

CAROLINA ARAMBURO

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 428th Newsletter, I want to give us a chance to consider Sprouts, and the effects they can have on people's physical, mental, emotional and even a little of our spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on this practice that you can read in full [HERE](#).

SPROUTS ARE A Very POWERFUL Nutritional LIFE FORCE to Optimally Fuel Your WELLNESS and a BEST-KEPT SECRET for Stable ENERGY!!!

Perhaps you are someone who already indulges in the MIRACULOUS benefits of sprouts. Perhaps you have never had sprouts in your life. Anywhere you are on that spectrum this Newsletter is for YOU! Please read this Newsletter in full to expand your own knowledge so that you can spread the benefits of sprouts to others who can certainly evolve their health in this simple and inexpensive way.

We are going to go **beyond the obvious** and explore the topic of SPROUTS including their detailed benefits on the body, rich nutritional value, and how to grow your own sprouts it so that YOU can, if you wish, enhance your sprout consumption or begin intro-

ducing this GIFT OF LIFE into your wellness practices and diet to achieve and maintain **optimal** physical well-being, emotional balance, mental and spiritual clarity and vibrant energy.

In traditional Chinese medicine, seeds represent the potential for life and the **source of its sustenance** until the life form can sustain itself. So by the "law of similars", which is commonly used in Chinese medicine, seeds nourish the source of the body and the sprout, which holds the seed energy, carries this energy to us.

The **healing** properties of sprouts have been known for ages; Ancient Chinese doctors proscribed them to their patients for various ailments. The life energy in sprouts **stimulates our body's natural ability** to self heal and cleanse. Sprouts strengthen the immune system and assist the body in fighting cancer, diabetes, and aging. They are an ideal food for people wanting to release extra weight and gain more energy. Some studies even showed sprouts ability to **rejuvenate and restore** sexual functions to their normal healthy state.

Viktoras Kulvinskas, M.S., and one of the founders of the Hippocrates Holistic Institute, has been involved in enzymatic nutrition for over 35 years. He offers a very clear picture of the **importance of enzymes**: "Thanks to advances of science and technology it has become clear that most people succumb to ailment and accelerated aging due to **weakened** immune systems. The immune system's function is

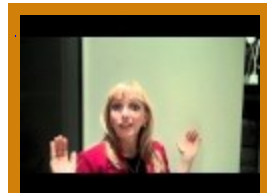


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to fight off all foreign invaders in the body such as viruses, carcinogens, radiation, **bacteria** and all foreign chemicals. It relies almost totally on enzymes to do this job. A weakened immune system has a diminished volume of enzymes due to high stress on the system by all the chemicals and **microbes** as well as due to diets lacking in enzymes."

Sprouts and sprouted foods are the FOUNDATION of my almost completely RAW VEGAN diet. My daily menu includes **2 servings** of wheat grass, followed by a green juice made of 2/3 sprouts which I drink about 15 minutes after my wheatgrass. My meals contain 50% sprouts, 45% **living raw foods**, and 5% steamed, dehydrated or lightly cooked Whole Food that is Plant Based, and **Mindfully** distributed through the week.

This diet provides more than just nutrition for me. I literally am (Cont. on next page)



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reversing ALL DAMAGE done by my past diets, which were "pseudo-healthy living," but not truly healthy for my body. The **difference** this diet is making for me includes reversing all damage done by 25 years of allergy medicine and birth control pills (hormones), and REVERSING the aging that was supposedly irreversible due to the **neglect** and damage caused from the very little sleep I got my entire life.

Hippocrates, the ancient Greek physician from the Island of Cos (460 BC - 377 BC) was the pioneer in the use of **germinate** seeds, nuts, grains and beans in diet. Often called sproutarians, those who favor this Super Food acquire up to **thirty times more** nutrients than can be gained from the best fresh organic vegetables. All of that energy converts into energy for the human cells. In recent decades, the discovery and ongoing findings about **phytochemicals** (the many biological compounds in plants) places sprouts as a pillar of any healthy diet. Even the grains and beans that are difficult to digest, and that can often be **problematic** with the way they are prepared and consumed become exceptionally beneficial once they morph back into a living plant. The amount of sunlight that most sprouts capture is among the **highest in the plant kingdom**.

Seed Sprouts such as Chia, Hemp, Flax, Pumpkin, Sunflower, Poppy, Sesame, with their **complete amino acid profile** (proteins) and wide variety of omega fatty acids, build muscle, energize and activate all cells (including brain neurons) and protect the integrity of the **entire anatomy**. These easy to digest Super superior foods have been known for millennia for their

healing and beneficial properties. Sprouted **pumpkin seeds** help to protect glands, including those in breast and prostate. Chia and hemp sprouts encourage healthy brain function. **Flax sprouts** protect memory and activate red blood cells. Poppy sprouts build the nervous system and calm the consumer. Sunflower sprouts provide some of the most efficient muscle building and heart protecting properties.

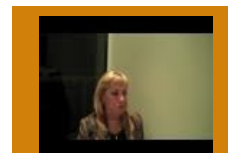
We get our enzymes from the food we eat, and the body changes them into over **3,000 unique** enzymes needed for metabolic, immune and digestive functions. The richest sources of food enzymes are soaked seeds, nuts and grains, and fermented fresh produce.

