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## **SPROUTING:**

**There are miracles taking place when eating sprouted food, let me tell you a story:**

**Most have seen it. It's a black and white documentary of a German war camp with hundreds of naked men, skin and bones. Then the movie skips to a survivor many years later. The interviewer asked, 'How did you survive?'. The elderly man, now, says, "I noticed tiny alfalfa sprouts coming up from the ground just outside the fence. I picked them and ate them. I told my friend and he did the same. We told others, but they were not interested. Most starved to death, but we lived"**

**THIS IS WHAT LITTLE SPROUTS CAN DO FOR YOU!**

It is said that adding water to a seed, when it sprouts, it gains 400 times in nutrient value. This gain comes from within the seed, as there has been very little root system developed to acquire food from the earth or water. It's a miracle, prove it for yourself.

**NOTE:** The Food PANtrie comes with only one bottom tray used for sprouting, but it sprouts a square foot of sprouts. That's a lot, and you can mix sprouts to have several different ones sprouting at the same time. Additional components, Black Trays, White Dishes can be ordered if needs be.

The best time to consume sprouts is when you are hungry, anytime. Eat them when they are young and tender and they almost immediately are digested, giving you almost immediate energy. I carry them on my hikes. **REMEMBER;** Sprouts, and naturally dried or preserved foods are not **DEAD FOOD**, thus the body requires much less to sustain it's self. One small handful of sprouts constitutes a full meal. Thy it, you will see. Compare the enzyme rich Living Foods, to foods destroyed by over heating or freezing. Jesus taught, 'Live foods begets life, dead foods begets death.' It's true...

Keep in mind, if you are a milk drinker or beef eater. Farmers grow massive fields of alfalfa. It's cut, laid naturally in the sun to dry, then bailed and stacked to feed the livestock. From this enzyme rich naturally dried alfalfa hay, the healthy cow



produces the milk we drink, most milk however enzymes have been destroyed by cooking (pasteurization). Even the beef from the beef cow is created by that enzyme rich alfalfa hay. The wild animals all live off of either growing enzyme rich foods during the summer months or the naturally dried enzyme rich foods the rest of the year. As they dry only 5% of the living enzymes are destroyed. Not like the intelligent humans, they cook and kill everything to destroy the living enzymes to change food to just fill to enable a greater shelf life. Whose the smarter?

When it comes to sprouting, it is even more vital to have quick access to the Food PANtrie. Sprouts need more attention since they need to be rinsed two or more times a day.

You will find that as the sprouts are growing, members of the family will want to use them as snacks and for adding to sandwiches and salads. Again, the easier it is to get access to the Food PANtrie, the more your family will reap the benefits of living, wholesome foods.

### **WARNING:**

Due to the Food PANtries ease of use, along with its healthy benefits, you can look forward to completely changing the way you eat and prepare your foods.

Within a short time, your food budget will go further, you will feel better, and you will even look better. A way to eat even when and if the lights go out...

**WHEATGRASS:** Here is a sample of growing sprouts just in water. From Farm Management classes in school we were taught that as a seed begins to germinate and as the upper part begins to push its way up words to obtain the sun light. At the same time the tap root pushes down, breaking through the soil to secure water and food. That the new sprout does not receive any nourishment from the soil until the tap root has pushed deep into the soil and the secondary roots then push out side words into the soil and then the tiny hair roots push out from those roots into the now softened soil to then begin extracting food from the moist soil.



Thus the sprouting seed is much like a chicken egg. The creation of the chick comes only from the nutrients needed from within the egg, as the warmth of the mother chicken then enable the baby chick to grow inside. So the chick inside receives no nutrients from the outside world until the egg hatches. Then the chick begins to feed itself.

Of course there comes a time with growing seed sprouts only in water that the water is lacking in the necessary food for the new plant, like the chick, and will require more nutrients than what is just in water. Hopefully you have begun to eat these nutrient rich sprouts or have proceeded to dry them, prior to this need and while the miracle energy from within the seed is fortifying the needs of the new plant.