

DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

Sprouts

June 10, 2009

by Yvonne Salcido, MH

HISTORY: Sprouts have been used for thousands of years. The Chinese have records of using sprouts 5,000 years ago for nutrition and healing. The Roman soldiers used them in the long journeys. In the Bible Daniel used pulse, which was a mixture of grains and sprouted seeds. This is how he and his companions increased their health and wisdom.



BENEFITS: Scientific studies have shown that by sprouting grains, beans, seeds, and nuts the nutrition levels of proteins, vitamins and minerals increased 300-1000%. By sprouting you have released the protective coating of the grain so the digestive enzymes are released. This makes them easily digestible for babies and the elderly.

FACTS: By sprouting your grains and beans you can remain healthy and strong having fresh food with high protein, vitamin and mineral content. If you are short on storage space you can have one 45 lb. bucket of sprouting mixture and have a year supply for one person.

Sprouting is easy and you can have fresh produce in 3-4 days!!!

HOW TO SPROUT: Place seeds in glass quart jar or sprouter. Cover with water, let sit for 24 hours. Then drain and rinse 3 times a day for 3 days. During this time cover with towel to keep in the dark for 2-3 days, then you can remove the towel and let them green up. They are good by the handful or in salads, sandwiches, or your favorite recipes.