In a healthy GI tract there can be over 3 pounds of friendly bacteria, which is about **20 times more** than the total number of body cells. The favorable bacteria inside our GI tract can be a major daily creator of surplus enzymes, which is as much as the dietary intake of enzymes through food. If you cook or **pasteurize** your food, you destroy the enzymes at temperatures as low as 115 degrees Fahrenheit, so you must obtain enzymes from **raw foods** or unpasteurized fermented products, or from enzyme supplements and/or friendly bacteria. Un-fortunately, most of the modern dietary intake is either cooked or processed, so most people get very few enzymes in their diet.

When we are young, we have a high count of enzyme **concentration** in all of our cells, and of friendly bacteria in the GE tract. As we get older, the high demand for enzymes due to cooked foods, pathogenic microbes and **viruses**, as well as chemicals, leads to greater depletion of enzymes. Tests have shown that a 70 year

old has about **half the enzymes** of a 20 year old. The cells of the elderly have lost over 90% of the enzyme concentration that is found in infants. **Aging is enzyme exhaustion**.

The pancreas, which produces the digestive enzymes, becomes less efficient as we get older due (Cont. on next page)



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To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary **Holistic Health/Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

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to **reduced enzyme availability**. This means two things: indigestion and reduced absorption of nutrients from food. You might have a balanced diet, yet still lack the **enzymes** needed to extract the nutrients from the food, which can result in nutritional deficiency. More than any other biochemical issue, this deficiency **causes weight gain**. Further, this imbalance causes premature aging and vulnerability to most forms of disease.

Furthermore, studies at the Hippocrates Health Institute, and many of the other **MOST Effective Holistic** Treatments Centers around the world, have demonstrated that saturating a person with an **enzymatic rich** plant based diet, as well as additional use of enzyme supplements can assist in the healing of many "incurables" such as cancer, **degenerative** heart conditions, diabetes and arthritis.

There are up to tens of thousands of **abnormal cells** floating around our bodies at all times according to Dr. Michael Williams, Immunologist and Professor of Medicine at Northwestern University. When the enzyme levels are adequate, the **macrophages** (specialized cells in the body) destroy abnormal cells and help to keep inflammation in check.

Dr.'s Lapage and Miller demonstrated that **malignancies** are just traps for surplus, incompletely metabolized protein and fats. Their studies showed the circulatory presence of undigested fats and protein lead to interference with oxygen **transport** severely enough to threaten life itself. According to Nobel recipient Dr. Otto Warburg, normal cells can mutate to malignant cells within a 48-hour period under reduced oxygen levels. These cancer cells act like a **vacuum cleaner**, sucking up the incompletely metabolized fats and proteins and making them contain

up to twenty times more protein than normal cells. In this way, cancer is similar to obesity. In cancer cells, the body stores surplus un-metabolized protein, and to a smaller extent fats, and in obesity, fat cells store incompletely **metabolized** fats.

The German researchers, in a two-decade study, showed that parallel to the mechanism of protein storage into cancer cells, there also exists another mechanism, in which the body stores excess protein to the lower membranes of the **blood vessels**. This contributes to all forms of cardiovascular complications. Much of today's cancer research is directed towards **strengthening** the immune system. The great news is that Dr. A.E. Leskovar showed that supplementation with enzymes in human subjects increased the macrophages by 700% and the natural killer cells by 1,300%.

Enzymes clean up the body's **ecology**. Research around the world has shown us that enzymes help the bodywork like microbes to clean up the body. Of course, the first line of defense is to consume an enzyme rich, living foods diet relying heavily on greens and **sprouts and green juices**, which enable the body to gain the enzymes without the sugars from fruit and cooked carbohydrates.

According to Dr. Anthony Salzarulo, "Sprouts are one of the most complete and nutritious foods." Sprouts are rich with vitamins, minerals, proteins, and enzymes. Their nutritional value was discovered by the **Chinese** thousands of years ago. Recently, in the U.S., numerous scientific studies have shown the importance of sprouts in a healthy diet. In addition to providing the highest amount of vitamins, minerals, proteins and enzymes of any food per unit of calorie, sprouts deliver them in a

form that is easily assimilated and digested. In fact, sprouts **improve the efficiency of digestion**. Sprouts also contain an abundance of highly active antioxidants that prevent DNA destruction, and protect us from the ongoing effects of aging.

Sprouts begin with seeds, which contain both nutrients and enzymes. These enzymes are considered the **life force of food**, and assist in both the digestion and absorption of nutrients. They are the catalyst for all activities that take place within the body. When the seed gets the air, water, and temperature it needs, it **germinates**. Then it begins to sprout and a flow of energy or life force is released.

In sprouts:

- The greatest enzyme activity is from germination up to 7 days, and is 100 times greater than the enzyme content of fruits or vegetables, which helps to replenish our own body's reserve of enzymes.
- Carbohydrates become easier to assimilate as the starches are changed to simple sugars.
- Fats are changed to fatty acids, which are an easily digested soluble compound.
- Complex protein is converted (Cont. on next page)

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into simple amino acids, which essentially means that it is "predigested".

- Vitamin production is increased three to twelve times more.
- Minerals are *chelated*, which is a natural state where they are chemically bonded to amino acids and easily assimilated by the body.
- Delicate cell walls allow them to release nourishment easily.
- Photochemicals, which are plant compounds, are present that protect against disease.
- Highly active antioxidants that pre-vent DNA destruction and the effects of aging are available.
- Both increased fiber (up to 300%) and water are available.

Sprouts are essentially a baby plant, which is bursting forth with new life. The concentration of proteins, vitamins, minerals, enzymes, RNA & DNA is **greater than at any other point** in that plant's development.

