

## *Germogli Come Coltivarli Ricette Propriet E Benefici*

Dr. Norman W. Walker is one of the pioneers of the raw foods movement and is recognized throughout the world as one of the most authoritative voices on life, health and nutrition. Dr. Walker shares his secret to a long, healthy, productive life through his internationally famous books on health and nutrition.

Sprouts are the ultimate in local food—harvested no further away than your kitchen counter, they are fresh, delicious, and versatile. Homegrown Sprouts is the complete guide to growing your own sprouts. Choose the right sprouter for you, be it a jar, a bag, or a tray, and learn the techniques to use it. Grow a wide variety of sprouts, including wheatgrass, leafy greens, mung beans, and alfalfa. Enjoy them on their own, or discover a variety of serving suggestions from salads to soups to juices. There's even a chapter on sprouting for your pets. Whatever the season, Homegrown Sprouts will take you on a germinating journey that you won't soon forget. When you learn how easy it is to grow nutrition-packed sprouts in your own home, you'll want to use them in every dish you make!

Here is the remarkable and inspirational autobiography of Ann Wigmore, an internationally recognized name synonymous with the discovery and use of raw and living foods for nutrition and health. This fascinating first-hand account includes stories from Ann's early childhood, watching her grandmother heal the sick in war-torn Central Europe. Engrossing behind-the-scenes anecdotes reveal how Ann formed her philosophy of healing and became inspired to create the Hippocrates Institute, the first health center that relied on the use of sprouts and wheatgrass for healing. This now-classic autobiography weaves a compelling narrative that shows how Ann's religious faith supported natural healing and how her positive nature and independent spirit helped her overcome every limitation she encountered. It demands a new respect for the early pioneer of the movement, even from those who already hold her in high esteem.

Homegrown Sprouts

Beyond Beef

Sprouts, the Miracle Food

The Hippocrates Diet and Health Program

The Complete Guide to Sprouting

A Fresh, Healthy, and Delicious Step-by-Step Guide to Sprouting Year Round

Il grande manuale dei germogli

In the first three parts of this book an exploration of the historical role of cattle in Western civilization is given. Part four examines the human impact of the modern cattle complex and the world. The range of environmental threats that have been created, in part, by the modern cattle complex is described in part five. Part six examines the psychology of cattle complexes and the politics of beef in Western society. The author hopes that this book will contribute to moving our society beyond beef

La guida offre agli appassionati del selvatico un approfondimento sull'uso in cucina delle parti meno consuete dei vegetali spontanei presenti nel nostro Paese buoni per l'utilizzo alimentare. È il secondo di una serie di approfondimenti che seguono la "Guida alla cucina selvatica quotidiana per tutti" e le guide dedicate dagli autori alle piante selvatiche alimentari dei territori della Brianza e del Triangolo Lariano (Lombardia) e dei Nebrodi (Sicilia). Il lavoro dà attenzione agli utilizzi che si possono fare di turioni, polloni, germogli, parti spinose, bulbi, tuberi e radici, di sicuro interesse gastronomico, spesso trascurati, poco conosciuti, e magari meglio utilizzati in altre culture alimentari. L'intento divulgativo del libro è quello di suggerire quali e quanti buoni sapori spontanei siano disponibili intorno a noi per la cucina di tutti i giorni e non solo per quella alta degli chef stellati. Tiene conto delle abitudini diffuse e ancora attuali così come di usi residui locali, ma vengono dati al lettore anche suggerimenti per ampliare le proprie conoscenze, invitandolo a sperimentare strade nuove rispetto all'idea che può avere generalmente del selvatico in cucina.

Manuale pratico per chi ha problemi alla vista e per chi vuole prevenirli. Con oltre 30 esercizi

Experience the World's Finest Teas, Qualities, Infusions, Rituals, Recipes

An A-Z Of Literary Remedies

How to Tap the Infinite Potential Within Yourself

What Your Aches and Pains Are Telling You

Recipes for Longer Life

The Seed Savers' Handbook

Per la salute e il benessere - Con semplici e appetitose ricette

***Cacao puro, avocado, bacche di goji, frutti di açai, papaya, noni, noci macadamia, alga spirulina, clorella, curcuma, ginseng, semi di chia e molti altri, sono straordinari concentrati di salute e benessere che la natura ci mette a disposizione. Permettono al corpo di sviluppare una salute ottimale e per questo vengono definiti "super alimenti". Ci sono almeno un paio di momenti al giorno in cui i nostri livelli di energia hanno un crollo, il nostro rendimento diminuisce e la stanchezza si fa sentire, a causa di una vita piena e frenetica, aggravata dall'inquinamento e dallo stress ambientale. Ma quando incorporiamo nella nostra dieta quotidiana dei "super alimenti", con i loro fantastici livelli di vitamine, minerali e proteine vegetali, riusciamo ad affrontare le fatiche della giornata al meglio e con rinnovata energia. Ci accorgiamo che possiamo fare molto di più, fisicamente e mentalmente. Inoltre, cosa da non trascurare, l'umore e l'aspetto fisico ne traggono giovamento. Ogni alimento viene descritto in dettaglio, con l'aggiunta di una ricetta semplice e deliziosa, affinché migliorare le proprie abitudini alimentari e nutrirsi in modo sano diventi un gustoso divertimento.***

