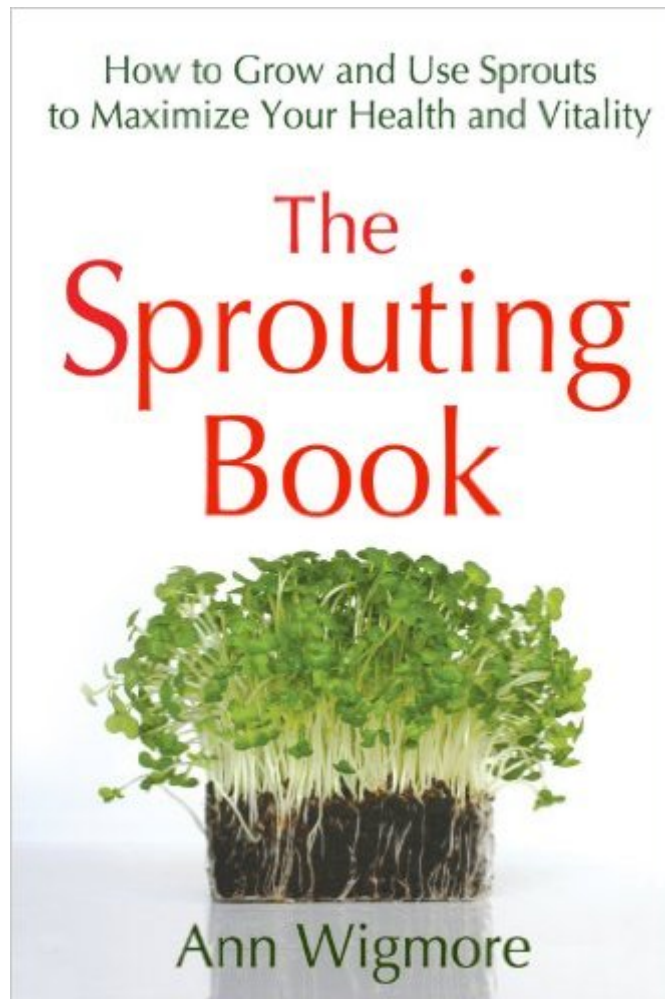


The book was found

The Sprouting Book: How To Grow And Use Sprouts To Maximize Your Health And Vitality



Synopsis

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.

Book Information

Paperback: 128 pages

Publisher: Avery; a edition (June 1, 1986)

Language: English

ISBN-10: 0895292467

ISBN-13: 978-0895292469

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (82 customer reviews)

Best Sellers Rank: #35,621 in Books (See Top 100 in Books) #20 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #63 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #78 in Books > Reference > Encyclopedias & Subject Guides > Cooking

Customer Reviews

I would say, don't waste your money on this! I bought this book based on reviews of how "great" it is for beginners. Well, I have enough of the PC essays, commentary and predictable "takes" on nutrition. I wanted straight-forward step-by-step info on sprouting to use on the new sprouting jar I just bought, not 4 chapters of dialogue (ad nauseum) of philosophies, beliefs, mythology and esoterica on the nutrition, multitude and PC use of sprouts; "Sprouts and your sex life," "sprouts since the beginning of time," etc. So I had to get to chapter 5 to even begin, and I am still not ready to begin. Why is it that everyone writing beginner's books has to preface and infuse them with their own philosophy, and assume that it is God-given that they puff every comment or lesson with it. This

is hardly what I would call a book for beginners - - - maybe if one is a nutritionist it might be of interest, but I was falling asleep at two sentences in. I wanted to learn how to sprout, not more verbal effluvium on things I already know, agree or disagree with, don't understand or have no interest in yet. Just give me the basics FIRST, please. I looked long and hard before choosing a book and I am HIGHLY disappointed so far. If you are a beginner, I suggest you keep on looking past this supposed book "for Beginners." OR, google "Sprouting" and go to the online sprouting "school" pages. I REALLY DO NOT CARE about the history, advantage, etc. until I have tried it myself, and I cannot do that until I AM TOLD HOW TO venture into this. With this book all I wanted to do was quit before I even started.

[Download to continue reading...](#)

The Sprouting Book: How to Grow and Use Sprouts to Maximize Your Health and Vitality Sprouting: The Beginners Guide to Growing Sprouts!: Everything You Need to Know to Start Growing and Enjoying Sprouts! How to Sprout Raw Food: Grow an Indoor Organic Garden with Wheatgrass, Bean Sprouts, Grain Sprouts, Microgreens, and More The Wonders of Water - How H2O Can Transform Your Life: Vitality, Detox, Weight Loss, Quality Water, Benefits (Water Health, Vitality, Weight Loss, Fruit Infused Book 1) Essential Oils For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care) Grow Fruit Indoors Box Set: 22 Cultivating Tips to Make Your Own Garden With Extra Gardening Tips To Grow Your Favorite Exotic Fruits Plus Tips How to ... Set, Grow Fruit Indoors, Gardening Tips) Farming In Your Backyard for Beginners Vol.2 - Use Proven Strategies to Grow Plants, Herbs, and Food in Your Backyard Easily (Best Guide To Grow Organic ... Farming, Backyard Farming Strategies) Essential Oils For Beginners: Essential Oils For Beginners: How To Use The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1) Indoor Kitchen Gardening: Turn Your Home Into a Year-round Vegetable Garden - Microgreens - Sprouts - Herbs - Mushrooms - Tomatoes, Peppers & More Fresh Food from Small Spaces: The Square-Inch Gardener's Guide to Year-Round Growing, Fermenting, and Sprouting The Mind Map Book: How to Use Radiant Thinking to Maximize Your Brain's Untapped Potential Reiki: A Complete Practical Guide to Natural Energy Healing, How To - Awake Your Body And Soul, Restore Your Health And Vitality. (Reiki For Beginners, ... Techniques, Awaken Your Chackras) Live Right 4 Your Type: 4 Blood Types, 4 Program -- The Individualized Prescription for Maximizing Health, Metabolism, and Vitality in Every Stage of Your Life GROWING HERBS: How to Grow Low cost Indoor and Outdoor Herbs in containers, for Profit or for health benefits at home, Simple Basic Recipes (How to grow herbs, growing herbs for beginners) The All-New Atkins Advantage: The

12-Week Low-Carb Program to Lose Weight, Achieve Peak Fitness and Health, and Maximize Your Willpower to Reach Life Goals Mental Toughness for Peak Performance, Leadership Development, and Success: How to Maximize Your Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business or Health Introduction to Yoga and Pilates - Improve Your Flexibility, Increase Mobility and Relieve Tension: Learn How To Transform Your Life (Maximize Your Human Potential) Love Your Skin, Love Yourself: Achieving Beauty, Health, and Vitality from the Inside Out and Outside In Testosterone for Life: Recharge Your Vitality, Sex Drive, Muscle Mass, and Overall Health A Complete Guide to Real Reiki: How to Increase Vitality, Improve Your Health and Feel Great

[Dmca](#)