There are a **huge variety of sprouts**, each offering different benefits and tastes. Here's a list of seeds to sprout and their nutritional properties and health benefits:

Alfalfa seeds- Alfalfa in Arabic means: "The father of all foods" and has been used since ancient times as a remedy to **build strength and heal illnesses**. Dr. Rene Malinow, chief of the cardiovascular disease research center at the Oregon Regional Primate Research Center, produced the largest body of scientific research on alfalfa in modern science. Alfalfa sprouts are a great source of **B-complex vitamins**, Vitamins C, A, E, and K. They are also rich in calcium, magnesium, potassium, iron, zinc, and many other trace min-

erals (which are missing from most "modern" foods). Studies have proven that alfalfa replaces LDL with the more beneficial high-density lipoproteins (HDL) **increasing HDL** by 40%. They also have high amounts of phytoestrogens, which have been connected, with the prevention of osteoporosis, heart disease, and cancer.

Radish sprouts- These are rich in Vitamins C (29 times more than milk), A (4 times more than milk), E, K, and B-complex. They are a good source of zinc, iron, magnesium, and calcium as well as carotene. According to statements in the famous JHU Broccoli report of 1997, radish sprouts may have a **symbiotic** relationship in which they increase the soluble antioxidants in broccoli when the two are sprouted together. Radish sprouts are expectorants, which clear **mucous** from the respiratory tract, and are great for ailments like colds, sinus congestion, bronchitis and the long-term treatment of asthma. They also expel worms and benefit the intestinal flora. It is also **anti-putrefactive and anti-septic**.

Garlic- Garlic has been recorded as far back as 1500 B.C. in Egyptian medieval papers. Louis Pasteur confirmed it **killed bacteria**, and Dr. Albert Schweitzer used it against typhus and cholera. The Chinese used it to successfully **kill meningitis**. It contains allicin, which provides an expectorant action and allows it to heal the common cold, bronchitis, flu and other respiratory ailments. Medical literature is filled with over **125 scientific papers** in which tests showed that it was more powerful than penicillin and tetracycline. It is antiseptic, anti-viral, anti-fungus, anti-parasitic, anti-protozoan, anti-spasmodic, anti-microbial and diaphoretic (produces perspiration). It has been proven to **destroy cancer cells**. It also lowers cholesterol,

triglycerides, LDLs and blood pressure, blood sugar levels and is a powerful blood purifier. Sprouting garlic reduces the odor due to the presence of live **chlorophyll**.

Chick peas- When sprouted, these peas are rich in carbohydrates, fiber, calcium, and protein. They are a good source of magnesium, **potassium**, and Vitamins A and C.

Lentil sprouts- These are rich in protein, iron, and vitamin C, E, A, and fiber. They contain soluble fiber, and help lower **cholesterol** by clearing out dangerous LDL cholesterol in the blood. They also help regulate insulin and thus blood sugar.

Mung Beans- They are a great source of protein, **potassium**, iron, and Vitamins C, A, B, and E. Mung beans have a calming effect on the body due to methionine, an amino acid they contain. They have crunchy texture and mild flavor. They are regulators of insulin and have cancer-blocking **substances** (lignans and protease). They also clear out dangerous LDL cholesterol from the blood.

Fenugreek- These sprouts date back to the Pharaohs and the monks of the middle ages used it to treat blood **poisoning**, failing eyesight, fevers, palpitations and liver & kidney stones. Recent studies have shown that fenugreek may help lower blood glucose levels. It is also a good source of **steroidal saponins** that may help reduce LDL cholesterol. A valuable blood and kidney cleanser, fenugreek is an excellent source of iron and phosphorus. It is soothing to mucous membranes, which also is cleansing and (Cont. on next page) **nourishing to the digestive system**, reduces inflammation and (Cont. on next page)

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contains choline (a fat controller) that helps with weight loss. These pungent and spectacular germinated seeds assist in all gastro-intestinal and **eliminative** concerns. They have a direct impact on the pancreas and help to regulate blood sugar levels for both low and high blood sugar sufferers. It is a great source of iron, sulfur and Vitamin E.

Sesame seeds- These sprouts are rich in protein, fats, Vitamin B-complex, Vitamin E, and fiber. They contain **vital minerals** such as phosphorus, potassium, calcium, and iron. In fact, milk made from sprouted sesame seeds contains nearly as much calcium as cow's milk (and it won't make you sick). Sesame seeds are small and should only be sprouted for one to **three days**.

Wheatberries- Are one of the easiest seeds to sprout. Sprouting wheat is an excellent source of protein, phosphorus, **magnesium**, B-complex and Vitamin E.

Sunflower sprouts- These come from the 3000-year-old sunflower plant. They are a rich source of protein (up to 30%), **phosphorous** and calcium, iron, copper, iodine magnesium, niacin, lecithin, and have 92 USP units of Vitamin D (rarely found in vegetables). They are also rich in B-complex, E, fats and lecithin. Its high content of **trace mineral** makes it beneficial for bones, muscle, tissue tone, teeth, fat and carbohydrate digestion, the nervous system, brain tissue and lung tissue and building healthy red blood corpuscles.

Sweet Pea- These are rich in protease inhibitors that **prevent** certain vi-ruses and chemicals that promote cancer, and it is useful in reducing LDL (bad cholesterol) in the blood.

