

For over 25 years, Isabell and her husband Derrick have lived on their picturesque Herb Farm at Nambour, on the Sunshine Coast, Queensland. Their large collection of culinary and medicinal herbs, spices and rare edibles have been sought after by gardeners, throughout Australia. Besides teaching courses on herbs, speaking at schools, herb and garden clubs, permaculture and organic growers' groups, expos, organisations interested in natural health, and as a guest on radio and TV, Isabell has written articles for numerous national magazines; readers have appreciated her easy to read style. In 2003, Isabell completed writing "How can I use herbs in my daily life?" which quickly became a best seller. Readers say it is so practical, informative and inspiring, and many people order extra books to give to family and friends. Now Isabell is sharing with readers... the amazing benefits of living foods, and this book will, also be a valuable investment in health and wealth. Degenerative diseases plague many people, today. We need to realise that pills and surgery are not fixing the problems. What we eat, as living food, has more power over disease and ageing than any medicine the doctor may prescribe. What we can all do, is correct the acid/alkaline balance in the body, and sprouts are the easiest, most economical way to do it... it's so easy... every person can do it. Our health care system must be health care... promoting prevention, education, personal responsibility, and providing practical ways for every person to achieve optimum health. This book will challenge you to make quality food choices, to nourish true health, to create a healthier and more vibrant life.

Health is not merely the absence of disease; it is enjoying optimum vitality, as long as we have life.

- Sprouts provide quality nutrients and, by weight, are the richest source of vitamins, minerals and anti-oxidants of all fresh food; in fact, they have a much greater nutrient content than the original seed.
- Sprouts are fast growing and very economical.
- Sprouts help to alkalise the body, clear acid, toxic wastes and enable the body to heal itself and build a stronger immune system.
- Sprouts have an abundance of living enzymes, which, natural researchers say, help to slow down the ageing process.

"This book is the best reference I have read for live food, through the easy, convenient production of sprouts, which are possibly the ultimate compact health food. The information Isabell has researched is always extremely detailed and very accurate and this book is a must for anyone wanting to improve their health and vitality with live sprouts."

Geoff Lawton, The Permaculture Research Institute, www.permaculture.org.au

"Isabell's book is life enhancing and belongs in every health professional's library and in every household, in every country. Her outstanding research and practical information will help to protect from degenerative diseases (e.g. cancer, heart diseases, arthritis, chronic fatigue, to name a few). "Adopt the pro-active health approach, now, and reap the rewards of a lifetime of good health and vitality. Look after your greatest asset, your body. One's Health is One's Wealth. The Choice is Yours, Choose Wisely."

Ella Hayes, Australia Health Mission, Melbourne

"I am inspired again! Sprouts are living foods, capable of regenerating vitality: rich in nutrients and economical. We can all benefit with the information this book provides. Find out how simple it is for EVERYONE to grow sprouts quickly and easily, try this – it works! Then, get ready to relax your busy lifestyle, stretch your savings and enjoy better health. For every soul who wants a healthy body, this book is for YOU!

Christine Bennett, Hatha Yoga instructor, Sunshine Coast