**RIVISTA DI CULTURA**

***Ann Wigmore's Recipe for Longer Life describes her transition from a conventional diet to one of natural raw foods, sprouts, and food combining. Includes sprouting techniques, fermenting of vegetables, and menus for all day.***

***Il selvatico in cucina: le aromatiche spontanee. Piante, consigli e gastronomia.***

***Cannabis. Proprietà terapeutiche e altri utilizzi***

***A Natural Diet and Health Program for Weight Control, Disease Prevention, and***

***The Healing Power Within***

***The Novel Cure***

***My Friend Percy's Magical Gym Shoes***

***Why Suffer?***

*I nostri boschi sono una preziosa risorsa di alimenti e piante medicinali! Alberi, arbusti ed erbe spontanee hanno rappresentato sin dagli albori del genere umano i nostri mezzi di sostentamento e risanamento. La farmacia del bosco va alla riscoperta di questa antica conoscenza tradizionale. Una guida pratica ai tesori del bosco con ricette di cucina, proprietà, rimedi curativi, preparazioni per il corpo e la casa, calendari del raccolto e molto altro. Le piante selvatiche alimentari: una sorprendente dispensa naturale Rimedi medicinali in foglie e radici: la salute a portata di mano Una sferzata di energia dai frutti del bosco Castagne, ghiande ed erbe aromatiche per ritrovare il benessere in tutte le stagioni Incensi con la resina e molto altro per la tua casa*

*Step-by-step, learn how to grow delicious indoor greens and baby vegetables -- in just one week from seed to salad. Includes extensive nutrition charts, seed resources, and questions and answers with Sproutman.*

*As the founder of the Hippocrates Health Institute, Ann Wigmore has repeatedly shown that the body, given the opportunity, will heal itself. In this unique book, she discusses, explains, and demonstrates the internal power of healing and restoration present within each of us.*

***Naturama***

***Rebuild Your Health***

***Colon Health***

***The Tea Book***

***Living Textbook***

***The Book of Soba***

***Il grande manuale dei germogli. Come coltivarli. Le proprietà nutrizionali. Ricette sane***

Learn how to grow (and consume) sprouts, shoots, and microgreens at home without using expensive or complicated equipment—all you need is tap water and a glass jar, and you ' re ready to go! This is an easy, fast, and smart way to fit healthy greens into your diet. Following Lina Wallentinson ' s instructions, in just a few days, you ' ll see dry seeds transform into burgeoning green sprouts. In Sprouts, Shoots, and Microgreens, Wallentinson proves there is much more to shoots, sprouts, and microgreens than the classics cress and mung beans and that they are truly easy to grow, no matter where you try to do so. All plants in this book can be grown in jars, colanders, sieves, or bags at any height, using many different kinds of light sources, and even under pressure. In addition to showing how to grow shoots and sprouts, Wallentinson teaches how to make delicious meals with your harvest. Using step-by-step pictures and descriptive recipes, she demonstrates that shoots and sprouts are much more than just decorations on a plate. Recipes include sushi rolls with quinoa and wasabi mayonnaise, baked pumpkin with lentil sprouts and almond pesto or coffee, and coconut balls with toasted buckwheat!

For more than forty years, Ann Wigmore, founder of the renowned Hippocrates Health Institute and internationally acclaimed holistic health educator, taught that what we eat profoundly affects our health. She was among the first to note that our modern diet of " convenience food " was the prime cause of illness and obesity, and she offered a positive alternative. Developed over a twenty-year period at the Hippocrates Health Institute, one of the nation ' s first and finest holistic health centers, the Hippocrates Diet allows the body to correct its problems naturally and at its own pace. Through a diet of fresh fruits, vegetables, grains, nuts, and super nutritious foods such as sprouts and wheatgrass juice, all of which are prepared without cooking, the body is able to restore its internal balance—and its capacity to maintain a healthy weight, fight disease, and heal itself. The Hippocrates Diet and Health Program is an indispensable guide to healthy living, filled with easy-to-follow recipes and money-saving health tips. It is never easy for anyone to break bad eating habits, but when you are ready to make the decision to lose weight, regain youthful energy, or prevent illness, The Hippocrates Diet and Health Program can be your guide.