Buckwheat- Contains rutin, a bioflavonoid not found in beans that can help strengthen blood vessels. It promotes proper **circulation**, digestion and elimination with its anti plaque properties, lowers cholesterol, reduces fatty liver, and it helps neutralizes the effects of radiation. Only eat buckwheat in moderation as it may cause skin sensitivity if consumed in **huge quantities**.

Clover- Jehro Kloss author of "Back to Eden" and a renowned herbalist called clover, "One of God's greatest blessings to man." It contains a source of volatile oils, **carbohydrates**, amino acids, flavonoids, minerals, vitamins and saponins. It is known as a blood purifier, it is high in calcium and magnesium content, which relaxes the central nervous system. It contains plant estrogens, which **balance hormones** and has been used to **promote fertility**. It has an amazing ability to balance acidity in the body. It also contains isoflavones, which are anti-cancerous. It has been used as an expectorant, a sedative and to heal cancerous ulcers and burns. It also **increases energy** and improves weak nerves.

Hemp Sprouts- An edible complete protein, hemp seeds are an absolutely balanced essential fatty acid food. They not only **build muscle**, but also maintain brain, organ, and nervous system function, ultimately fueling a healthy metabolism. In the seed's germinated form, it is 24 times more bio-available than fatty acids, which help to curb appetite and weight gain.

Sweet Potato sprouted greens- These highly nutritious vegetables contain **every vitamin** and most minerals and trace minerals. They have been used to increase vitality, both mental and physical; strengthen the heart and other vital organs; and, most importantly, **increase** the cell's ability to regenerate more quickly.

Watermelon sprouted seeds-

These are often used as a diuretic and to flush the kidneys and bladder. Water-melon provides high chlorophyll and mineral content when the **outer skin** is juiced and high protein and mineral content when the seeds are sprouted into greens.

Yucca sprouted greens- These are commonly used as a stomach and small intestine cleanser, a gastrointestinal and elimination canal lubricator, and, most important, as a reservoir of energy for physical activity and **stamina**.

Jicama- This food can help with blood sugar, electrolyte balance, and cardio-vascular disorders, while providing increased energy. The germinated version is **superior** to the consumption of the root vegetable itself.

Mustard Seeds- As sprouts, they are significant mucous membrane cleansers that also play a role in ridding the veins of debris. When **consumed** in abundant amounts, they also help respiratory disorders, including asthma, emphysema, bronchitis, and (Cont. on next page) chest colds. Sprouters generally (Cont. on next page)

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prefer black mustard seeds since the yellow ones are **gelatinous** and harder to germinate.

Broccoli sprouts– These have a high concentration of sulforaphane, a natural substance that recent studies have shown to help raise the body's **ability to fight cancer**. It occurs 10-100 times greater in sprouts than in broccoli as a vegetable. It also causes the body to re-lease glutathiones, a natural body enzyme, which neutralize or detoxify **carcinogens**, before they damage the DNA. "Three-day-broccoli sprouts, tender shoots topped with leaves, are loaded with **concentrated** form of sulforaphane, a powerful cancer fighter," say researchers at Johns Hopkins University. Dr. Paul Talalay, head of a team at Hopkins that discovered sulforaphane five years ago, said he was surprised that the sprouts contained such a high level of the **anti-cancer** compound.

Pea Green sprouts- These are a complete protein, serving to build muscle tissue as well as fibrin within cells. This helps to reduce LDL (bad) Cholesterol in the blood. Their high **beta-carotene** content protects vision and creates an anti-oxidant effect against many forms of cancer. This powerful, germinated food has inherent blood-building properties. They also help control blood sugar making them a great food for **diabetics**. They have been linked in studies to reduce appendicitis and reduce blood pressure. Studies also shown that have an anti-fertility com-pound: mxylohydroquinone.

Combining all of the components listed above make this the **most nutritious way of eating** on the planet. The synergy of combina-

tions of sprouts in your diet allow for these micronutrients to complete one an-other. It provides our body with all **essential amino acids**, essential fatty acids, vitamins and minerals.

Not only are sprouts a powerhouse of life force energy; they are economically and environmentally friendly as well. Sprouts can be **grown any-where in the world all year round**. At a time when people are concerned about cost of living and food short-ages, it is less than half of a dollar to grow a **pound of fresh green** organic sprouts. It requires only minutes of your time per day. This also relieves the burden on the earth, created by some modern agricultural practices as well as animal and fish farming.

Here is a condensed nutritional chart of various sprouts:

Alfalfa- Protein: 35%, Vitamins: A, B, C, E, K, Minerals: Calcium, Magnesium, Potassium, Iron, Zinc, Plus: As much Carotene as carrots. Chlorophyll

Adzuki- Protein: 25%, Vitamins: A, C, E, Amino Acids: All except Tryptophan, Minerals: Iron, Niacin, Calcium

Buckwheat- Protein: 15%, Vitamins: A, C, E, Minerals: Calcium, Plus: Lecithin

Clover- Protein: 30%, Vitamins: A, B, C, E, Minerals: Calcium, Magnesium, Potassium, Iron, Zinc, Plus: Trace Elements

Fenugreek- Protein: 30%, Vitamins: A, Minerals: Iron, Niacin, Calcium, Plus: Digestive Aid

Garbanzo- Protein: 20%, Vitamins: A, C, E, Minerals: Iron, Calcium, Magnesium

Lentil- Protein: 25%, Vitamins: A, B, C, E, Minerals: Iron, Calcium, Phosphorus

Mung Bean- Protein: 20%, Vitamins: A, C, E, Minerals: Iron, Potassium

Pea- Protein: 20%, Vitamins: A, B,

C, Minerals: All Essential, Plus: Carbohydrates

Radish- Protein: Yes, Vitamins: C, Minerals: Potassium, Plus: Chlorophyll

Sunflower Greens- Protein: Yes, Vitamins: B Complex, E, Minerals: Calcium, Iron, Phosphorus, Potassium, Magnesium, Plus: Chlorophyll

Wheat (and Rye)- Protein: 15%, Vitamins: B Complex, C, E, Minerals: Magnesium, Phosphorus, Pantothenic Acid, Plus: Carbohydrates

Thank you to sproutpeople.org for the nutritional information.

