

KITCHEN GARDENING



REJUVENATE
with Homegrown Sprouts



Susan Smith Jones, PhD

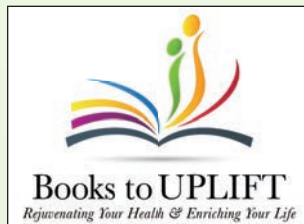
FOREWORD BY DAVID CRADDOCK

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The health suggestions and recommendations in this book are based on the training, research and personal experiences of the author. Because each person and each situation is unique, the author and publisher encourage the reader to check with his or her physician or other health professional before using any procedure outlined in this book. Neither the author nor the publisher is responsible for any adverse consequences resulting from any of the suggestions in this book.

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*The LORD is my rock,
my fortress and my deliverer.*

~ 2 SAMUEL 22:2

This is for you, Christ Jesus, for your boundless love
and ever-present guidance and inspiration in my life.

And also to my grandmother, Fritzie, and my mother, June,
this book is wholeheartedly dedicated.

Thank you for giving me life, and for teaching me,
by example, how to... love unconditionally, be happy,
let go of the past, be bold and daring, dream big
and not settle, choose vibrant health, practice
forgiveness and always be holy.



*Finally, all of you should be of one mind. Sympathize
with each other. Love each other as brothers and sisters.
Be tenderhearted, and keep a humble attitude.*

~ 2 SAMUEL 3:8

*One of the most powerful lessons I have come
to understand in my life is the importance of
simplifying outer things so that my inner life can
take the driver's seat—so that God can always be
my cornerstone. Out of clutter, find simplicity.*

~ SUSAN SMITH JONES

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AFTERWORD

Meditate on it day and night, so that you may be careful to do according to all that is written; for then you will make your way prosperous, and then you will have success.

~ JOSHUA 1:8

IN THIS AFTERWORD, I'D LIKE TO LEAVE YOU with some food for thought that I hope will inspire, motivate and empower you to make a commitment to live your highest potential and create your best life. It has to do with how I overcame a major challenge in my life.

Many years ago, as mentioned early on in the book (and, at this time, I'll float a different perspective on it now), my doctor told me that because I fractured my back in a terrible auto accident, I would never again be physically active and that I would live a life of chronic pain. He told me that I should get used to a life of pain, inactivity and difficulty, and that I would never be able to carry anything heavier than a light purse. I felt quite upset when hearing the doctor's prognosis. That accident was the impetus to change my life. I refused to believe the doctor's prognosis and turned inward, to the Christ-Light within me and to the power of God in my life. And, as I began to read books and attend lectures on the power of commitment and the power of the mind to affect physical healing, I got the courage and the passion to prove my doctor wrong. Within six months, I had no more pain, and the doctor said it was a miracle. My recovery proved to me that we have within ourselves everything we need to live our lives to the fullest.

Today, my health and my life have become the antithesis of that

diagnosis. How did I get from the hospital bed to a life of health, peace and success? Well, my other books entitled *Choose to THRIVE*, *Invest in Yourself with Exercise*, *The Curative Kitchen & Lifestyle*, *Be the Change* and *Body Temple Vitality* will provide you with the roadmap and all of the tools you need to experience health bliss.

Helen Keller once communicated the following: “When one door closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us.” After the accident, all I could see was a closed door. I was filled with depression, self-pity, confusion and feelings of being victimized. After a couple of weeks, I went to a favorite spot overlooking the Santa Monica Bay where I often go when I am in need of inspiration. I had a heart-to-heart talk with myself.

On the one hand, I was convinced that life was meant to be a magnificent adventure—to be lived fully, which to me meant to be lived joyfully, passionately, healthfully and peacefully. But the life the doctor had described was not like that at all. Could I accept those



limitations? I knew I had a choice to make. While I didn't know exactly how I could change my physical condition, I recognized that there was a higher power within me that had the answers, the power of the Lord Jesus Christ. So I simply made a deep decision and commitment to let go, to live from inner guidance, and to accept only vibrant, radiant health.

Of course, it hasn't always been an easy road, and I have made many mistakes. Nonetheless, in retrospect, I can see that the car accident was a valuable experience because hitting this really low spot turned my life around. Someone once said, "The darker the sky, the brighter the stars." It wasn't until I made a real commitment that amazing—and what some people would call miraculous—things began to come my way. I discovered the power of belief and faith—faith meaning sometimes having to believe in things when appearances and common sense tell you not to. I also discovered the power in commitment.

Here's my favorite quote on commitment.

"Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way.

I have learned a deep respect for one of Goethe's couplets: 'Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it.'"

~ WH MURRAY, *THE SCOTTISH HIMALAYAN EXPEDITION*
(J. M. DENT & SONS LTD., 1951)

Once I made the firm commitment to recovery, a stream of events began that assisted me in healing my condition, from finding the perfect books and tapes, to hearing certain lectures, to meeting people who told me about healing and salutary foods, visualization and meditation (much of which sounded kind of weird to me at the time).

