

Sprouting: Revised Beginners Guide to Growing Sprouts!: Everything You Need to Know to Start Growing and Enjoying Sprouts! (Paperback)



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Reviews

This book is definitely worth getting. It usually will not price too much. Its been printed in an extremely simple way in fact it is only right after i finished reading this publication where basically altered me, modify the way i think.

(Avery Daugherty)

SPROUTING: REVISED BEGINNERS GUIDE TO GROWING SPROUTS!: EVERYTHING YOU NEED TO KNOW TO START GROWING AND ENJOYING SPROUTS! (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Revised. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Revised and Expanded! Adds more insight and depth to the process of sprouting! Also reinforces the simple process of continuing to sprout outlined in the book! 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. The second groundbreaking concept presented in this book is Jims simple process of continuing production! Soon, you will have all the sprouts you can enjoy, on a regular basis! Year around gardening, on your kitchen counter, without dirt, no weeds, and harvests every four to five days! 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...



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