In the next article, we will provide details about **purchasing; growing and storing** various sprouts that will help you add this LIVE food to your life.

A Raw VEGAN Living Foods DIET including a variety of **delicious** Sprouts, plenty of **Leafy GREENS**, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and **feel better than you EVER did your ENTIRE LIFE!!!**

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GROWING Your OWN FRESH SPROUTS IS Super EASY and SUSTAINABLE!!!

10 Reasons to Start Sprouting by Steve M. Meyerowitz (aka Sprout-man), author of *Sprouts: The Miracle Food*:

- **Economics:** Seeds can multiply 7–15 times their weight. At \$10/lb for seed, that yields a pound of fresh sprouted indoor-grown organic greens for an average of one dollar per pound!
- **Nutrition:** Sprouts are baby plants in their prime. At this stage of their growth, they have a greater concentration of proteins, vitamins and minerals, enzymes, RNA, DNA, bio-flavonoids, T-cells, etc., than at any other point in the plant's life—even when compared with the mature vegetable!
- **Organic:** No chemicals, fumigants or questions about certification. You can trust it's pure because you are the grower!
- **Availability:** From Florida to Alaska; in January or July, enjoy live food anytime, anywhere, even on a boat or when hiking a mountain trail.
- **Space-time:** It's Easy! Just add water! No soil. No bugs. No green thumb required. No special lights. One pound grows in only 9 inches of counter space and takes one minute of care per day.
- **Freshness:** Because they are picked the same day they are eaten there is no loss of nutrients sitting in crates or on grocery store shelves.
- **Digestibility:** Because sprouts are baby plants, their delicate cell walls release live nourishment easily. Their nutrients exist in elemental form and the abundance of enzymes make them easy to digest even for those with weak digestion.
- **Versatility:** More varieties of salad greens than on your super-market shelves...including buck-wheat lettuce, baby sunflower, French onion, garlic

chive, Chinese cabbage, purple turnip, curly kale, daikon radish, crimson clover, golden alfalfa and more. Your salads will never be boring again!

- **Meals:** Make sprout breads from sprouted wheat, rye or barley. Snacks like hummus dip from sprouted garbanzo, cooked vegetable side dishes made from sprouted green peas, Chinese sautés from mung, adzuki and lentils—even sprouted wheat pizza!
- **Ecology:** No airplanes or fuel/oil consumed to deliver this food to you. No petroleum-based pesticides or synthetic fertilizers.

As Steve says, "It's not the food in your life, it's the life in your food."

Directions for Sprouting

Use only **organically certified or untreated seed**. Avoid any seeds that may have been fumigated or treated with a fungicide. Only mix sprouting seeds together that have a similar growing time and requirements.

Conditions for Growth

Air - as any small plant, sprouts need air to breathe, without it they will succumb to mold and rot more easily. Don't put them in sealed containers and make sure that they get enough airflow.

Water - Start with a good 12-hour soaking (completely covered with water (3 parts water to 1 part seed - Mix seeds and water thoroughly). Drain and rinse several times with clean water. Sprouts **need to be rinsed** with clean water and drained well every 6 - 12 hours at least and more if it is hot. Regularity is the key. If they are even slightly deprived of clean water and draining in their first few days of life, they will be permanently setback. In your efforts to keep them watered, don't **drown them** (after the soak cycle), they must

be allowed to freely drain after each rinse, else they will soon rot. If you let them get too dry, they'll die.

Warmth - sprouts need to be kept warm to germinate and grow. Optimum temperatures vary, but 70 to 75 degrees is a good start. Don't let them get too hot or they will wilt, lose vitality and die. **Colder** temperatures will slow growth and are good for storage, but don't freeze them.

Space - for best results, give your sprouts some room. Some sprouts can increase up to 30 times their size. Cramming them in a jar or overfilling a tray or bag will force them to compete for light and air, with inevitable casualties. Spread only a **thin layer** of seeds in trays, keep them mobile in bags and jars, and remember they get bigger! When using jars or bags, spread into other jars as the sprouts grow bigger.

Light - most sprouts can't use light in the first few days of growth, and many never need it. However, any that produce leaves will eventually need light to **'green up'**. Direct sunlight should be avoided unless it's cold, as it can overheat your crop. Most sprouts will be fine if they get indirect natural light, there is no need to keep them dark after the first several days or when they start to sprout.

Nutrients- adding liquid plant nutrients to the soak water will give the sprouts an **extra boost** that you will later enjoy. It is not necessary, but will increase their health, longevity and nutritional value. You can also mist the sprouts with a dilute solution after rinsing. Use a few drops of liquid kelp in water, or another organic plant feed.

(Cont. on next page)

GROWING Your OWN FRESH SPROUTS IS Super EASY and SUSTAINABLE!!! (Cont.)

