Hello friends,

My newest health pocketbook, *Sprout Power: Supercharge Your Health by Growing LIVE Sprouts, Microgreens, and Wheatgrass in Your Own Home*, is now available from White Horse Media. In the next few updates, I'll share portions of its contents to help you understand its incredible benefits.
First, a brief explanation is in order. Why a book on sprouts, especially from a ministry like White Horse Media that is focused on prophecy? The simple answer is: because our health is important, and the Devil is making fierce war on it. Cancer, heart disease, and deadly auto-immune diseases are skyrocketing. "People are dropping like flies," my associate Gilbert Navarro told me recently after learning of yet another sickness among friends.

In Sprout Power you will discover - with scientific support - that the facts are in: eating more LIVE plant foods grown without chemicals and pesticides are not only super healthy, but can help fight and prevent disease. More than this, the nutritional profiles of small vegetable sprouts grown from organic seeds are practically "off the charts." In Becoming Raw, Brenda Davis, RD, past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association, cites clinical studies from respected medical journals confirming that "sprouts provide spectacular amounts of the antioxidant vitamins ... [which are] far more effective than using supplements" (Becoming Raw, p. 142). FYI, Mrs. Davis doesn't advocate a 100% raw diet. Neither
do I. Nevertheless, she realizes the benefits of upping raw intake, especially with LIVE foods like sprouts. In *Sprout Power*, you will not only discover practical details about how to grow them, easily and inexpensively, in your own home, but you will also read amazing testimonials from those who have discovered their benefits.

Here are a few pictures I recently took in our home. Below is Abby happily misting a tray, plus two trays of sunflower and pea microgreens we grew (our harvest). Add a little sea salt and nutritional yeast, and both Seth and Abby consume them with relish. Yum! Believe me, *they are super nutritious for growing children.*
Sprout Power is highly interesting, inexpensive, practical, and very easy to share with anyone interested in enhancing their health. Above all, it contains the gospel too. As usual, printed copies from White Horse Media follow our standard pocketbook prices:

- 1-25 copies for $1 each
- 25+ for .90 each
- 50+ for .80 each
- 100+ for .75 each
- Call 1-800-782-4253

Or, you can get it right now as an ebook.

It's the truth. Enhanced health is available to you and your loved ones from sprouts grown from seeds, God's seeds (see Genesis 1:29), when we simply add them to salads, sandwiches, and soups. If you don't mind, please share this information on your Facebook page (if you have one). So check out Sprout Power. I'm confident you'll be glad you did.

Wishing "above all things that you may prosper and be in health" (3 John 2),

Steve Wohlberg
Speaker/Director, White Horse Media

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