



# **The Sprouting Book: How to Grow and Use Sprouts to Maximize Your Health and Vitality**

*Ann Wigmore*

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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.

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