Containers to Grow Sprouts In:

Jars- traditionally are used for sprouting, they are often free and easy to find. Avoid overfilling them, as sprouts in the middle rarely get enough light. You can spread the sprouts into other jars as the sprouts **grow bigger** to counter bad drainage and poor air circulation. Don't use a lid, cover the top with a piece of thin muslin instead, or use special sprouting lids with holes to allow drainage and air flow.

Removing seed hulls can be a problem. After sprouts are about an inch or longer, you can put the sprouts in a large bowl and rinse. The seed hulls will either settle to the bottom or float on top. You can then **collect** the sprouts and put them back into the jar to green up (Pack sprouts in loosely to give more room to grow. Use more jars if needed).

Trays- the **best way of growing** light-seeking sprouts. They have a large surface area to soak up more light, can be stacked easily to save space, and most importantly, and allow the sprouts to grow naturally; **upwards**. This allows several crops of the more and less vigorous plants so all of them can be harvested at their nutritional peak. Cover the bottom of the tray with a thin layer of soaked seeds. Make sure the tray is at least 2 inches high and has drainage holes **smaller** than the seeds. Any sort of tray can be used, but if the roots have something to attach to, the sprouts will do better and are easier to rinse, drain and clear hulls from. Use a **bamboo** basket or put mesh in the bottom of a tray, which can be sized for different seeds. Clean with a stiff brush, leave to dry, brush again and try not to be a perfectionist!

To give the sprouts the **best conditions**, it is a good idea to put

them in a mini greenhouse, which raises and regulates temperature and slows water loss. A clear plastic bag will do, although a custom built one allows for more efficient use of space. Remember to leave enough room inside for air.

Bags- best for beans and grains, which don't need light. They allow air to the sprouts, are impossible to break, take up less **space** than jars and are easier to rinse and drain. Just dip and hang!

Make **drawstring bags** of any material that allows water and air to move freely but holds the sprouts, the best is hemp or linen as they still breathe when wet, and don't dry their contents too quickly. Put pre-soaked seeds into a **moistened** bag, dip in rinse water for a minute and hang to drain away from drafts. On each subsequent rinsing, move the sprouts around in the bag to stop them rooting into the fabric. Grain and bean sprouts will expand in size, up to about 3 times their size when dry, so don't overfill it.

What to Do

Soak organic seeds for 8 hours or overnight in lots of water, some larger seeds may need longer. Add a liquid feed to the water for extra nutrition.

Rinse sprouts well at least every 12 hours. Trays need careful spraying in the beginning, as it washes away mold-causing fungi, but try not to move sprouts around as they root. Once they're fixed, immerse them in water for at least half a minute. Swishing them about (and especially inverting them,) helps to re-move seed hulls.

Drain your sprouts well, standing water is a good way to encourage rot. Leave trays on an angle for a minute or so, or briefly put them on some tissue to wick the

water away (don't leave them on it or they may dry out.)

Harvest sprouts carefully by gently pulling ripe ones out from the rest. This allows less developed ones to continue growing, so you get several harvests of perfect sprouts.

Storage- once the sprouts are ready, store them in the fridge. Washing well first in a bowl of water will separate unsprouted seeds and some of the seed coats. This is particularly important with harder seeds such as mung beans. Any soaked seed or sprouts that are even slightly moldy should be discarded. The hard seeds will stay on the bottom of the bowl, allowing the sprouts to be scooped off the top. Sprouts store best when well drained, even dry to touch, in a container that breathes. They will go slimy pretty quickly in a plastic bag. Rinsing every few days and draining well will prolong their storage life.

According to T. Billings of livingfoods.com, here is a **comprehensive** list of ideal sprouting times & methods for various sprouts:

Growing Grains and Similar Seeds

- **Amaranth:** Soak 2-4 hours, sprout 1-1.5 days. Method: cloth. Very tiny seeds, likely to flow through screen in jar method; line strainer with sprouting cloth to retain seeds. Might be able to grow as greens, if you can get appropriate variety of amaranth.
- **Barley:** Soak 8-14 hours, sprout 1.25-1.5 days. Method: cloth or jar. Use only unhulled barley; "whole" hulled barley and pearled barley won't sprout. Hulls are tough; people with (Cont. on next page)

GROWING Your OWN FRESH SPROUTS IS Super EASY and SUSTAINABLE!!! (Cont.)

stomach or intestinal ulcers might find hulls irritating. Can be used for grass also.

- **Buckwheat:** Soak 15-20 minutes only; sprout 1-1.5 days. Method: cloth. Use hulled, *raw* buckwheat groats. Kasha is usually toasted, won't sprout. Raw buckwheat is white/green to light brown; toasted buckwheat is medium brown. Unhulled buckwheat (black hulls) are for greens, not general sprouting.

Don't soak longer than 20 minutes as it spoils readily. Monitor moistness, rinse or change cloths every 12 hours to avoid spoilage. Sprouts much faster in warm/hot weather.