During the months following the accident (and to this day), I have made numerous changes in my lifestyle, behavior, thoughts and attitude. After examining me at my six-month checkup following the accident, the doctor just shook his head in bewilderment and said, “This just can’t be. There is no sign of a fracture, and you seem to be in perfect health, free of pain. There must be some mistake. It’s just miraculous.” Perhaps it was. Yet, I’ve since discovered that miracles are a natural part of committing to being healthy and living peacefully.

Creating Your Best Life

It doesn’t matter where your level of health is at this moment. Regardless of the lifestyle you’ve lived until now, or perhaps how contrary to living a wellness lifestyle you’ve chosen up to now, you can, at any moment, choose differently. Surely, you can use your past mistakes or poor choices and learn from them, but, for some people, it takes hitting bottom before they awaken to the fact that they can choose to change.

What about you? Have you made a commitment to being healthy and living peacefully? Your level of health, right this moment, is a result of the countless choices you have made regarding the foods you eat, the exercise you get, the thoughts you think, what you believe and expect—simply how you choose to live your life.

A commitment to choose health begins with appreciating, respecting and loving your magnificent body. One of the most important things you can learn in life is to appreciate yourself. As you open your heart to your own self-worth and to the divine essence of all humanity, you access the most powerful healer of all—the healing power of love, of God. The human body is indeed a miracle of love’s creation.



The more I study the body, the more I am amazed and in awe at how beautifully it is designed. Clearly, the body is fantastic and deserves reverence.

Start today and tune in more to your body. It is a remarkable feedback machine. If you listen, you will discover that it actually talks to you. When you get a headache, for instance, your body is trying to tell you something. Listen to your body's signals with health and peace as your goals. The key here is your willingness to listen and act.

We Americans (and others around the world) have been making some poor health choices for quite some time. Just look at all of the commercials on television and advertisements in magazines. "Here's what you can do for a headache . . . constipation . . . sleepless nights . . . diarrhea . . . indigestion . . . foot odor . . . underarm odor . . ." (My gosh, take a shower!) We've come to look outside of ourselves for "solutions" to our health problems. We've become a self-medicating society because we don't really understand how beautifully robust the human body is, or how efficiently and effectively equipped we are to overcome our problems.

Choose to Make a Positive Difference

I have some astonishing news for you. It's normal to be able to go to sleep at night without taking a pill. It's normal *not* to have headaches, sinus problems, hemorrhoids, constipation and shaky hands. It's normal to be well. We just have to "get out of our own way." By getting out of our own way and living more from inner guidance, we can enrich the quality of life on this planet.

I love what Erich Fromm once said: "Our highest calling in life is precisely to take loving care of ourselves." In simply doing this, we

can make a difference in our world. *You* make a difference. You see, our bodies are made up of trillions of cells. In order to maintain optimum health, each of these cells must operate at peak performance. When we have sick or weak cells, our healthy or stronger cells must work harder so that our body as a whole will be healthy.

Our planet is like a body, and we are all its individual cells. In other words, we are all cells in the body of humanity. We are not separate

from our fellow humans. There is no room for negative thinking, unforgiveness, bitterness toward others or selfishness. It is our responsibility to this body that we call our planet to be a healthy, happy, peaceful, loving cell that radiates only goodness, positivity and joy. In this way, we can help make our world harmonious.

The separation and division that has so long colored our thoughts and beliefs regarding our lives on this planet must now be examined and corrected. To create peace on earth, we must stop dividing the world, the nations, the races, the religions, the sexes, the ages, the families and the resources, and know that it's time to come together and live in harmony, forgiveness and love. The awareness of our oneness



must precede our thoughts and actions as a part of our belief system. It's your choice. You can choose to make a difference with the way you live your life.

In his book *The Hundredth Monkey*, Ken Keyes, Jr., tells of a phenomenon observed by scientists. The eating habits of macaque monkeys were studied. One monkey discovered that by washing sweet potatoes before eating them, they tasted better. She taught her mother and friends until one day a certain number (say 99) of the monkeys knew how to wash their sweet potatoes. The next day, when the hundredth monkey learned how to wash sweet potatoes, an amazing thing happened: The rest of the colony miraculously knew how to wash their potatoes too! Not only that, but the monkeys on other islands started washing their potatoes. Keyes applies this “Hundredth Monkey” phenomenon to humanity. When more of us individually choose to make a difference with our lives—when we realize we do make a difference and start acting like it, more and more of us will hop on the bandwagon until we reach the “Millionth Person” and peace spreads across the globe.

