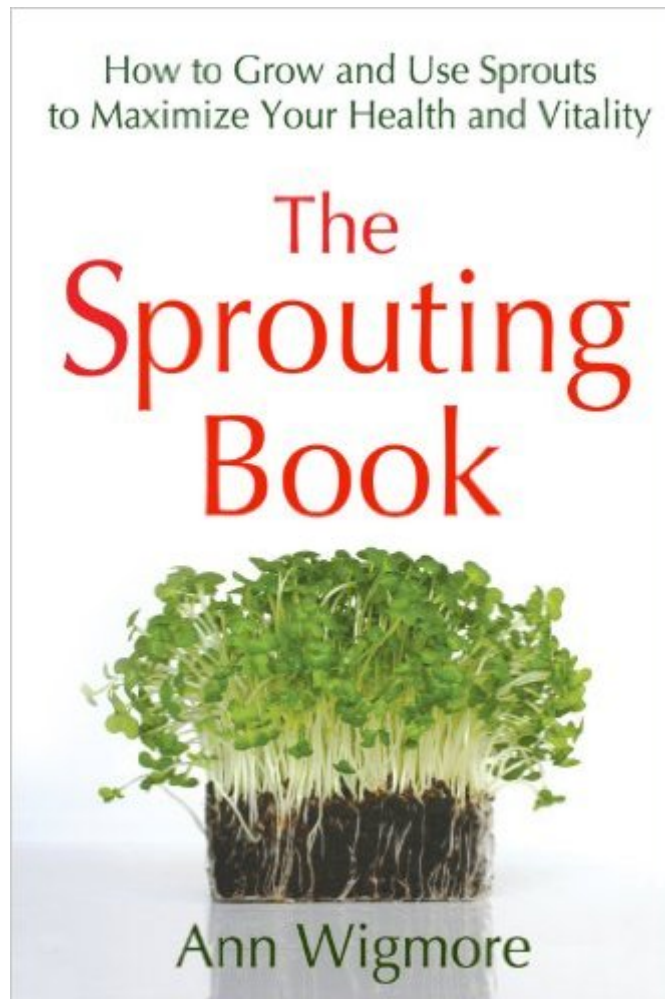


The book was found

# 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.

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