

# Wheatgrass and Sprouts

*"Let food be your medicine" -Hippocrates*

## **Green Juice from Sprouts**



### **Introduction:**

- ✓ Sprouts provide the best nutritional value of all land based fruits and vegetables and have important curative properties.
- ✓ Sprouts contain concentrated amounts of phytochemicals that can protect against disease.
- ✓ Plant estrogen present in sprouts increase bone formation and density and prevent bone breakdown and osteoporosis.
- ✓ Saponins found in sprouts lower the bad cholesterol and stimulated the immune system.
- ✓ Studies prove the benefits of sprouts in arteriosclerosis, cardiovascular diseases and cancer.
- ✓ Sprouts contain active antioxidants that prevent DNA destruction and protect from ongoing effects of cancer.
- ✓ Because sprouts are living, growing food sources, they have a rich supply of enzymes.
- ✓ Sprouts have abundance of oxygen that prevents the growth of cancer and bacteria cells.
- ✓ Sprouts are alkaline and improve the immune system.
- ✓ Sunflower sprouts contain a full spectrum of amino acids and vitamin D. They contain chlorophyll and minerals and are a sufficient source of protein.
- ✓ Sunflower sprouts contain lots of chlorophyll, which helps detoxify the liver and the blood and are an excellent source of phytosterols, which reduce cholesterol, enhance the immune response and decrease the risk of certain cancers.
- ✓ Peas sprouts contain lecithin and are a considerable source of chlorophyll and proteins.

**Ingredients:**

Fresh Pea Sprouts  
Fresh Sunflower Sprouts  
Cucumber  
Celery  
Optional: Asparagus  
Any other herbs: Basil, Parsley, Cilantro, Mint, etc  
Any other leafy greens: Kale, Collard Greens, etc

**Equipment:**

Use a juicer with masticating blade, not centrifugal, like Lexen, Omega or Green Power and a measuring cup.

**Instructions:**

- Put the sprouts in the juicer in small amounts.
- Juice 4 oz pea sprouts and 4 oz of sunflower sprouts
- Cut the cucumber lengthwise (leave the skin on, if organic) and juice 8 oz cucumber juice on top of the sprouts juice
- Add some celery & asparagus as water carriers and herbs, for final touch
- This recipe gives you 16 oz of juice; you can double it (like I do)
- Drink it throughout the day, 16 oz am and 16 oz pm
- NOTE: You can vary the amounts, but make sure 50% of your juice is from sprouts.

This miracle green juice will make you feel energized, feel nourished for longer periods of time, lose weight and be healthier.

**Juice Fasting:**

Hippocrates Health Institute recommends one day a week of Fasting on Green Juices. That is called "the healing day", when your body will use the entire energy for healing, while being detoxed and nourished with all the vitamins, minerals, amino acids, enzymes and oxygen the body needs to heal!

**Notes:**