before actually using this machine, be sure to read all the warnings on page 5, as some are specific to this machine.

- This juicer is intended for wheatgrass only.
- Be sure the bushing and gasket are properly assembled.
- Before you turn on the machine, always make sure the locking ring (#7) is securely hand-tightened. NOTE: Do not use wrench to tighten.
- Take a handful of grass, about the diameter of a nickel when pinched tightly.
- Gently put grass into feed pipe (#2) allowing grass to go down and contact grinding auger (#4).
- Take care not to put your fingers anywhere near auger. Always use hopper tray (#9) and tamper (#8).
- The auger is designed to pull the grass down into the juicer. However, to help it along you may use the tamper (#8) to push it through. The tamper must face forward to fit in properly.  
**NOTE: Do not push grass down with your fingers!**
- Feed the grass into the juicer in a slow but steady manner. Allow time for the pulp to come out and the juice to flow before adding more. Consider that each bunch of grass is pressed gently through by the following bunch.
- For best results, try not to feed in too much or too little grass at a time. Too much will clog the machine. Waiting too long between feeding in grass or putting in too little will result in inefficient juicing.
- Do not run the pulp through the juicer a second time. The pulp comes out so dry that to do this would stress the entire machine.
- Before disassembling your juicer, let the machine run for an additional 1-2 minutes until all or most of the pulp has been pushed through. Excess pulp can make it difficult to unscrew the locking ring.
- Don't let machine sit after use. Disassemble and clean right away.
- We recommend purchasing a small fine-mesh stainless steel strainer to remove pulp from the juice.

## Disassembling Your Juicer

- 1) Before disassembling, run juicer 1-2 minutes to remove all pulp.
- 2) Shut motor. Never try to disassemble your machine while the motor is running.
- 3) Disassemble immediately after juicing. Parts clean more easily when the pulp is soft and fresh.
- 4) Remove hopper tray.
- 5) Remove juice duct by pushing it towards juicer and down to unlock.
- 6) With pulp outlet facing to your right, move the juicer to the edge of your counter. Put wrench in place on locking ring so the handle is horizontal and facing you. With one hand hold the juicer down, and with the other hand, push downward on the wrench handle to unscrew it counter-clockwise. (see photo C, page 2 ) You may want to wrap a handtowel around the wrench to make it easier to turn. Once loose, unscrew the green locking ring by hand. Note: direction of OPEN and LOCK is shown on brace. Be sure not to lose the rubber gasket.
- 7) Remove brace.
- 8) Remove grinding auger and bushing from inside feed pipe.
- 9) Lift open end of feed pipe up off motor at 45 degree angle to remove from motor base.
- 10) If bushing comes out, put it back properly, see page 2, step 1.

## Cleaning Your Juicer

- 1) Wash all parts by hand with warm soapy water and a soft sponge. A baby bottle brush works well to clean inside the feed pipe.
- 2) Do not put parts into dishwasher or into boiling water. Parts may be damaged by heat.
- 3) Air dry parts in dish rack.
- 4) Optional: When dry, apply a drop of vegetable oil on the metal side of the bushing and the threads of the feed pipe or locking ring. This can greatly extend the life of the juicer.
- 5) Lightly sponge clean the motor base; do not pour water into motor or submerge it in water.