

## Basic products needed for Eat to Thrive

You can pick these up at Betsy's or buy online.

You will need a wheat grass/sunflower sprouting kit and secondly, a mung, adzuki, lentil sprouting jar.

Call Betsy 617-835-2913 or email at [betsy.bragg@icloud.com](mailto:betsy.bragg@icloud.com) to buy from her.

### pH Test Strips 4.5-9.0 : \$12



Roll over image to zoom in

#### pH Test Strips for Urine and Saliva Body pH Testing, 150 Count, Fast Easy and Accurate with Free Mobile App, Monitor Alkaline and Acid Levels in Body (Packaging May Vary)

by JNW Direct

★★★★★ 288 ratings | 19 answered questions

Price: \$7.95 (\$0.05 / Count) ✓prime

- **MONITOR YOUR HEALTH** - Check and track your bodily pH every day. Experience the health benefits of keeping your body alkaline, become your best you
- **BONUS FREE APP AND DETAILED EBOOK INCLUDED**, our pH litmus test strips comes with a great app (record, track and monitor results over time) and e-book explaining what your results mean and everything you need to know about how to improve your body pH balance
- **150 STRIPS MEANS 150 TESTS** - Each strip provides accurate and fast results and helps to monitor early signs of disease and health problems
- **GREAT TO KEEP YOU MOTIVATED** and on track to reach your goals on the alkaline diet. Know if you are acidic or alkaline and what foods are taking you out of a pH balanced state
- **EXTREMELY EASY TO USE** - Instant reliable results with simple and clear instructions. Simply dip and compare with large color chart on bottle - pH

One-time purchase:  
\$7.95

✓prime

FREE delivery: Thursday, June 11  
Details

In Stock.

Qty: 1 ▼

Add to Cart

Buy Now

Secure transaction

Sold by JNW Direct and Fulfilled by Amazon.

☐ Add gift options

### Yerba Skin Brush: \$12



#### Yerba Prima Tampico Dry Skin Brush for Exfoliating and Blood Stimulation, Pack of 2

by Yerba Prima

★★★★★ 319 ratings  
| 18 answered questions

Amazon's Choice for "yerba prima dry brush"

List Price: \$23.88

Price: \$19.92 ✓prime & FREE Returns

You Save: \$3.96 (17%)

Get \$70 off instantly: Pay \$0.00 \$19.92 upon approval for the Amazon Prime Rewards Visa Card. No annual fee.

This item is returnable ▼

Size: Pack of 2

Pack of 1

Pack of 2

Pack of 3

Color: Tampico Brush



\$19.92

✓prime & FREE Returns ▼

FREE delivery: Thursday, June 11  
Details

In Stock.

Qty: 1 ▼

Add to Cart

Buy Now

Secure transaction

Sold by OxKom and Fulfilled by Amazon.

☐ Add gift options

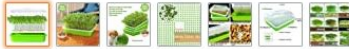
Deliver to Avnish - North Attle...  
02760

Add to List ▼

### Sprouting Kit (3 trays, soil, fertilizer, wheatgrass & sunflower seeds ): \$15 ( from Betsy)



Roll over image to zoom in



## LeJoy Garden Seed Sprouter Tray BPA Free PP Soil-Free Big Capacity Healthy Wheatgrass Grower with Lid Sprouting Kit 13.4x9.84x4.72 inches(LxWxH)

by LeJoy Garden

★★★★☆ 556 ratings

Amazon's Choice for "wheatgrass growing kit"

Best Deal

List Price: ~~\$39.99~~

Price: **\$14.99** ✓prime & FREE Returns

You Save: **\$25.00 (63%)**

Get \$70 off instantly: Pay **\$0.00** ~~\$14.99~~ upon approval for the Amazon Prime Rewards Visa Card. No annual fee.