- **Corn group:**
 - **Field corn:** Soak 8-14 hours, sprout 2.0+ days. Method: jar or cloth.
 - **Popcorn:** Soak 8-14 hours, sprout 1.5+ days. Method: jar or cloth. Blue mold can be a problem, esp. with field corn. Sweet corn seeds (if you can find them) will sprout also. Field corn sprouts, if long enough, are ten-der. Popcorn sprouts have hulls that don't soften much in sprout-ing, are hard to eat and not worth the trouble; suggest eating raw sweet corn (including raw corn silk) instead.
- **Millet:** Soak 8-14 hours, sprout 1-1.5 days. Method: cloth or jar. Hulled millet - most seeds will sprout, but some ferment. Unhulled millet is recommended for best sprouting.
- **Oats:** Soak 8-14 hours, sprout 1.25-1.5 days. Method: cloth or jar. Must use unhulled oats; so-called "whole oats" or oat groats won't sprout. Can grow as grass also.
- **Quinoa:** Soak 2-4 hours, sprout 12 hours. Method: cloth or jar. Very fast sprouter. Must rinse seeds multiple times to get off soapy tasting saponin in seed coat. Very fast sprouter;

can grow as greens. Small seed, line strainer with cloth. White and black quinoa are available.

- **Rice:** Soak 12-18 hours, sprout 1.0+ days. Method: cloth or jar. Only brown, unprocessed rice will sprout. White rice, wild rice are dead and won't sprout. Standard long grain rice doesn't sprout. Short, medium grain brown rice, also brown basmati (but not Texmati) rice will sprout.
- **Wheat/rye group:**
 - **Rye:** Soak 8-14 hours, sprout 1 - 1.5 days. Method: cloth or jar. If it molds, discard (ergot mold possible).
 - **Wheat, including Kamut and Spelt:** Soak 8-14 hours, sprout 1-1.5 days. Method: cloth or jar. Hard Winter wheat better than soft Spring wheat. Wheat can get excessively sweet at 2+ days of sprouting. Wheat, rye and kamut, spelt can be used for grass also.

Other Seeds and nuts:

- **Almonds:** Soak 10-14 hours, sprout 1.0 day. Method: cloth Use only unblanched almonds. Sprout + storage time should not exceed 2 days or sprouts may turn rancid. Best to peel sprouts before eating.
- **Cabbage, Kale:** Soak 6-14 hours, sprout 1+ days. Method: cloth or jar. Can also be grown into greens.
- **Fenugreek:** Soak 8-14 hours, sprout 18 hrs or more. Method: cloth or jar. Hard seeds are common in fenugreek.
- **Mucilaginous seeds - flax, psyllium, chia:** to sprout alone re-quires special clay saucer method.
- **Mustard:** Soak 6-14 hours, sprout 1.0+ days. Method: cloth, jar, or tray. Available in 3 forms: black, brown, yellow. Brown seeds are smaller and harder to handle in mixtures; yellow or black recommended for mix-

tures. Can grow as greens also.

- **Pumpkin:** Soak 8-14 hours; sprout (if you must) 1.0 day. True sprouting by pumpkin seeds (developing root) is quite rare. Bacterial spoilage and rancidity are problems when you try to sprout them. Best to simply soak them, then eat. Pumpkin seeds as sold in the market are not hulled - the variety grown has no hulls on its seeds.
- **Radish:** Soak 8-14 hours, sprout 1.0+ days. Method: cloth, jar or tray. Can be used for greens also.
- **Sesame:** Soak 8-14 hours, sprout 1-1.5 days. Method: cloth or jar. Must use unhulled sesame seeds for sprouting. A black sesame seed (considered superior to white seed in Ayurveda) is available. Sprout + storage time should not exceed 1.5 days; sprouts continue to grow in refrigerator and start to get bitter at 2.0 day mark, and can be very bitter by 2.5 days.
- **Sunflower:** Soak 8-14 hours, sprout 18 hours. Method: cloth or jar. Use hulled sunflower; unhulled are for sunflower greens only. Need to skim off seed skins at end of soak period, when rinsing. If you leave them in, they will spoil and your sprouts will spoil quickly.
- **Alfalfa, Clover:** For greens: (Cont. on next page)

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soak 4-6 hours, sprout 6-8 days. Method: tray or jar. For use when short: soak 4-14 hours, sprout 1-1.5 days. Method: jar or cloth. Alfalfa and clover are most commonly grown as greens. Need alfalfa seed with very high germination rate (over 90%) to successfully grow greens in jar - else unsprouted seeds will decay and spoil greens.

Legumes

• Garbanzo group:

- Garbanzos, standard: Soak 12-18 hours, sprout 1.5+ days. Method: cloth or jar.
- Kala channa: Soak 8-14 hours, sprout 1.5 days. Method: cloth or jar.
- Green channa: Soak 8-14 hours, sprout 1.0 day. Method: cloth or jar.

Garbanzos, also known as chick peas or ceci, are common in commercial mixtures. They sprout easily but they also spoil easily (bacteria or mold). Kala channa is a miniature garbanzo, sold in (East) Indian food stores, that

sprouts reliably - try sprouting it instead of standard garbanzos. Green channa is similar, naturally green, and sprouts very quickly.

• Large beans: Anasazi, Black, Fava, Kidney, Lima, Navy, Pinto, Soy, etc. Except for soy, these are irrelevant to the sprouter - raw flavor is truly horrible. Also, serious toxicity/allergy/digestibility issues with these raw beans. Except for soy (edible raw if grown long enough), these beans must be cooked to be digestible, hence are not of interest to the raw-fooder.

• Lentils, brown/green and red:

Soak 8-14 hours, sprout 1.0 day. Method: cloth or jar. The brown/green lentils come in a variety of sizes; the smallest sizes generally sprout faster than the larger. Red lentils are usually sold in split "dahl" form; for sprouting you must buy whole red lentils. Red lentils are red inside and brown outside. Might find hard seeds in lentils from India.

