How to sprout your disease/cancer-fighting organic broccoli sprouts:

1. Place seeds in clean mason jar and cover with 1 cup cool/room temp distilled water (you can purchase a gallon for $1 at most markets). Cover with solid lid. Shake a bit to make sure the water contacts all seeds and salt is dissolved. Then replace solid lid with the grid and screw top on.

Allow to soak overnight 6-12 hours on your kitchen countertop.

*note: Sprouts don’t need sun because they don’t have green leaves

2. In the morning drain seeds by pouring the water out the top through the grid. Pour in more distilled water, swish and swirl, and and drain very well. Shake it as much as possible to get all water out. (excess water left in the jar will ruin the seeds. They are going to be wet, just don’t let them sit in a puddle). Turn jar on its side and leave on countertop.

3. Rinse and drain this way morning and night for 3 days.

*note: on day 3 these seeds will show microscopic roots that look like mold...it’s not mold...

4. On day 4 move to an indirect sun location. Continue to rinse and drain THOROUGHLY.

*note: since broccoli sprouts and contain sulphoraphane (the most potent disease-fighter known to us) they may smell like sulphur...it’s normal and actually a good sign that they contain what your body needs to fight disease! They still taste great!

5. On day 5 or 6 see if they will be ready for final rinse. Good sprouts contain just a bit of bright green small leaves with the root. Place sprouts in a large bowl with water and gently separate and jiggle so that the hulls float to the top. Scoop the hulls off and compost or discard.

6. After the final rinse, drain EXTREMELY WELL and allow to dry in the open for 8 hours on paper towel or clean paper.

*note: if you put them in the fridge and there is a lot of moisture left, they won’t last long.

After the sprouts are dry, transfer to a sealed container and refrigerate. Use within 4-6 days. If you have 2 jars, you can rotate and always have fresh sprouts!

Use them in salads, on sandwiches or in shakes! Broccoli sprouts contain 10x the cancer-preventing ability of full grown broccoli and have the ability to kill cancer stem cells!
For more info on sprouting visit SproutPeople.org
Contact info for the speakers:

Balance Rising
BalanceRising.com
(678)463-6648

Cindy Olah
Sacred Garden Yoga
SacredGardenYoga.com
info@SacredGardenYoga.com
(770) 421-9353

Jonathan Adams
SonicYogi.com
jon@sonicyogi.com
MontanaSkiesMusic.com

Eli English
The Herb Shop
44 Mill Street Marietta
(770) 423-7339
EliEnglishND.com

Cynthia Belmer
CynthiaBelmer.com
@CynthiaBelmer
belmer.Cynthia@gmail.com

Sucheta Rawal
Go Eat Give
(404) 357-0172
GoEatGive.com
@goeatgive @suchetarawal
Facebook: goeatgive

Laina Orlando
LainaOrlando.com
laina@ThePowerofAwareness.com
Facebook: Laina.Orlando
(404) 210-8151

Mara Anthony
MaraAnthony.wordpress.com
MaraRosaria@gmail.com
(678) 939-8016

Susan Gonzalez
100PerksofCancer.com
MOON-Organics.com
susan@MOON-Organics.com
(678) 463-6648
@100Perks
Facebook:
100PerksofHavingCancerPlus100HealthTips

Joyce Dillon
(404) 881-1322
JoyceDillon.com
jjdillon@mindspring.com