Founder of the UK Heritage Seed Programme and founders of the Australian Seed Savers' Network have collaborated to show how gardeners can protect our global food heritage -- and eat it, too. The seeds and growth cycles of 80 vegetables and culinary herbs described in detail.

The Art and Science of Making Bitters

Occhi in salute  
ANTROPOS IN THE WORLD  
The Sprouting Book  
L'orto dei germogli  
The Wheatgrass Book  
Botany at the Bar

A bitters-making handbook with a beautiful, botanical difference; three scientists present the back-stories and exciting flavours of plants from around the globe, in a range of tasty, healthy tinctures.

A novel is a story, a collection of experiences transmitted from the mind of one to the mind of another. It offers a way to unwind, a way to focus, a way to learn about life—distraction, entertainment, and diversion. But it can also be something much more powerful. When read at the right time in your life, a novel can—quite literally—change it. The Novel Cure is a reminder of that power. To create this apothecary, the authors have trawled through two thousand years of literature for the most brilliant minds and engrossing reads. Structured like a reference book, it allows readers to simply look up their ailment, whether it be agoraphobia, boredom, or midlife crisis, then they are given the name of a novel to read as the antidote.

Filled with essential vitamins, proteins, and enzymes that cleanse, rejuvenate, and heal the body, sprouts just might be the perfect food. In The Sprouting Book, nutritionist Ann Wigmore unlocks the secrets to one of nature's most beneficial foods, arming readers with all they need to know in order to eat, grow, and reap the benefits of sprouts. This comprehensive guide offers: Information on how sprouts work to strengthen your immune system, boost your metabolism, and increase your energy Methods on how to grow the best-looking, best-tasting sprouts for you and your family Facts on how sprouts can help to heal illness and improve your health More than fifty quick, simple, and delicious sprout recipes A trusted and celebrated source from a pioneer in natural health, The Sprouting Book is the perfect guide for dieters, vegetarians, athletes, or anyone who wants to look good and feel better.

Sprouts, Shoots, and Microgreens  
come coltivarli, le proprietà nutrizionali e le ricette sane  
Vegan Bible

50 super alimenti  
How to Grow Living Foods in Seven Days  
Dr. Ann Wigmore's Living Foods Lifestyle

Il selvatico in cucina: bulbi, spine e germogli. Piante spontanee, consigli e gastronomia.

*Reveals the precise correspondences between specific emotional and mental tensions and the illnesses and traumas of the body • Explains how physical complaints--energetic disturbances that lead to ailments or chronic conditions--are your soul speaking to you • Shows how the body part affected as well as which side it is on pinpoints what your soul is trying to tell you and what you need to work through emotionally • Explains the Yin-Yang energetic correspondences of the body: the Yang axis of the shoulders, the Yin axis of the hips, and the Yin-Yang maternal/paternal connections Our body speaks. Physical complaints--allergies, fever, sore throat, inflammation, cysts, backache, migraines, sinus problems, sciatica, dizzy spells, and even cancer--are all signs of deep tensions inside of us are seeking expression. This is why, given the same genetic foundation, one individual develops a specific illness while another remains in good health. Drawing on 20 years of experience and several thousand individual consultations with patients, Michel Odoul shows the "proof" of this lies in the clear correspondences between emotional and mental tensions and specific ailments. The author reveals how every illness or trauma is a signal of incredible precision: The part of the body affected pinpoints what your inner being is trying to tell you and what you need to work through emotionally. Providing a reference grid of body-mind connections, he explains, for example, how skin conditions reflect difficulties with aggression from the outside world and knee problems indicate inflexibility or tension in relationships. He shows not only how each side of the body has specific meanings and connections to emotions, relationships, and family but also how the upper and lower halves of the body have specific connections--together forming four quadrants with unique Yin-Yang balances, where Yin represents emotional issues and Yang represents action/inaction. He also explores the role of the meridians of Chinese medicine in distributing emotional and mental energy throughout the body. Offering keys to decipher what the body is trying to tell us, the author shows that we can learn to see physical ailments not as something caused by chance or fate but as a message from our heart and soul. By releasing the energies and patterns they point to, we can return to a state of health and forward movement on our path through life.*