Wherever You Go, There You Are

Where it starts is right here where we are. I believe that we can choose to change ourselves and, as we do that, the world will be different. Together, we can create a magnificent, glorious world. I see it changing now. My vision is clear and fantastic. But it takes all of us together, committing to being healthy and peaceful, choosing to do the things that make a difference—things that support wellness, that embrace humanity and that serve all creation. Let's all remember that we're here on earth not to see through one another, but to see one another through.

It's simply a matter of choice. Radiant health, peace and living your highest vision come from making a commitment and choosing to live more from inner guidance and assisting others on their journey. When you choose to live and be this way, life will take on new meaning. You not only will understand what it means to celebrate yourself and life, you also will enrich the quality of life on this magnificent, wondrous planet. I salute your great adventure.

*Do not conform to the pattern of this world,
but be transformed by the renewing of your mind.
Then you will be able to test and approve what
God's will is—His good, pleasing and perfect will.*

~ ROMANS 12:2



RESOURCES

Please refer to **SusanSmithJones.com** to learn more about these books or to purchase any of them. You will find the full list of Susan's titles on her website.

Choose to THRIVE

Living on the Lighter Side

Healthy, Happy & Radiant . . . at Any Age

The Curative Kitchen & Lifestyle

Wired to Meditate (Audio Book)

Choose to Live Peacefully (Audio Book)

Vegetable Soup/The Fruit Bowl

(co-authored with Dianne Warren for children ages 1–8)

Body Temple Vitality

God-Centered Health

Affirming God's Love

Invest in Yourself with Exercise

Be the Change

God's mercy is fresh and new every morning.

~ JOYCE MEYER

*With His love, you can wake up every day
with an attitude of faith and expectancy.*

~ VICTORIA OSTEEN

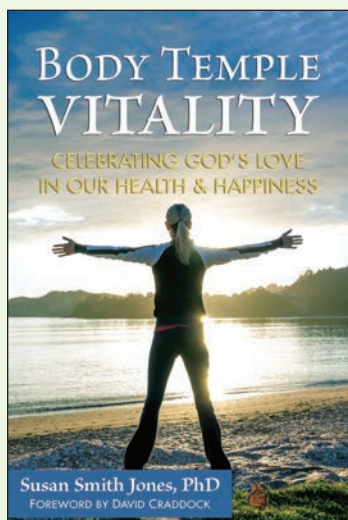


BOOKS TO UPLIFT BY SUSAN SMITH JONES

If you visit, **SusanSmithJones.com**, and click on the pages for **Choose to THRIVE**, **Be the Change** and **Invest in Yourself with Exercise**, as well as this book, **Kitchen Gardening**, you will find out how to get “**Special Limited Edition**” copies of these books personally autographed to you by Susan, along with a keepsake notecard from Susan and a bookmark.

Be the Change: Living with Faith, Confidence & Vigor

Be the Change shows you how to live a balanced life and how to tie the physical, mental, emotional and spiritual aspects of life together to create a holistic approach to successful living. It's within your God-given power to choose. If you want to create positive changes in your life, it is you who must first choose to be the shining example of that change.

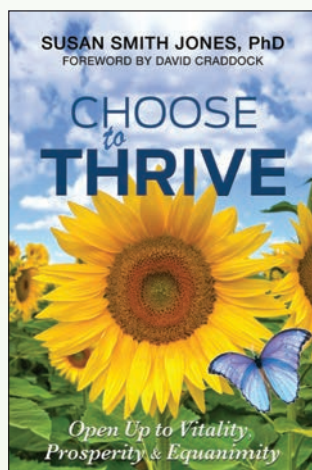


Body Temple Vitality: Celebrating God's Love in Our Health & Happiness

An uplifting, healthy living guidebook, *Body Temple Vitality* addresses many health-enriching topics, including whole-body cleansing and detoxification, the benefits of fermented veggies, probiotics and raw-food cuisine, which superfoods and lifestyle practices reduce blood pressure and inflammation, simple ways to sleep like a baby, how kindness heals body, mind and spirit, how to attract abundance and so much more.

Choose to THRIVE: Open Up to Vitality, Prosperity & Equanimity

"Getting back to basics" is the foundation of Susan's most helpful and comprehensive book, *Choose to THRIVE*. Her easy-to-follow program is an indispensable and refreshing change from most health and self-improvement books that only focus on one particular aspect of health. Balance is the key and Susan keeps the reader focused on the long-term results that come from a healthy lifestyle.



Invest in Yourself with Exercise: Tactics to Build the Exercise Habit and Enrich & Energize Your Workouts

Invest in Yourself with Exercise is the perfect book if you want to make transformative changes in your level of fitness, reshape your body, say good-bye to excess fat, make your workouts enjoyable and rewarding and see results quickly. Susan's well-designed physical fitness program can add years of fulfillment, vibrant health and peace of mind to your life.

