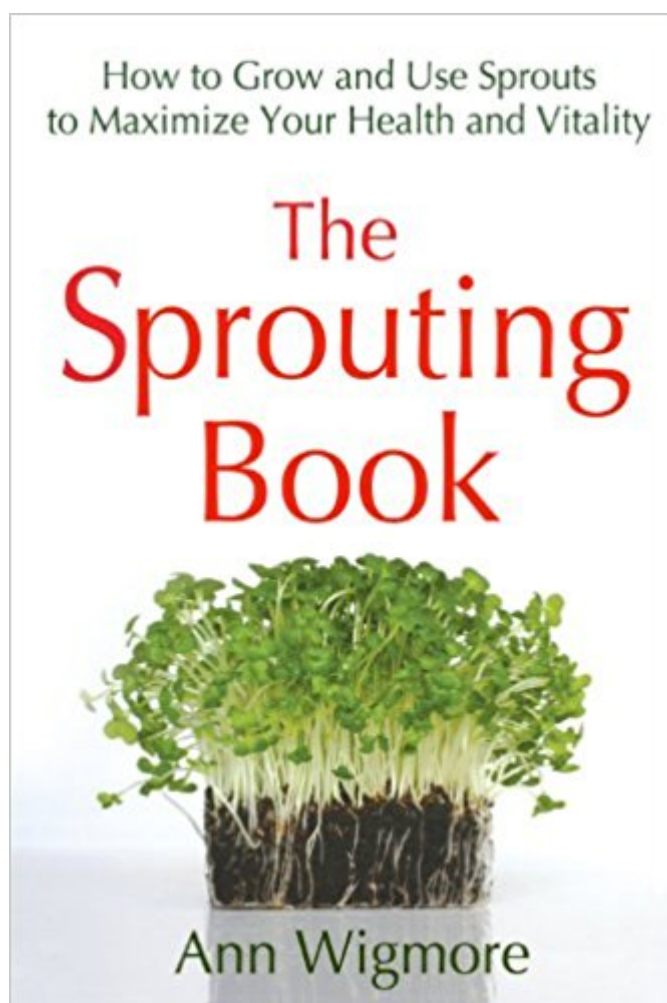


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The Sprouting Book: How To Grow And Use Sprouts To Maximize Your Health And Vitality



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

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ISBN-13: 978-0895292469

Product Dimensions: 6 x 0.4 x 9 inches

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

Average Customer Review: 4.7 out of 5 stars 87 customer reviews

Best Sellers Rank: #202,317 in Books (See Top 100 in Books) #78 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #94 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #265 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables

Customer Reviews

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,

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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*.Â

In 50 years I have read at least 500 books on health. This is one of the few that I read every so often. Ann Wigmore was a solid champion of "what works" and was a tireless worker in gathering ideas and trying them. Her grandmother in Lithuania was an outstanding herb doctor and Ann Wigmore owes her life and her life's work to her grandmother. Get this book while it's still in print and pass it on to your family and friends. For 30 years I have raised sprouts every winter and I used this book as a guide and reference book. I believe in regular checkups by the mainstream medical system, and I also believe we should take charge of our own health and prevent as much disease as possible. My copy of this book is now worn and marked up. It is the best on sprouting. i have been buying and giving away this book to family and friends for several years.

I was not happy with this book. No photos. Just illustrations. I felt it did not cover the basics well. It is geared for someone who is going to grow barrels of sprouts immediately. It doesn't ease the beginner into it at all. For example to grow microgreens, she suggests having on hand two barrels of potting soil. Yes , that's right BARRELLS. I don't recommend this for the beginner. I got more help from a magazine article I accidentally ran across.

This is a great book if you are just getting into sprouting. It covers a wide array of subjects to do with spouting but most importantly it has a great step by step guide with pictures on how to do things. I often refer to this book and its an easy read.

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.

ive read 6 books on sprouting this was the best by far

best info you can get on sprouting we are just beginning and this book help us understand a lot on sprouting

A basic how to and why book for those considering adding living foods to their diet.

This book is ok because it has a few tasty sounding recipes, but I thought it would be more in depth on specific sprouts and sprouting techniques. I read the entire book in a couple of hours and I am not a fast reader. I wish I would have just checked it out at the library. The book is mostly about the authors dietary beliefs in which I do not follow. Pretty much a useless book for me. Maybe if you are a raw foodist and are looking to eat sprouts for most or all of your calories this would be a good book for you. I wanted more info than this book provided.

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