



Experience the SKY Hi! Difference

"Let food be your medicine -- and your medicine be your food" - Hippocrates

Consider for a moment these points:

- **Nutrition:** Sprouts are baby plants in their prime. At this stage of their growth, they have a greater concentration of protein, vitamins and minerals, enzymes, RNA, DNA, bioflavonoids, T-cell, etc., than at any other point in the plant's life--even when compared with the mature vegetable!
- **Organic:** No chemicals, fumigants or questions about certification.
- **Freshness:** Because they are typically picked the same day they are eaten there is no loss of nutrients sitting in crates or on grocery store shelves.
- **Digestibility:** Because sprouts are baby plants, their delicate cell walls release live nourishment easily. Their nutrients exist in elemental form and the abundance of enzymes makes them easy to digest--even for those with weak digestion.
- **Versatility:** More varieties of salad greens than on your supermarket shelves, including buckwheat lettuce, baby sunflower, French onion, garlic chive, Chinese cabbage, purple turnip, curly kale, daikon radish, crimson clover, golden alfalfa, and more... Your salads will never be boring again!
- **Meals:** Snacks, cooked vegetable side dish made from sprouted green peas, even sprouts on pizza!

These superfoods are a powerful source of antioxidants (minerals, vitamins and enzymes), which assist in protecting against this damage.

A healthy body is alkaline (i.e. not acidic). Biogenic foods have an alkalizing effect on the body. Raw foods contain oxygen and regular consumption of raw biogenic foods with their abundant oxygen is valuable to health. When these superfoods are grown to the chlorophyll rich two leaf stage, it has been shown they have been effective in overcoming protein-deficiency anemia. Some women have found that daily consumption of these superfoods offers relief from hot flushes, and supports hormonal function.

The supply of vitamins (B complex and C) existing in seeds can be increased by the sprouting biochemistry over several days by 100% to 2000%. This biochemistry modifies the array of minerals in sprouts so that they are in a chelated form which is more easily assimilated in the body. It denatures protein into the amino acid building blocks so that we can digest them in half the time of cooked foods.

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When seeds are sprouted:

- their starch converts to simple sugars
- their protein provides amino acids
- their fats break down into essential fatty acids
- their minerals are chelated, merging with protein in a way that increases their function

All these actions increase the nutrient value, and enhance digestion and assimilation. Due to these dynamic influences, sprouts are considered *predigested* food!

Little things like sprouts can have a *big impact* on health, as they provide a high degree of vitality and rejuvenation to the body. Sprouts have so many valuable attributes. Living sprouts are quality food of high bio-photons (bio meaning 'life'; photon meaning 'electromagnetic'), which provide a high bio-energetic value, to energize our body and help the entire organism function, and prevent and even repair defects.

The bio-energetic value of sprouts and live foods has similarities to that of living Bio-genic Nutrition, a concept and way of life originating with Professor Edmond Bordeaux Szekely in California in the 1920's. He classified sprouted seeds and baby greens as the most beneficial foods, calling them life-generating Bio-genic Foods, and recommended that they comprise 25% of our daily food. His four classifications make it easy to understand the true value of life-giving sprouts.

- Bio-genic living foods offer the strongest support for the regeneration of cells (25% of daily food);
- Bio-active foods are life sustaining organic fruit and vegetables (50% of daily food);
- Bio-static foods include cooked foods (85% of the nutrient value may be lost in cooking), which slows down the life process and accelerates ageing (no more than 25% of daily food, but these are certainly not the best for the body);
- Bio-acidic foods are regarded as 'life-destroying' and include sugar, white flour, and all processed foods.

Sprouts are a powerful source of antioxidants in the form of vitamins, minerals and enzymes, which assist in protecting the body from free radical damage. Free radicals are created in our body by some foods, some cooking oils, preservatives, artificial colors, flavors, additives, and other substances in our environment. Free radicals are highly unstable oxygen molecules that can travel freely throughout the human body in search of an electron 'partner' and steal electrons from healthy cells. In doing so, they have the ability to create a dangerous chain reaction, breaking down vital, biological structures; and they have the ability to alter the structure of the DNA (deoxyribonucleic acid) and RNA (ribonucleic acid). These are the vital blueprints and the DNA's messenger, required for the reproduction of cells. This change in the DNA structure is known as per oxidation. Once per oxidation has taken place within the cell, it will only reproduce the altered version.

