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# The Sprouting Book: How to Grow and Use Sprouts to Maximize Your Health and Vitality

*Ann Wigmore*

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How to Grow and Use Sprouts  
to Maximize Your Health and Vitality

## The Sprouting Book



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**Ann Wigmore : The Sprouting Book: How to Grow and Use Sprouts to Maximize Your Health and Vitality**  
before purchasing it in order to gage whether or not it would be worth my time, and all praised The Sprouting Book:  
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1 of 1 people found the following review helpful. One Sprout Book Shall Rule Them All By John Paul Moore The only sprout book you need. I bought this one also the wheatgrass one by the same author. This is part of my EOTWAWKI

collection, I will be using it some now to slowly bring myself to a healthier lifestyle, but in the end this knowledge will be more useful if things keep progressing as they are and I suddenly find myself with a SHTF scenario. 1 of 1 people found the following review helpful. best info you can get on spouting we are just ...By Cindy McCrediebest info you can get on spouting we are just beginning and this book help us understand a lot on spouting1 of 1 people found the following review helpful. Four StarsBy SoapguyA basic how to and why book for those considering adding living foods to their diet.

Filled with essential vitamins, proteins, and enzymes that cleanse, rejuvenate, and heal the body, sprouts just might be the perfect food. In *The Sprouting Book*, nutritionist Ann Wigmore unlocks the secrets to one of nature's most beneficial foods, arming readers with all they need to know in order to eat, grow, and reap the benefits of sprouts. This comprehensive guide offers: Information on how sprouts work to strengthen your immune system, boost your metabolism, and increase your energy Methods on how to grow the best-looking, best-tasting sprouts for you and your family Facts on how sprouts can help to heal illness and improve your health More than fifty quick, simple, and delicious sprout recipes A trusted and celebrated source from a pioneer in natural health, *The Sprouting Book* is the perfect guide for dieters, vegetarians, athletes, or anyone who wants to look good and feel better.

From Publishers Weekly Author and publisher state at the outset that they are not responsible for adverse effects resulting from the reader's adoption of Wigmore's Living Food Diet, a nutritional regimen that uses germinated and sprouting seeds. With that prominent caveat, the book goes on to discuss the history of this type of food, a staple in the Orient since ancient days. Wigmore, founder of the Hippocrates Health Institute of Boston, includes lists of seeds for sprouting, directions for maintaining a sprout garden (indoors and out) by various methods, and recipes for food and drinks from the harvest. Clear drawings complement the text. Copyright 1986 Reed Business Information, Inc. About the Author Ann Wigmore dedicated her life to teaching others the health benefits of natural foods. Ann spent years experimenting to find simple, healthy, and inexpensive ways to grow and prepare nutrient-rich foods. She wrote over fifteen books, including *The Wheatgrass Book* and *Be Your Own Doctor*.