

# *Sarah's Healing Touch*

## *for Women*

**Rejuvenate, Replenish, and Restore with Rejuvelac!**



*Rejuvelac is a drink made from cultured wheat berries, barley or other grains. It is a fermented beverage that is very affordable, easy to make and overflowing with nutrition! Because it contains a high level of enzymes, it aids in digestion. Rejuvelac replaces the missing enzymes that cooked foods have taken out. It is a great source for your daily probiotics because it contains friendly bacteria that are necessary for a healthy colon, which helps to remove toxins. It also is filled with vitamins B, C, K and E, proteins, enzymes. Rejuvelac also helps with energy and stress relief. Rejuvelac should last in your fridge for about two weeks.*

**Takes about 3 days to make**

**Makes 2 quarts/2 liters**

- 1. Sprout 4 C. of any whole grain (Wheat, Barley, Rye, Quinoa, Buckwheat etc). I personally would make sure to have the grain organic.**
- 2. Soak the grain of choice in a big Ball Glass jar or Sprouting jar for 2 days. Drain off water and rinse two or three times until little sprout tails appear.**
- 3. Transfer the grain to a gallon glass jar and fill the jar with water.**
- 4. Ferment rejuvelac in jar, covered loosely to keep dust and fly's out.**
- 5. After 2 days the rejuvelac is ready. Strain the liquid off the sprouted**

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grains and enjoy fresh or refrigerate.

**You can use the rejuvelac from the same sprouts. Simply refill the jar with the same sprouts with fresh water and ferment this time for only 24 hours.**

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