Raw foods contain oxygen, and sprouts have an abundance of this element. Oxygen is important for healthy cells, to allow cells to live and breathe. Dr Otto Warburg, twice Nobel Prize winner, 1931 and 1944, found the growth of cancer cells were initiated by a relative lack of oxygen, and that viruses, bacteria and cancer cells could not live in an alkaline and oxygen-rich environment.

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When we cook food, the oxygen is destroyed. For this reason, eating raw sprouts, regularly, is valuable to health.

Sprouts are alkaline and have an alkalizing affect in the body. If we desire health, the body needs to be alkaline. The immune system is made strong by high alkaline and alkalizing foods.

Sprouts provide us with whole foods, full of living enzymes, a vital life-force. Sprouts can be growing on your kitchen bench one minute, and transferred to the meal table the next, ready for eating; there is nothing else as fresh as this! We have to realize that fruits and vegetables, which look so colorful and beautifully displayed on supermarket shelves, may have been picked a week or much more in the past, and the vital life-force they once had can be very depleted.

This life-force energy is believed to correlate with the level of power of the enzymes in living food, and which researchers believe is seen with Kirlian photography as brilliant spikes of light, radiating harmoniously around living produce or plants. However, once the produce is picked and it is no longer growing, the luminescent light diminishes and gradually disappears altogether. The nutrients also diminish when food is picked. So, something we grow, pick, and serve fresh from our garden, or sprouts - growing in the kitchen, will definitely serve us with more nutrients than food that has had a shelf life.

What we grow in our garden and in our kitchen can be with organic seeds and fertilizer. Therefore, our food will not have been subject to synthetic fertilizers, pesticides, growth hormones or other chemicals. These chemicals can have a detrimental impact and an accumulative effect, on the environment and our health. We cannot see the toxins, but they are around us and part of our lives & so subtle. Numerous scientific researchers believe they are the cause of an increase in the incidence of asthma, infertility, allergies, neurological damage, immune and endocrine disruptions, and many types of cancer.

Organic food generally has a higher vitamin C content, flavonoids, better protein quality and higher mineral and enzyme content, than conventionally grown produce.

It is interesting, too, and has been observed with Kirlian photography, that organic produce glows with a stronger, more dynamic, luminous light than non-organic produce. If we want to 'outsmart' cancer and other diseases that have accelerated in our modern way of life, we must reduce our exposure to chemicals, wherever we can, by looking for organic or biodynamic produce, or by growing our own & so sprouts in the kitchen are an easy way to start.

Some more key points about sprouts and micro-greens:

- Sprouts are a good source of essential fatty acids (EFA). The average diet is generally deficient in EFA. These fatty acids are essential to life, perform many vital body functions and play a major role in immune defenses.
- Sprouts are one of the highest food sources of fiber, essential for good health. High fiber foods make us chew more slowly and make us feel more satisfied.
- The chlorophyll content of sprouts and seedling micro-greens can perform the remarkable action of converting light energy into chemical energy, a process called photosynthesis. The green chlorophyll pigment of plants closely resembles hemoglobin, the pigment that gives human blood its color and oxygen-carrying capacity. The difference between the two pigments is that chlorophyll has a core of magnesium and hemoglobin a core of iron.
- Chlorophyll-rich foods are our most powerful blood cleansers and blood builders. Sprouts grown to the chlorophyll-rich two-leaf stage have been shown to be effective in

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overcoming protein-deficiency anemia. Some women have found that including chlorophyll-rich foods in their daily diet has given relief from hot flushes of menopause, and also supported hormonal function.

