

## ***The Natural Health Place, LLC***

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### **Comparison of Growth Yield and Duration of Freshness of Sprouting Seeds with Filtered Water versus OceanSolution 2-0-3™ Concentrate Diluted with Filtered Water**

#### **Introduction**

Sprouts are superfoods. They can contain almost thirty times more vital nutrients than the most nutritious raw organic vegetables. When seeds and nuts are sprouted they provide increased amounts of antioxidants, enzymes, fiber, minerals, oxygen, protein, vitamins and the other cofactors necessary for them to become healthy, vigorous plants. This means sprouts provide everything your body needs to build and maintain optimal health, repair damaged tissues and create a strong, healthy immune system.

Sprouts can contain up to one hundred times more enzymes than raw fruits and vegetables. Enzymes help your body digest and absorb more nutrients from your foods. Sprouting also increases the nutritional quality and content of beans, grains, nuts, peas and seeds. Not only does sprouting dramatically increase protein, vitamin and mineral content but it also makes them more bioavailable and easier for your body to digest and absorb.

Cabbage sprouts are a very good source of minerals as well as being high in vitamins A and C.

Clover sprouts provide high levels of protein and a unique flavor.

Radish sprouts are a good source of vitamin C and potassium.

Less than an ounce of seeds can produce a significant amount of fresh food containing all the nutrients essential for optimal health.

Sprouts are the ultimate survival food. They provide complete nutrition. And, seeds can be stored indefinitely, especially if vacuum packed. Sprouts are the most convenient, least expensive and easiest foods to grow in your own kitchen during any weather conditions, any time of the year.

OceanSolution 2-0-3™ is an all-natural plant material harvested from pure, deep ocean water. This base of nutrients is used to manufacture a liquid fertilizer concentrate including natural sources of nitrogen and potassium.

#### **Hypotheses**

1. Sprouts grown from seeds soaked and rinsed with OceanSolution 2-0-3™ concentrate diluted with filtered water will yield more sprouts, measured by weight, than sprouts grown from seeds soaked and rinsed with filtered water.
2. Sprouts grown from seeds soaked and rinsed with OceanSolution 2-0-3™ concentrate diluted with filtered water will remain fresher longer than sprouts from seeds soaked and rinsed with filtered water.

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### **Equipment**

1. One (1) each four (4) ounce package of organic Chinese cabbage, clover and radish sprouting seeds
2. Six (6) large-mouth quart jars
3. Six (6) plastic, fine-sieve straining lids for the quart jars
4. Filtered water, produced by the PUR 18 cup water dispenser, for soaking and rinsing one (1) sample each of the sprouting seeds
5. OceanSolution 2-0-3 concentrate diluted in a ratio of three-fourth (3/4) ounce per one (1) gallon of filtered water, hereinafter referred to as OS 2-0-3 water, for soaking and rinsing one (1) sample each of the sprouting seeds
6. Six (6) labels for the six (6) large-mouth quart jars; marked with permanent marker as follows:

Cabbage	Cabbage	Clover	Clover	Radish	Radish
with	with	with	with	with	with
FW	OS 2-0-3	FW	OS 2-0-3	FW	OS 2-0-3

where "FW" is the abbreviation for filtered water

7. Six (6) containers for holding the large-mouth jars at an angle for drainage while stored in the cupboard.

### **Procedure**

1. Twelve (12) grams (0.42 ounces), one (1) level tablespoon, of organic Chinese cabbage sprouting seeds are added to each of two (2) large-mouth quart jars.
2. Fifteen (15) grams (0.53 ounces), one (1) level tablespoon, of organic clover sprouting seeds are added to each of two (2) large-mouth quart jars.
3. Thirteen (13) grams (0.46 ounces), one (1) level tablespoon, of organic radish sprouting seeds are added to each of two (2) large-mouth quart jars.
4. Enough filtered water is added to one (1) of each of the jars containing organic Chinese cabbage sprouting seeds, organic clover sprouting seeds and organic radish sprouting seeds to cover the seeds with at least one (1) inch of water.
5. Enough OS 2-0-3 water is added to one (1) of each of the jars containing organic Chinese cabbage sprouting seeds, organic clover sprouting seeds and organic radish sprouting seeds to cover the seeds with at least one (1) inch of water.
6. The seeds in all six (6) jars are allowed to soak in a closed cupboard for six (6) hours.
7. After six (6) hours, the seeds soaked in filtered water are rinsed in filtered water and drained.
8. After six (6) hours, the seeds soaked in OS 2-0-3 water are rinsed in OS 2-0-3 water and drained.
9. To facilitate more complete drainage through the fine-sieve straining lids after each rinse, the outer lower portion of the lids are lightly tapped while the jars are held inverted at an angle.
10. All six (6) jars are then propped with their lids angled down in bowls and returned to the cupboard for twelve (12) hours.
11. Every twelve (12) hours thereafter, the seeds in all six (6) jars will be rinsed in their respective soak/rinse water. Drainage water is discarded from the holding containers daily before the jars are replaced in the cupboard.
12. The Chinese cabbage and radish seeds will be rinsed and sprouted for five (5) days.
13. The clover seeds will be rinsed and sprouted for seven (7) days.
14. At the second rinse each day, seed growth will be pictorially recorded.