The Curative Kitchen & Lifestyle: Using Superfoods, Spices, Natural Remedies and Stress-Less Living to Revitalize Your Body & Life

A concise food and nutrition resource and step-by-step healthy eating and stress-reduction guide, *The Curative Kitchen & Lifestyle* shows us that vibrant health starts in the kitchen by choosing the most essential healing foods. Susan shows us how to make the appropriate food and other lifestyle choices to reduce our risks of premature aging, heart disease, cancer, arthritis, diabetes and compromised vision and mental functions. . . while losing body fat and lowering stress at the same time.



ABOUT SUSAN SMITH JONES, PhD

For a woman with three of America's and the UK's most ordinary names, Dr. Susan Smith Jones has certainly made extraordinary contributions in the fields of holistic health, longevity, optimum nutrition, high-level fitness and balanced, peaceful living. For starters, she taught students, staff and faculty at UCLA how to be healthy and fit for 30 years!

Susan is the founder and president of Health Unlimited, a Los Angeles-based consulting firm dedicated to optimal wellness and holistic health education. As a renowned motivational speaker, Susan travels internationally as a frequent radio/TV talk show guest and motivational speaker (seminars, workshops, lectures and keynote address); she's also the author of more than 2,500 magazine articles and over 30 books, including—*The Curative Kitchen & Lifestyle*; *Invest in Yourself with Exercise*; *Be the Change* and *Choose to THRIVE*.

Susan is in a unique position to testify on the efficacy of her basic message that health is the result of choice. When her back was fractured in an automobile accident, her physician told her that she would never be able to carry “anything heavier than a small purse.” Susan chose not to accept this verdict; within six months, there was no longer any pain or evidence of the fracture. Soon, she fully regained her health and active lifestyle. Susan attributes her healing to her natural-foods diet,





a daily well-rounded fitness program, a strong God- and faith-centered life, along with the power of determination, balanced living and a deep commitment to expressing her highest potential. Since that time, she has been constantly active in spreading the message that anyone can choose

radiant health and rejuvenation. Her inspiring message and innovative techniques for achieving total health in body, mind and spirit have won her a grateful and enthusiastic following and have put her in constant demand internationally as a health and fitness consultant, educator and speaker. A gifted teacher, Susan brings together modern research and ageless wisdom in all of her work. When she's not traveling the world, she resides in both West Los Angeles and England.

If you enjoyed this book, please visit: **SusanSmithJones.com**, **ChristianLifestyleMatters.com** and **BooksToUplift.com** for more details on Susan and her work. Her books and websites are like having a "holistic health app" for anything related to holistic health and living a faith- and God-centered life.

If you'd like to receive Susan's free monthly Healthy Living Newsletters filled with uplifting, empowering and high-powered information, go to SusanSmithJones.com and sign-up on the page Subscribe & Win! It takes only 15 seconds and you will also receive several gifts from Susan.

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ChristianLifestyleMatters.com

WELCOME TO THE WONDERFUL WORLD OF SPROUTS

These remarkable gifts of nature are pure, fresh, nutrient-rich and alive with their vital force intact. If you're interested in experiencing healing, optimal health and vitality, then make sprouts—the food for the future—part of your salubrious kitchen and lifestyle. Sprouts have been the cornerstone of Susan's wellness program since she was a teenager and, ever since, she's been known as "The Sprout Lady."

Think about it this way: What food can you easily produce and enjoy whether you are 3 years old or 103, vegan or carnivore or are living in an inner-city high-rise or on an isolated island? What food is grown indoors with no soil, is harvested in two to seven days and is loved by children and adults alike? What can supply your family with fresh vegetables year-round, regardless of the season? What food is edible raw or cooked, and is delicious either eaten all by itself or included in an exciting array of recipes? *The answer is SPROUTS.*

Excerpt from David Craddock's Foreword

In the pages of the *Kitchen Gardening*, you will learn how to become competent on everything related to sprouting: how to grow sprouts, why sprouts are so salubrious, which sprouts are most nutrient-fortified, ways to incorporate sprouts and microgreens into meals and snacks, how raw foods revitalize the body and so much more. You'll even learn about the Essene, a community where Jesus and His family were known to live and their secrets to living 120 years...and in robust health, to boot. It's astonishing to me that in only 2 to 7 days, we can grow nutrient-rich sprouts in a corner of our kitchen, and for only pennies per batch and a couple minutes of our time daily. No matter one's weather conditions outside or location in the world, in any size kitchen, you can grow a garden and become an expert at sprouting within a week or two. I am proud to call myself a kitchen gardener, thanks to Susan's wisdom and guidance in this book. This is the most reader-friendly, beautifully designed, full-color and comprehensive book on the ABCs of sprouting ever, and it will be indispensable in your healthy living program, too. It makes a wonderful gift for family and friends and for anyone who wishes to create a healthier, happier and more rewarding life.