• Mung bean group:

- Mung beans: Soak 8-14 hours, sprout 18 hrs - 1 day. Method: cloth or jar.
- Urid/urad: Soak 8-14 hours,

soak 18 hrs - 1 day. Method: cloth or jar.

• Adzuki beans: Soak 8-14 hours, sprout 1.0 day. Method: cloth or jar.

• Moth beans: Soak 8-14 hours, sprout 12 -18 hrs. Method: cloth or jar. Urid (also spelled urad) is a black shelled mung bean, available in Indian stores. Hard seeds common in mung and urid. Moth is a brownish bean, similar to mung, available in Indian stores. Very fast, reliable sprouter.

• Peas, Blackeye: Soak 12-14 hours, sprout 1 day. Method: cloth or jar.

• Peas, (Field): Soak 12-14 hours, sprout 1.5 days. Method: cloth or jar. Be sure to buy whole peas, not split peas (split won't sprout). Yellow peas are slower to sprout, and have stronger flavor than green peas. Insect problems common with peas in storage (beetle infestation); store in bug-proof containers. Can be grown as greens also.

The Unmatchable LIFE FORCE of fresh SPROUTS has an EXCEPTIONAL impact on Our Physical,

Semyon Kirlian, in 1939, first did experiments showing that energy fields are generated by living things. Georg Christoph Lichtenberg and Nikola Tesla later studied and expanded this technique. Various other individuals explored the effect in the later 19th and early 20th centuries.

In the 1970s, after many years of re-research, a team at UCLA (including Mitchell May) successfully created specialized techniques that captured the Kirlian effect in photographic form. He first observed the energetic and rejuvenating potential of certain sprouts in 1973, during his early re-research at UCLA. Looking at

May's photographs, you can see the tremendous energy, vitality and viability of the enzymatically active sprouts.

The life force does not stop with the live sprouts. Study after study has proven that this amazing life force does transfer to the life force of the human body. Since this life force does transfer from the sprout to a living being, we want to obtain the food that has the most life force.

A Chinese PhD. and acupuncturist named Dr. Kim Le stated in her book, The Simple Path, that IT IS THE ENZYME ACTIVITY IN FOOD THAT PRODUCES THE ELECTROMAGNETIC FIELD!!! As a matter of

(Cont. on next page)

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The Unmatchable LIFE FORCE of fresh SPROUTS has an EXCEPTIONAL impact on Our Physical, MENTAL, Emotional and even Spiritual BALANCE!!! (Cont.)

fact, sprouts far outshine mere raw foods in their electromagnetic magnificence.

In addition to this tremendous life force and packed with live vitamins, minerals, enzymes and oxygen, numerous studies have proven that sprouts in our diets heal us mentally and emotionally from the following mental/emotional conditions:

- Brain Activity:** Vitamin Bs
- Depression:** Vitamin C, Vitamin B3/B6, Magnesium, Tryptophan, Zinc, Omega 3, Selenium & Folic Acid
- Lack of concentration:** Vitamin B1
- Lack of memory:** B5, B6, Omega 3
- Lack of focus & motivation:** Tyrosine, Zinc
- Insomnia:** Magnesium
- Stress:** Vitamin B3/B6, Magnesium
- Anger and irritability:** Vitamin B6, Magnesium, Selenium
- Anxiety:** Magnesium, Folic Acid

According to Max Tuck, a Hippocrates Holistic Institute Health Educator, and the author of the books

Successful Fasting for Health and Vitality and *Top 10 Raw Food Tips for Osteoporosis*, "We are electrical beings, with our own electromagnetic field. Is it possible therefore that the way we interact with our world and those in it could be through electrical means? Can we interact electromagnetically with our universe? Many believe so."

By transitioning to living foods, we can observe our lives progressing through 3 phases: In Phase 1, cells are rebuilt and revitalized with electrically charged food and exercise. Through cellular regeneration, the physical make up of the body is changed, allowing even some so-called "terminal" diseases to be turned around.

Phase 2 brings emotional health, which is only realized once the physical needs of the body have been met. In this phase comes the ability to focus, the drive to create and reach goals, and a larger vision of the future. This process may take several years. Phase 3 is the spiritual phase, which empowers who we are and where we're going. In this phase,

we can progress with spiritual life because our physical and emotional needs have been met.

Eating a living foods diet brings not only personal health, but begins an awakening process which shows us the inter-connection of all humans and the world we live in."

As you can see, eating sprouts, given the deep life force benefits that sprouts have for ourselves, has a GIGANTIC spiritual benefit. It impacts our Spiritual Growth and our Spiritual EVOLUTION way beyond most of the food we eat.

Pure energetic food allows us to remain physically, mentally, and emotionally at our OPTIMAL level of WELLNESS, thus our connection to our Major Life's Purpose and Spiritual Journey is amplified. Sprouts, along with a Living Foods Plant Based diet and other practices such as prayer and/or meditation, yoga, QiQong, exercise, connecting to nature and time alone to nurture and love yourself will bring the balance to your life that your WHOLE SELF thrives on.

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express three passions of mine that I have ironically been suppressing since 1999:
 - my passion for spirituality.
 - my passion for our earth/environment/plants/animals and the future of them/us all.
 - my passion for uniting all religions, spiritual expressions without excluding any of them and without relating to one as better than the other.....
2. To create a space where my friends and I can enrich each other's spiritual growth and we
3. To have us all support each other and the world in learning to live sustainable lives and learning to "heal" the world in a "green way".
4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together lead the way towards a Self-Realized Civilization, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

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