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15. At the end of the fifth day, the contents of the Chinese cabbage and radish seed jars will be pictorially recorded, removed and weighed.
16. At the end of the seventh day, the contents of the clover seed jars will be pictorially recorded, removed and weighed.

### **Findings**

All pictorial records are posted on The Natural Health Place.com's Facebook page  
All Numerical Results are Tabulated in the Attached Spreadsheet

In five (5) days, less than one-half (1/2) ounce organic Chinese cabbage seeds and less than one-half (1/2) ounce organic radish seeds each produced about one-fourth (1/4) pound of Chinese cabbage and radish sprouts. The Chinese cabbage and radish seeds soaked and rinsed in the OS 2-0-3 water produced almost ten percent (10%), by weight, more sprouts than the same type seeds soaked and rinsed in filtered water. In seven (7) days, a little more than one-half (1/2) ounce organic clover seeds produced over one-third (1/3) pound of clover sprouts. The clover seeds soaked and rinsed in the OS 2-0-3 water produced almost ten percent (10%), by weight, more sprouts than the clover seeds soaked and rinsed in filtered water.

### **Conclusions**

Compared to filtered water, OceanSolution 2-0-3™ concentrate diluted in a ratio of three-fourth (3/4) ounce for every one (1) gallon of filtered water increases the yield of each of the organic sprouting seeds tested by ten percent (10%). Growth rate and yield of organic seeds soaked, rinsed and sprouted with OS 2-0-3 water are greater than with filtered water.

As documented pictorially (See pictures posted on The Natural Health Place.com's Facebook page) and through personal taste testing, sprouts grown with the diluted OceanSolution 2-0-3™ water retained their mass longer and remained crisper and fresher longer than sprouts grown with filtered water.

