

# 8 REASONS WHY PEOPLE DON'T GROW SPROUTS

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HOST OF “SPROUTING WITH STEVE” VIDEO COURSE



## 1. “I’m too busy to sprout.”

**Steve’s response:** No, you’re not! Once you learn what to do, it takes *only a few seconds or minutes each day to grow lots of super healthy sprouts.*

## 2. “I don’t have enough room in my house or apartment to sprout.”

**Steve’s response:** Yes, you do! All you need is a sink, a small jar, a small packet of seeds, and a small space on your windowsill, counter, or inside a cabinet. Almost everyone has enough room where they live to grow plenty of mega nutritious sprouts!

## 3. “Sprouting is too expensive. I can’t afford it.”

**Steve's response:** Yes, you can! Most of us have enough money to buy gas and groceries. Unless you are very, very poor, you have enough money to grow sprouts. Of course, you can spend a lot, or a little, but it takes only a little to get started, and the health benefits *will save you money in the long run*. Less medicine, fewer trips to the doctor, less time away from work, etc.

**4. "I'm healthy enough. I don't need to sprout."**

**Steve's response:** Good health is one of our greatest treasures. If we lose it, we've lost a lot. Eating sprouts regularly is one of the best ways to prevent future sickness. Who knows what tomorrow will bring? Especially as we age, *protecting our health is a smart move*.

**5. "Sprouts probably don't taste good. I'll pass."**

**Steve's response:** Many sprouts and microgreens taste terrific! They add zest to a salad, sandwich, or wrap. Add your favorite seasoning, and the taste of sprouts is often unnoticed. But the health benefits are still off-the-charts!

**6. "I don't have a green thumb. I can't do this."**

**Steve's response:** Yes, you can! A child can learn how to grow simple sprouts. You *can* do it!

**7. "I'm not convinced that sprouts are so fabulous for my health. I'll stick with my cheeseburger."**

**Steve's response:** To learn scientific facts proving how incredibly healthy sprouts and microgreens really are, visit the website of the [International Sprout Growers Association](#). In their section on "[Nutrition](#)," *just read what the experts have to say*.

**8. "I don't know what to do, or where to start."**

**Steve's response:** A simple step is to visit [SproutingWithSteve.com](#) and then to watch a few free, short videos. To join my course, the price is very reasonable (about the cost of one trip to a grocery store). It's just a one-time cost, with no hidden gimmicks. Plus it has a 14-day money back guarantee. If you join, you'll learn *exactly* what to do. *I guarantee it!*

Your body is made up of trillions of living cells.

They need *the best nutrition* to function optimally.

When you eat sprouts, you are eating  
LIVE food that will cause your cells to thrive.

So what are you waiting for?

Visit [SproutingWithSteve.com](http://SproutingWithSteve.com) today!

This handout is provided courtesy of  
SproutingWithSteve.com as featured *on American Indian  
and Alaska Native Living Radio.*

- To listen to the full one-hour interview with Steve check out our website at [www.AIANL.org](http://www.AIANL.org)
- To view the bonus video content, go to the *CompassHealth Consulting* YouTube Channel and find “Sprouting with Steve” in the playlist devoted to “American Indian and Alaska Native Living-Bonus Content”