Size: **Big**

- [Tray with Cover]:Heat and moisture preservation,high budding rate and grow faster
- [Healthy and green]:Made from BPA Free PP Material.Sprouting without soil or ohter additives.Enjoy healthy sprouts for salads, sandwiches and soups.
- [Multifunction]:Both seed sprouter and storage tray.can sprout multiple types of seeds,soya bean,mung bean,peanut,balck bean,wheat etc
- [Easy to use]:Follow the instructions,even children can sproute beans easily.Food grade PP material,healthy and durable.
- [Big Capacity]:13.4"x9.84"x4.72"(LxWxH).

### Customer ratings by feature

Easy to clean

★★★★☆ 4.6



Roll over image to zoom in



## Organic Pea Microgreens 3 Pack Refill, Pre Measured Soil and Seed. Use with Our Beautiful Wooden Microgreen Trays Measuring 16 x 8 inches. Easy and Convenient, Enough To Sprout 3 Crops.

by Microgreen Pros

★★★★☆ 169 ratings

Best Deal

Price: **\$15.69** ✓prime & FREE Returns

Get \$70 off instantly: Pay **\$0.00** ~~\$15.69~~ upon approval for the Amazon Prime Rewards Visa Card. No annual fee.

Color: **Pea Microgreens Refill Pack (3)**


- 🌱 CONVENIENT PEA MICROGREEN SEEDS REFILL KIT – This refill kit contains easy to follow instructions, 3 lots of premeasured WonderSoil and Organic Pea Seeds (our most tenderly and sweetest pea micro green that we carry), enough for 3 crops.
- 🌱 DESIGNED to be used with the Peach Tree Farm Wooden Planter Tray, sold separately. No need to measure soil or seeds as these refill kits fit the planter perfectly!

**\$14.99**

✓prime & FREE Returns

FREE delivery: **Sunday, June 14**  
Details

In Stock.

Qty: 1

Add to Cart

Buy Now

Secure transaction

Sold by LeJoy and Fulfilled by Amazon.

Add gift options

Deliver to Avnish - North Attle...  
02760

Add to List

Add to Wedding Registry

Add to your Dash Buttons

Share

**\$15.69**

✓prime & FREE Returns

FREE delivery: **Sunday, June 14**  
Details

Only 14 left in stock -  
order soon.

Qty: 1

Add to Cart

Buy Now

Secure transaction

Sold by Microgreen Pros and Fulfilled by Amazon.

Add gift options

Deliver to Avnish - North Attle...  
02760

Add to List

Add to Wedding Registry

Add to your Dash Buttons



## Gardens Alive! Two-Tiered Seed Sprouter - Ideal for indoor sprout growing for a healthy snack or addition to any meal!

by GARDENS ALIVE!

★★★★★ 589 ratings

Amazon's Choice for "broccoli sprouts kit"

Best Deal

Price: **\$12.99** ✓prime & FREE Returns

Get \$70 off instantly: Pay **\$0.00** ~~\$12.99~~ upon approval for the Amazon Prime Rewards Visa Card. No annual fee.

- View and monitor growing seeds and sprouts
- Garden year-round indoors
- No soil or sunlight needed

### Customer ratings by feature

Easy to clean	★★★★★	4.7
Durability	★★★★★	4.5
Easy to use	★★★★★	4.3
Easy to grow	★★★★★	4.2

[See all reviews](#)

**\$12.99**

✓prime & FREE Returns

FREE delivery: **Monday, June 15**  
[Details](#)

**In Stock.**

Qty: 1

Add to Cart

Buy Now

Secure transaction

Sold by **Gardens Alive, Inc.** and  
Fulfilled by Amazon.

