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# **Sprouting: The Beginners Guide To Growing Sprouts!: Everything You Need To Know To Start Growing And Enjoying Sprouts!**



## Synopsis

Everything You Need to Know to Start Growing and Enjoying Sprouts!In a Single Jar!Better Health for Pennies!LESS than 5 Minutes a Week!Wonderful Nutrition for a Few Cents!This game-changing new book shows readers how simple, easy, and affordable it can be to improve health, vitality, and lifestyle!Jim's approach to sprouting makes it accessible to anyone who wants to try. It only takes about 5 minutes a week to do it! You'll have a big pile of healthful, delicious, fresh sprouts to add to all the foods you eat.Put them on salads, steaks, soups, and on sandwiches! Eat them for snacks, in your morning oatmeal or eggs, at lunch, and at dinner! Yep, they go wonderfully with everything!In 2012, facing 2 surgeries, Jim threw himself into the study and practice of growing and eating sprouts with every meal. He grew them, himself, on his kitchen counter!Today, Jim is over 100 pounds lighter and has regained his health entirely without surgery! Gone are perforated diverticulitis, type II diabetes, major depression, stage 2 hypertension, arthritis, and morbid obesity. He'd been obese for over 30 years!Not any more!And it all started with developing a simple, affordable, easy-to-use, and health-restoring system for growing sprouts at home. For pennies, he began growing his own health and is today completely unrecognizable from the Jim of 2013. And it all started with a few sprouts grown on his kitchen counter... as it can for you.Once you see how simple, easy, and affordable it can be, you'll be on the road to better health, too!Can you spare five minutes every week to help build the best health of your life?Give this simple, affordable book a chance. Buy it today! You have nothing to lose besides excess weight, deteriorating health, and depleted vitality! And you have everything to gain, including restored health, amazing renewed vitality, and lots more vigor!This is not the last word on the subject of sprouting! It's designed to be the first words to help you get started!

## Book Information

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## **Customer Reviews**

I decided to buy several family members sprouting jars for Christmas since they were all into eating healthy. I'm a beginner myself, so I took a chance buying five copies of this book without ever seeing it. I was not disappointed. Not only was it informative, but I was motivated enough to buy a second sprouting jar for myself. I would recommend this book to anyone mildly interested in improving their health.

A very clear and simple to follow book that has brought me success. I can sprout as little or as much as I wish and do it from scratch in just a few days. The low cost of this highly nutritional food is impressive and it has become my daily routine.

I found the book very helpful in guiding me to venture into sprouting. His reasons for sprouting and his results were all I needed to get started. Now that I am into sprouting, I wouldn't be without my sprouts every day. No work involved really. Try it. You will like it! One of the best health projects you could ever take up.

I know this author, not a relative but a friend from afar, and this guy is genuine. If I was stranded on a desert island, I would choose him if I could only have one other person. Anything he writes is from the heart and you can depend on it. He's inspired me to start sprouting again and he's not paying me to write this! Enjoy!

Wow! What a miraculous journey. It has been said we are what we eat, and you are a testament to that fact. I had no idea how easy it would be to grow my own sprouts and I can't wait to get started. Thank you for this easy guide.

A clear, honest, personal and very enthusiastic "ultra basic beginner" overview for getting started with sprouting. The most important aspects for me were:1) The reinforcement of the "simple DIY" approach which avoids the gimmicky systems.2) A realistic overview for the minimal time and \$\$\$ investment needed to get great results.3) The debunking of the "under the counter/in-the-dark" myth for starting and growing sprouts and instead extolling the virtues of a simple "on the counter & by the sink" approach which makes everything so much easier!4) And finally, a really great no-nonsense approach & guidelines to the first "success guaranteed" sprouts (lentils and mung beans). Jim B presents a personal and compelling story about his own health turn-around and presents it in an easy to read format for anyone. This is NOT an elitist "fringe" or my-way-or-the-highway presentation... It really is for everyone and anyone who is ready to shift their quality of life and does so in an easy to approach no-failures/easy-success philosophy! Good Job Jim B.! Just what I needed...

Being a sprouter already it wasn't as helpful as I was hoping, but for a complete beginner it is a good read.

Great Book for someone who knows nothing about sprouting to learn from !! Really was helpful !

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