

HOME FERMENTING

Traditional fermented cottage foods - Easy to make at home using simple, inexpensive ingredients.

If bowel flora is compromised, so is every bodily system. Some of the many broad benefits of optimal bowel health include improved: immune function; nutrient availability; digestion; energy and sense of well-being; detoxification; elimination of pathogenic bacteria, fungus and parasites; much more!

Enjoy education, demonstration, and tasty samples of simple ferments:

Water Kefir - Ginger Bug - Kombucha - Sauerkraut and other Fermented Vegetables - Yogurt - Apple Cider Vinegar

Wednesday May 4, 6:15 to 8:15 pm or,
Sunday May 8, 10:30 am to 12:30 pm

**Fernwood Community Center 1240
Gladstone**

Each attendee will receive the starter culture of their choice- Water Kefir (Tibicos) or Kombucha. (extra starters \$5)

Cost is \$50 per person, \$45 if received before April++ 15



Pre-registration is required. Please contact Denise for payment options or drop your payment (cheque or cash) at the Fernwood Community Center. *Low-income discount always available, please ask.*

Instructor: Denise Galbraith CHT, RHT, Western Medical Herbalist, and Fermentator

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