☐ Add gift options

Deliver to Avnish - North Attle...  
02760

Add to List

Add to Wedding Registry

## Sprouting Jar Kit (lid is made out of tuile net and rubber band & includes the seeds): \$5 lentil, adzuki, and mung seeds & strainer - Pick up at Betsy's



## Handy Pantry Complete Sprouting Jar Lid Kit With Seeds | Includes Wide Mouth Quart Mason Jar, BPA Free Sprouting Strainer Lid, And Organic Sprouting Seeds

by Handy Pantry

★★★★★ 630 ratings

Price: **\$18.25** & FREE Shipping

Get \$70 off instantly: Pay **\$0.00** ~~\$18.25~~ upon approval for the Amazon Prime Rewards Visa Card. No annual fee.

Size: **Sprouter Jar Kit, Quart**

Sprouting Lid, 1

\$7.29

✓prime

Sprouting Lid, 2 Pack

\$11.92

Sprouting Lid, 4 Pack

\$23.84

**\$18.25**

& FREE Shipping

Arrives: **June 23 - 30**

**In stock.**

Usually ships within 4 to 5 days.

Qty: 1

Add to Cart

Buy Now

Secure transaction

Ships from and sold by  
**HealthyTrader.**

Deliver to Avnish - North Attle...  
02760

Add to List





## Sprouting Jar Strainer Lid - Fits Wide Mouth Jars - For Growing Sprouts & Other Uses

by Handy Pantry

★★★★☆ 630 ratings

Price: **\$7.29** ✓prime & FREE Returns

Get \$70 off instantly: Pay \$0.00 upon approval for the Amazon Prime Rewards Visa Card. No annual fee.

Size: **Spouting Lid, 1**

**Spouting Lid, 1**

**\$7.29**

✓prime

Spouting Lid, 2 Pack

\$11.92

Spouting Lid, 4 Pack

\$23.84

Sprouter Jar Kit, Quart

\$18.25

## Perfect Pickler: \$15

◀ Back to results



## Fermentation Kit for Wide Mouth Jars - 4 Airlocks, 8 Silicone Grommets, 4 Stainless Steel Wide mouth Mason Jar Fermenting Lids with Silicone Rings (4 Set, Jars Not Included)

by JILLMO

★★★★☆ 475 ratings

Amazon's Choice for "perfect pickler"

Price: **\$15.99** ✓prime & FREE Returns

Get \$70 off instantly: Pay \$0.00 ~~\$15.99~~ upon approval for the Amazon Prime Rewards Visa Card. No annual fee.

Material Type:

Stainless Steel Lids ▾

- KIT INCLUDES: 4 BPA free water airlocks; 4 Stainless steel(18/8) Wide mouth Lids with Silicone Rings; 8 Silicone Grommets.
- FITS ANY WIDE MOUTH JAR: Can be used for Ball, Kerr, Bernardin. Any brand of "Wide Mouth" Mason jar in pint, quart, or half-gallon.
- Easily using. 14mm hole instead of 13mm, can easily

**\$15.99**

✓prime & FREE Returns ▾

FREE delivery: **Thursday, June 11**  
Details

In Stock.

Qty: 1 ▾

Add to Cart

Buy Now

Secure transaction

Sold by **Jillmo** and Fulfilled by Amazon.

☐ Add gift options

Deliver to Avnish - North Attle...  
02760

Add to List ▾

OptionalSale:

## 11 Permacharts: \$40 (usually \$100)



### PRODUCT DESCRIPTION

The living foods lifestyle is a way of life that restores harmony to the body through the use of fresh raw living food. The benefits of raw food are well-known and eating raw foods is being widely embraced by many people and celebrities who are now enjoying raw food benefits. Starting a raw food diet is easy with the raw food diet information contained in these guides.

**Buy all 12 Quick Reference Guides for great savings. Includes 1 each of:**

- Lifestyle
- Wheatgrass Juice, Green Drinks & Sprouts
- Food Combining
- Detoxification
- Juicing
- The Raw Kitchen
- Dehydration
- Superfoods
- How to Store Goods
- Optimal Digestion
- Natural Home Remedies
- Dips, Dressings & Sauces

Product Code:

Hard Copy - Laminated - \$54.95 USD ▼