

The Chiropractor

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SPROUTING IS AWESOME!

Taste buds (*Pleasure*) vs. The Cell (*Wellness and Energy*)

When it comes to nature, sprouting is one of the most concentrated sources of vitamins, minerals, enzymes, and yes, they have protein too. Sprouting gives vital nutrients to your cells, thereby supplying your cells with the energy to keep itself clean and create clean energy to the host (you). That raises some thoughts. When was the last time you said to your self, "Self, what would you like to eat in order to nourish yourself (the cells)?" Or "Cells, what do you need today?" No, I think we are much more likely to talk to our taste buds and stomach.

Enzymes are very important to your well being. In fact, they are essential. Yet they are sensitive to cold and heat. They are needed in all areas of the body and are required in all chemical reactions throughout the entire body. Cellular re-growth, healing, brain function, conversion of fat to energy, these are only a few of the reactions going on in your body everyday. Enzymes also help with food for digestion and absorption.

As stated in The Sprouting Book by Ann Wigmore: "Sprouts contain amino acids which are essential to proper digestion and assimilation of foods, cell renewal, immunity from disease and illness, rapid healing of cuts and wounds, and proper liver function.



A deficiency of only one amino acid can result in allergies, low energy levels, poor digestion, lowered resistance, and premature aging."

Have you ever heard of the following things? Vitamin C, A, E, K, B's, Fiber, Protein, Minerals, Iron, Carbohydrates, Trace elements, Antioxidants, Potassium, Zinc, Selenium, Chromium, Iodine, Good Fats, and Calcium. Yep, you guessed it these are all found in sprouting, as Ann Wigmore puts it "foods rich in life energy". Sprouts deliver these nutrients in a form that is easily digested and assimilated by your body. Serious degenerative conditions can be controlled and in some cases reversed if the individual makes positive changes in balancing the body's cellular needs and reducing stress.

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Where is Your Focus?

USING A WIDE-MOUTH JAR TO SPROUT



ITEMS NEEDED:
Wide-mouth qt. jar
Piece of cheesecloth
Rubber band
Seeds for sprouting

DIRECTIONS:

1. Place ½ cup sprout seeds in jar and fill jar 1/3 full with water
2. Secure cheesecloth on top with rubber band.
3. Let sprouts soak for 12 hours.
4. Remove cheesecloth and remove hard seeds.
5. Replace cheesecloth and place jar at a 45 degree angle.
6. Rinse sprouts twice a day.
7. Ready to eat in 1 ½ to 2 days.

Option:
Sprouting trays may be purchased through our office.

SPROUT SALAD

*Recipe from Life Sprouts
Paradise, UT*



INGREDIENTS:

Handful of two day sprouts
5 chopped boiled eggs
½ lb. of your favorite cheese
3 cups dry Chow Mein noodles
Salt and pepper to taste
*Optional: sliced olives, chopped tomatoes,
grated carrots*

DIRECTIONS:

Mix all ingredients together and serve on a bed of lettuce.

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