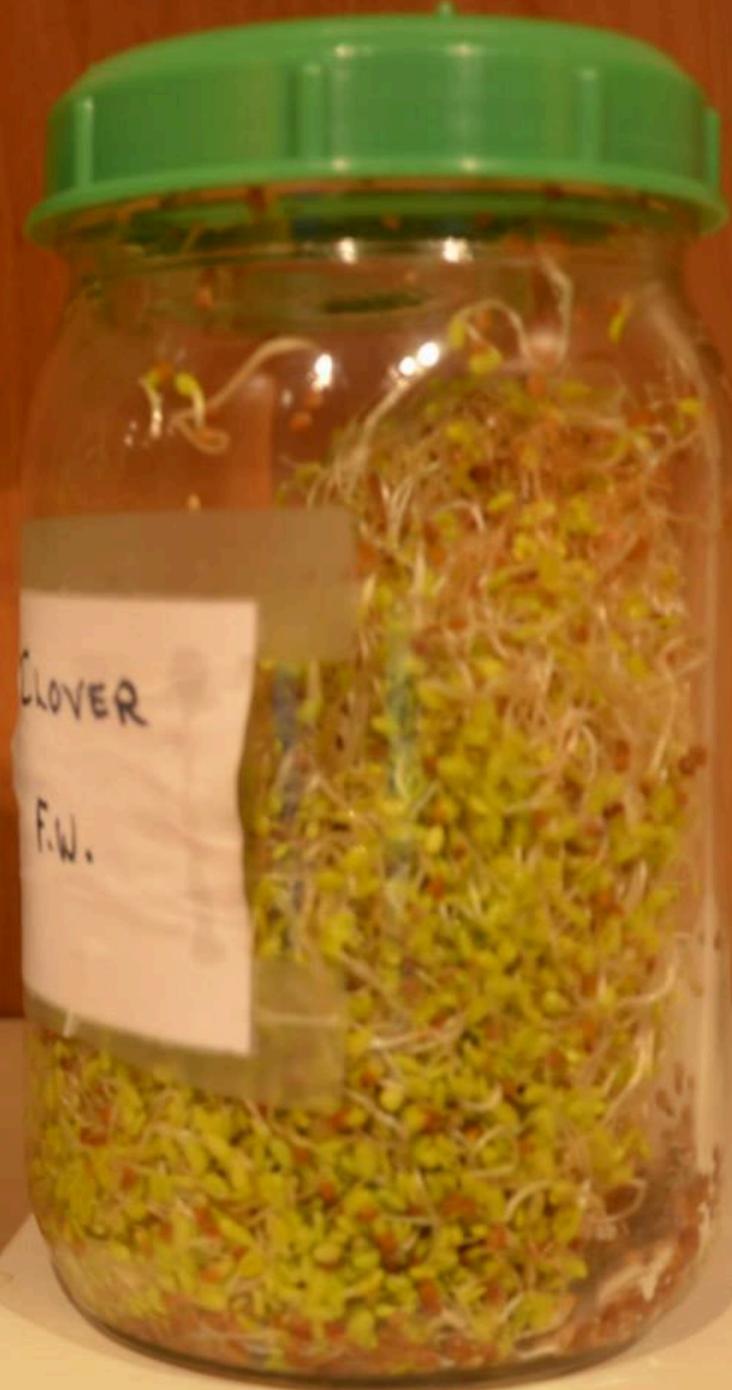
NOTE: Because of the increased yields and freshness with the organic sprouting seeds grown with the OS 2-0-3 water, increasing the recommended number of days for rinsing before harvesting should increase the yield(s) even more than ten percent (10%). This could be confirmed with a study directed toward testing this hypothesis.

		<b>Sprouting</b>	<b>Seeds</b>	<b>Experiment</b>		<b>04/28/13</b>	<b>through</b>	<b>05/07/13</b>	
<b>Filtered</b>	<b>Water</b>	<b>versus</b>	<b>* Ocean</b>	<b>Solution 2-0-3</b>	<b>Concentrate</b>	<b>Diluted</b>	<b>with</b>	<b>Filtered</b>	<b>Water</b>
		<b>Photos</b>	<b>and</b>	<b>Comments</b>	<b>Posted</b>	<b>on</b>	<b>Facebook</b>		
<b>1 Tblspn Seeds =</b>	<b>Weight (grams)</b>	<b>Weight (ounces)</b>							
<b>Chinese cabbage</b> * FW	12	0.42		* Abbreviations:	OS 2-0-3=Ocean FW =	Solution 2-0-3 Filtered Water	Concentrate	Diluted with	Filtered Water
<b>Chinese cabbage</b> diluted OS 2-0-3	12	0.42		<b>[Chinese cabbage]</b>		<b>[Clover]</b>		<b>[Radish]</b>	
<b>Clover</b> * FW	15	0.53		Filtered Water	OS 2-0-3	Filtered Water	OS 2-0-3	Filtered Water	OS 2-0-3
				5/5 /13		5/7 /13		5/5 /13	
<b>Clover</b> diluted OS 2-0-3	15	0.53		Weight (grams)	Weight (grams)	Weight (grams)	Weight (grams)	Weight (grams)	Weight (grams)
<b>Radish</b> * FW	13	0.46		101.2	111.1	160.2	176.1	107.2	117.8
				Weight (ounces)	Weight (ounces)	Weight (ounces)	Weight (ounces)	Weight (ounces)	Weight (ounces)
<b>Radish</b> diluted OS 2-0-3	13	0.46		3.57	3.92	5.65	6.21	3.78	4.16
<b>RESULTS</b>		<b>OS 2-0-3</b>	<b>Sprouts</b>	<b>9.78 % Heavier</b>		<b>9.93 % Heavier</b>		<b>9.89 % Heavier</b>	





CLOVER  
OS2-0-3  
DILUTED  
W  
F.W.



CLOVER  
F.W.

RADISH  
F.W.

RADISH  
DS 2-0-3  
DILUTED  
F.W.