*The Wheatgrass Book is written by Ann Wigmore - the woman who introduced wheatgrass juice to America 30 years ago. Ann's book contains a wealth of information on wheatgrass - from its nutrient properties to ways of easily growing it for the home juicer. Chapters include: green power from wheatgrass, how wheatgrass chlorophyll works, super nutrition from wheatgrass, how to grow and juice wheatgrass and the many uses of wheatgrass. This is a must for the person serious about incorporating wheatgrass into his or her health regimen.*

*La guida riguarda il territorio dei Nebrodi - isola nell'Isola - in Sicilia, per un aspetto particolare ma che negli ultimi tempi interessa un numero crescente di persone, ossia la raccolta e l'uso in cucina di erbe e frutti selvatici, ormai quasi un intreccio culinario e gastronomico fra sguardo sul passato, interesse per gli usi degli altri e innovativa curiosità. Degli stessi autori della "Guida alla cucina selvatica quotidiana per tutti" e di quella dedicata alle piante selvatiche alimentari della Brianza e Triangolo Lariano, con numerose schede delle specie più interessanti e una ricca proposta di ricette, si rivolge agli abitanti del territorio dei Nebrodi ma è utilizzabile in tutta la Sicilia e anche in altre aree del sud. Può tornare utile a molti e non solo agli appassionati del naturale o della cucina creativa, ma anche a coloro che qui risiedono e sono interessati ad attività divulgative, di educazione ambientale o a un particolare sviluppo turistico, e non solo di prossimità. Serve in ogni caso a chi ama la cucina di ogni giorno, nelle forme non necessariamente "impegnate", e anche a taluni dei*

*più avveduti ristoratori per proporre dei menù a base di erbe spontanee.*

*Small-Scale Aquaponic Food Production*

*Vita in campagna*

*Alchimia verde. La preparazione alchemica delle sostanze vegetali*

*The Blending Book*

*Ann Wigmore's Famous Recipes for Rejuvenation and Freedom from Degenerative Diseases*

*SETTEMBRE - OTTOBRE 2017*

*Dalla natura alla tavola. Buoni da mangiare: erbe e frutti selvatici delle vallate dei Nebrodi*

***Pioneering nutritionist Ann Wigmore has developed a simple and effective program to extract the maximum nutrients from foods without creating stress on the digestive system. By properly blending unprocessed foods—that is, liquefying them—we can release much more of the vital enzymes, vitamins, and minerals contained in them. Ann Wigmore observed that our modern diet puts a tremendous burden on the digestive system. This burden, over the years, is responsible for creating numerous health disorders, from gastric-related problems to degenerative diseases. In addition—and just as important—the body’s ability to assimilate the very nutrients we rely on to carry out daily-life sustaining functions is diminished. In The Blending Book, Ann Wigmore offers us her proven system to improve our health easily and simply. The Blending Book begins by examining the problems inherent in our way of eating. It looks at our diet, our eating habits, our internal structure, and our health problems. It then explains how blending can work to correct numerous types of ailments. By breaking down food outside the body, blending offers maximum nutrients with less internal effort. With digestive stress lessened, the body is then able to heal itself. This book offers dietary guidelines and detailed instructions on choosing blending equipment and using blending techniques. It also includes a wonderful collection of delicious kitchen-tested recipes. Through the simple act of blending, you can take back control of your health. In The Blending Book, you will find all you need to know to get started right.***

***Percy's gym shoes are like no others. When he has them on, he can do exactly as he likes. Ulf wants these shoes, so that he also can become strong and courageous. The magic shoes are mouldy and smelly, and Ulf pays for them with his steam machine, his stopwatch, his stamp album... This is a fast-paced story of the unlikely friendship that builds between Percy, the school tough guy, and Ulf, eccentric, chubby and sensitive.***

***I germogli sono considerati dalla moderna biologia e dall'antica medicina cinese un super-alimento. Sono infatti veri e propri concentrati di vitamine e sali minerali, al massimo della loro qualità e quantità nella fase di germogliazione della pianta. Questo volume best seller si ripresenta oggi al pubblico con una nuova veste grafica a colori. Circa 60 schede tecniche riportano, per ogni germoglio, un'immagine fotografica, le qualità botaniche e nutrizionali, i metodi di coltivazione, gli utilizzi particolari e i contenuti di vitamine, sali minerali e aminoacidi. Arricchiscono questa seconda edizione anche le ricette, tutte esclusivamente vegetali e senza glutine, di alcuni foodblogger molto seguiti nel mondo della cucina naturale. Un'altra caratteristica unica del libro è quella di presentare una rassegna degli strumenti per la germogliazione, proponendone anche alcuni a costo zero, autoprodotti da materiale riciclato o reimpiegando utensili di uso comune in cucina.***

