



Sprouts

Sprouts are the baby plants and roots that grow from seeds or beans that are planted or hydroponically grown. They contain 3000 different known enzymes, 560 different known minerals and proteins, and every vitamin known to man.

By growing and eating your own sprouts you are able to add live foods to your daily diet. People dash to health-food stores, read self-help books, seek advice from various nutritional experts, and stock up on multivitamins, all the while wondering about proper dosages. Yet, these multivitamins have *originated from seeds and bean sprouts*. By simply adding live foods to your diet, your body will fabricate the necessary elements for proper nutrition. Given the right food, the body tends to heal itself. By contrast, the body contracts diseases when there are not sufficient nutrients in the diet. Live foods can make all the difference.

Types of Bean and Seeds

Our favourite bean to use is the mung bean. They grow quickly (in 24 to 30 hours), are tasty, and have high nutritional values. The mung beans you have purchased are certified organic by Ecocert Canada. Mung beans can be obtained inexpensively in all regions.

10 health benefits of the mung bean:

1. Can help lower high cholesterol levels and protect against heart disease
2. Helps lower high blood pressure
3. Contains antioxidants that fight cancer development
4. Can help prevent or treat type-2 diabetes
5. Provides a high source of protein
6. Boost immunity and protects against infections and viruses
7. High source of vitamins and minerals, like folate and magnesium
8. Fights obesity and helps with weight loss
9. Can help decrease PMS symptoms
10. Easy to digest compared to many other beans

Source: <http://draxe.com/mung-beans-nutrition/>

You can experiment with other beans like chickpeas or lentils, for example. As well, it is possible to use smaller seeds. Smaller seeds may have to be soaked to swell, or you can add a finer screen on top of the stainless screen.

Pablo Pikelin - Sprout to Health!

To place orders or for information please call: 416-822-6368 – Feb. 17, 2015

Growing your sprouts

Your Hydroponic Sprout Grower is simple to use. You can easily build it into your daily routine. If you have children, growing sprouts together will help your young ones learn about nature, the cycles of life, and proper nutrition.

The lightweight food-grade-plastic dome forms a humidity chamber for rapid growth while allowing impurities to be released. At home, in just 24 to 30 hours and with minimal effort, you can grow baby sprouts. All the vitamins, enzymes, proteins and most minerals we know of in this world originate from baby sprouts; they are 100% natural 'multi vitamin pills'.

Eating your sprouts

- If possible drink a glass of high 7.5 PH water when you eat them. Sprouts love 7.2 to 7.5 PH water. In fact, if possible, grow them in water with this range of PH.
- Add fresh bean sprouts to salads or tuck them into sandwiches and wraps to add texture and moisture.
- Put them in stir fries or atop soups and rice dishes. Stir-fry them no longer than thirty seconds to maintain crunch and texture.
- Include them in smoothie mixtures.
- They make a great snack on their own with your favourite dressing

About Tony Hornick

Tony Hornick is the pioneer who developed your dome sprout grower. Tony started using sprouts in his diet due to a health issue earlier in his life. He decided to come out of retirement to promote the sprout growers when he turned 70 years old. Since then, he has been on a personal quest to teach people how to incorporate sprouts into their diet. Tony is now 86, and avid dancer. He can be found either dancing at many different venues or at different health shows promoting his dome sprout growers. 80,000 thousand units have been sold to date.

Warranty

The Tony Hornick Sprouters have a **lifetime warranty** with proper use, care, and maintenance; any damage beyond normal use will not be claimable. If the unit does break, please send the broken unit to Att: Tony Hornick: 695 Regency Court., Apt 122, Burlington, ON Canada L7N 3H9 for evaluation with your complete mailing address. A new unit will be returned free of charge plus applicable shipping charges.

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