

SPROUTING:

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 baled and stacked to feed the livestock. From this enzyme rich naturally dried alfalfa hay, the healthy cow produced the milk we drink, most however has 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 or the naturally dried enzyme rich foods. 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 give the foods or fill a greater shelf life. Whose the smarter?

When it comes to sprouting, it is even more vital to have quick access to the Food PANtry. 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 PANtry, the more your family will reap the benefits of live, 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.