*La farmacia del bosco*

*Let Living Food be Your Medicine*

*Be Your Own Doctor*

*The Remarkable and Inspirational Autobiography*

*The Rise and Fall of the Cattle Culture*

*Tiny Plants to Grow and Eat in Your Kitchen*

*Maximizing Nature's Nutrients -- How to Blend Fruits and Vegetables for Better Health*

**La guida offre agli appassionati del selvatico un approfondimento sulla raccolta e sull'uso gastronomico delle specie spontanee presenti nel nostro Paese che, per le loro funzioni in cucina, sono considerate "aromatiche". È il primo degli approfondimenti che seguono la recente "Guida alla cucina selvatica quotidiana per tutti" e delle guide dedicate dagli autori alle piante selvatiche alimentari dei territori della Brianza e del Triangolo Lariano (Lombardia) e dei Nebrodi (Sicilia). Il lavoro dà attenzione agli utilizzi che si possono fare di aromatiche insolite ma di sicuro interesse gastronomico, spesso trascurate, poco apprezzate o misconosciute, e magari meglio utilizzate in altre culture alimentari. L'intento divulgativo del libro è quello di suggerire quali e quanti buoni profumi e sapori spontanei siano disponibili intorno a noi per la cucina di ogni giorno e non solo per quella alta degli chef stellati. Tiene conto delle abitudini diffuse e ancora attuali così come di usi residui locali, quanto meno tradizionali, ma vengono dati al lettore anche suggerimenti e consigli per ampliare le sue conoscenze, invitandolo a sperimentare strade nuove con le aromatiche spontanee.**

**This third edition of a classic first published over twenty years ago presents Ann's beliefs about disease caused by the effects of bad digestion and poor nutrition along with the components of the Living Foods Lifestyle she created to reverse debilitating diseases and regain health. From primers on indoor gardening and composting, a discussion on the importance of having a healthy colon, instructions for making your own Rejuvelac, Energy Soup, and wheatgrass juice--the pillars of her living foods diet-- to an emphasis on relaxation and positive visualization, readers are given a sound toolkit for achieving better health. A section of simple recipes for raw food dishes is also included.**

**Where does tea come from? With DK's The Tea Book, learn where in the world tea is cultivated and how to drink each variety at its best, with steeping notes and step-by-step recipes.**

Visit tea plantations from India to Kenya, recreate a Japanese tea ceremony, discover the benefits of green tea, or learn how to make the increasingly popular Chai tea. Exploring the spectrum of herbal, plant, and fruit infusions, as well as tea leaves, this is a comprehensive guide for all tea lovers.

Le proprietà curative di alberi, arbusti ed erbe spontanee. Alla riscoperta dell'antico sapere tradizionale

How to Grow and Use Wheatgrass to Maximize Your Health and Vitality

How to Grow and Use Sprouts to Maximize Your Health and Vitality

Germogli. Come coltivarli. Ricette, proprietà e benefici

Cries of the Body, Messages from the Soul

Prevenire l'osteoporosi

The Key to A Vibrant Life

The comprehensive vegan cookbook with over 500 recipes—plus photos and extensive information on ingredients and nutrition. This remarkable resource, the bestselling vegan cookbook in French history, is now available here, offering a richly illustrated variety of recipes for those who want to reduce or eliminate animal products in their diet for ethical, environmental, or health reasons. You'll discover the richness and diversity of vegan gastronomy and how cooking can still be truly creative even without eggs, meat, fish, or dairy products. Learn how to make your own vegan cheeses, how to cook astonishing egg-free, dairy-free desserts, and how to prepare 100% vegan versions of some of the great classic dishes. In addition to recipes for breakfasts, lunches, suppers and baby foods, there are recipes for every occasion: birthdays, brunches, picnics, barbecues, and family get-togethers. More than just a collection of recipes, the book provides illustrated step-by-step information on the key ingredients of the vegan diet such as nuts, flax seeds, chickpeas, and avocado, and there is a chapter outlining the essentials for vegan nutritional balance: where to find protein, calcium, and vitamin B12; information on mistakes to avoid; and know-how on making making dairy substitutes. Inventive and inspirational, Vegan Bible is destined to be the only vegan cookbook you will ever need.

Aquaponics is the integration of aquaculture and soilless culture in a closed production system. This manual details aquaponics for small-scale production—predominantly for home use. It is divided into nine chapters and seven annexes, with each chapter dedicated to an individual module of aquaponics. The target audience for this manual is agriculture extension agents, regional fisheries officers, non-governmental organizations, community organizers, government ministers, companies and singles worldwide. The intention is to bring a general understanding of aquaponics to people who previously may have only known about one aspect.

Esercizi per allenare la vista e fare a meno degli occhiali