- Sprouts have a generous supply of vitamins. In fact the vitamin content of some seeds can increase from 100% to 2000% in several days of sprouting. Even soaking seeds, overnight, produces massive amounts of vitamin B complex and also of vitamin C.
- The formula for multi-vitamin B and C is hydrogen, oxygen, and carbon, together with the life-force and elements in the seeds, this creates a complex carbohydrate, and nutrients are formed. These are the magical substances that provide the miracle of life and increased nutrients in sprouts.
- Sprouts have an excellent array of minerals that the body requires. During sprouting, the minerals are enriched and develop in a chelated form (which are more easily utilised by the body).
- Sprouts can be grown all year round to give a constant supply of food, in the very freshest form possible.
- Eating fresh sprouts provides essential nutrients in a form that is easily assimilated. Living enzymes, in sprouts, go to work to predigest the protein into their constituent amino acids: this makes them easily digested and absorbed by the body. We can digest sprouts in less than half the time of cooked foods. Cooked foods are acid forming. Continually consuming cooked food can be constipating, as the cellulose necessary for peristalsis has been broken down and softened in cooking.
- Sprouts provide the best nutritional value for money. They are the most economical food we can eat, at just a few cents a serve. We all like good value bargains, and when we find one, we usually like to share the information by passing the details on to family and friends, so they may get the benefits as well. For a few dollars we can purchase seeds that, when sprouted, will increase in volume 8-10 times, and provide many meals. The sprouted seeds also increase in nutrient value in just a few days of growing. Anyone, even on a tight budget, can afford seeds to sprout and get the best of food value.
- Seeds for sprouting store well and can be quickly utilised as food for emergency relief, during times of calamity or scarcity & but make use of them during times of plenty, too, as sprouts provide essential nutrients in the freshest way possible.
- Sprouts provide a good source of protein. Many people use sprouts as an alternative to meat protein since...
 - ✓ sprouts take less time to digest
 - ✓ sprouts are living food
 - ✓ sprouts are alkaline
 - ✓ sprouts can cut the cost of living
 - ✓ sprouts have no additives
 - ✓ sprouts have zero cholesterol
 - ✓ sprouts are a source of oxygen
 - ✓ people eat sprouts for the health benefits
- Vegetarians, or people who are not heavy meat consumers, have less degenerative diseases. Some researchers say the human body is able to absorb heme iron at a rate 5-10 times higher than it absorbs non-heme iron, which would indicate that iron is better utilized from meat sources, than from sprout and other plant sources. Scientists have established that ascorbic acid can assist in the absorption of non-heme iron. As sprouts are a very good source of vitamin C, this should mean the iron is relatively well utilized.

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- Sprouts are low in kilojoules (calories), so are good nutrient-dense food for weight watchers.
- Sprouts have a low glycemic index (GI), which makes sprouts valuable for health.
- Sprouts are preventive medicine.

We can know - when we eat sprouts daily - that we are providing building materials for the growth and repair of the body. Our health is very much related to our diet; our choice of foods determines the quality of our physical well-being. Over 2000 years ago, Hippocrates said, "*Let food be your medicine -- and your medicine be your food*". Sprouts literally are super foods to build health and act as a prophylactic from illness. Hippocrates also said, "*Each one of the substances of a man's diet acts upon his body and changes it in some way, and upon these changes his whole life depends, whether he be in health, in sickness or convalescence. To be sure, there can be little knowledge more necessary*". And to think: Hippocrates said this long before fertilizers and chemicals were manufactured, before grains were refined and nutrients removed, and before fast foods were ever conceived!

When seeds are sprouted...

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All these actions increase the nutrient value, and enhance digestion and assimilation. Due to these dynamic influences, sprouts are considered predigested food. So, to summarize:

- ✓ powerful source of antioxidants
- ✓ contain oxygen
- ✓ alkaline and have an alkalizing affect in the body
- ✓ living enzymes
- ✓ source of essential fatty acids (EFA)
- ✓ highest food sources of fiber
- ✓ chlorophyll content
- ✓ generous supply of vitamins - In fact the vitamin content of some seeds can increase from 100% to 2000% in several days of sprouting.

The formula for multi-vitamin B and C is hydrogen, oxygen and carbon, together with the life-force and elements in the seeds, this creates a complex carbohydrate, and nutrients are formed. These are the magical substances that provide the miracle of life and increased nutrients in sprouts!

Do you have a favorite sprouts and micro-greens success story? Why not tell us about it at skyhisprouts@gmail.com, or visit us on Facebook at www.facebook.com/skyhisproutz.

Visit us at your favorite central Arizona Farmers Market!

Be well!