

**METHODS OF SPROUTING**

There are many methods of sprouting, some complex with sophisticated equipment, others simple with virtually no equipment at all. It is possible to buy a tiered plastic sprouter, for example, which will enable you to grow a number of sprouts of different varieties in the same vessel at the same time. However, sprouting is a very elementary and natural thing and perhaps it is not unreasonable to express some preference for a more basic method.

Whichever method you use, it is important to select your seeds with discrimination and it pays dividends to pick them over carefully and to discard those that are cracked or old-looking.

**THE BASIC METHOD:**

One of the most satisfactory basic methods of sprouting requires only a glass jar, a piece of muslin and an elastic band. Having picked over the beans carefully, place them in water to soak overnight. During this initial soaking period the beans will increase to about double their original size as they absorb water in the first stage of sprouting. Next, drain off, wash beans in fresh cool water and drain of the rinsing water. Do not leave any water in the container at this stage. The jar should then be laid on its side in a position that is out of direct sunlight and where there is good ventilation. Remember that the three prime requirements for successful sprouting are water, good ventilation and warmth. Some "sprouters" advocate darkness but from my own experience this is generally disadvantageous and tends to inhibit more rapid sprouting and the natural formation of chlorophyll in the sprout itself.

Every morning and evening the muslin should be removed, the seed rinsed in water the muslin replaced and the water drained off through the muslin.

**STORAGE OF SPROUTS:**

In most cases the seed will start to sprout on the second day, and most will grow at a rapid rate. If you find that you have more than you require, you may either refrigerate them in a covered container or oven-dry them and store in a cool dry place. You do, of course, lose some nutritional value in this process. Having oven-dried them you have a choice of either storing them as they are, or grinding them first, so that if you do grow sprouts in excess of your immediate requirements, they certainly need not be wasted. If you wish to grow larger amounts of sprouts you can use a large plastic container, but it is important to ensure that with a larger container they still get sufficient fresh air as they will otherwise tend to ferment and become rancid.

An alternative method for sprouting is to use an unglazed dish. Having soaked the seeds in the normal way, place them in the dish and stand the dish in water.

A way of producing larger quantities of seed is to make a sprouting tray, which is merely a large tray containing muslin or tissues on which the seeds are placed after their initial soaking. The sprouting trays lose their moisture much more quickly through evaporation than the jam jar, and therefore require a little more attention and more frequent applications of water so that the seeds are kept moist. The more sophisticated methods using specially operating instructions peculiar to the equipment in question, but all work on the same basic principle.

**ADDITIONAL EQUIPMENT:**

If you wish to buy equipment, the most satisfactory type is the sprouting tube. For regular "sprouters" this is undoubtedly the ideal method and the initial outlay is soon repaid in production. The sprouting tube is a jar that is open at each end and has caps of varying type and mesh which can be placed on the end according to the size of the seed being sprouted. With this method you can quite quickly obtain a "block

of sprouts" and

with the variable mesh you have the option of draining off the water or actually shaking out the bean or seed husks. Incidentally, these husks do give added roughage if you leave them. Special plastic sprouting tubes are produced but again you can improvise. All you really need is a plastic tube made of good quality clear plastic. It should be 9-12 inches (22-30 cm.) in length and about 3 inches (7.5 cm.) in diameter. Instead of caps at each end you can use muslin or similar material held in place with elastic bands as in the jam jar method.

During the last few years we have developed natural methods of helping the Asthma (including colds & coughs, see Art. 21) & Heart patients (see Art.14) with great success, and the service is provided by us free, even the magnets (a) are provided free of costs. We also supply eyecups (b) for washing the eyes with water and 14 drops of fresh lemon juice. This helps people with eye problems, and keeping the eyes free from the contamination, which is the order of the day in big cities, the pineal, thyroid and thymus glands receiving at night proper light, producing and releasing right miracle melatonin, which regulates the whole human system. We also supply sleep healing tapes (c), which not only put the people to healthy sleep, but helps them to heal themselves during their sleep, as the positive suggestions go to the subconscious mind, and rub out the negative thoughts and depressions. When they wake up in the morning, they are relaxed and refreshed, free from tensions and depressions. Our success rate is very very high. And we have had the privilege of offering services to patients all over the world, with astounding results. You may ask for free copies by writing to Pune address.

Take advantage of our worldwide offer of Free: (Free treatment and materials)

1. Eye wash cups for Cleaning eyes by blinking your eyes 12 times in the eye wash Cup, half cup filled with water + 14 drops of fresh lemon juice, every day after the day's work. This cleanses the eyes in the natural way and improves your eyesight, also allowing Proper Sunlight into the eyes to activate the Pineal, Thyroid and Thymus Glands and producing and releasing miracle melatonin, keeping you active, alert, and free from sluggishness, Conjunctivitis: has also been cured with this.
2. Magnets for Angina (Heart) problems, Hundreds are able to avoid the surgical operation; also instant removal of Aches and Pains including Spondylitis (special sticker magnets), HEMOPHILIA & "DVT" DEEP VEIN THROMBOSIS (long air travel), Asthma, Allergies, Breathing, Bronchitis, Obstructive Sleep Apnea, Colds, Coughs, Nasal Congestions, Pneumonia, increase breathing capacity, Sinusitis, Sore throat, Lungs (and TB prevention), COPD (Chronic Obstructive pulmonary Disease) & Stomach problems, avoid acidity & ulcers, Infections, Flu, Hay Fever, "Glue Ears", Paralysis, Prostate problems, Tumours, Virus, Dysentery & Diabetes, Glaucoma, & Repetitive Strain Injury.
3. Healing tapes, which speak to your sub-conscious mind during your Sleep, keeping you Fresh & Healthy and Free from Depressions, Insomnia, and Tumours & Tensions. For Computer Vision Syndrome, use eye wash cups as per (1) and clasp your hands and walk bare footed on the ground to earth your self and discharge the negative rays.

(For private circulation only)

**BULCHAND FOUNDATION, BCT FREE CLINIC,**

Bldg. 2/Unit 5, Sadhu Vaswani Kunj, Pune 411001 India, +91 20 2612 6902.

**Spanish Delegation:** Las Palmas G.C., Spain, +34 928 263 489.

**E-mail:** [bulchand@bulchand.com](mailto:bulchand@bulchand.com)      [www.bulchand.com](http://www.bulchand.com)