

Natural Pantry



IS HOSTING A VERY SPECIAL ALL-DAY EVENT

The Functional Fermenting Seminar

Discover how to create truly restorative, delicious, healthy fermented food. Homemade, living, fermented foods are rich in enzymes and probiotics, support digestion and ease the symptoms of many common health maladies. Hippocrates stated "All disease begins in the gut". Did you know 70-80% of our immune system resides in the digestive system and gut health has a *huge* impact on overall health?

Optimal techniques bring optimized health results.

Are you:

- Afraid of eating home-fermented food?
- Reactive to fermented food?
- Concerned by the possibility of bacteria bubbling away at your food?
- Put off by the idea of bacteria bubbling away at your food?



The Functional Fermenting Seminar is valuable for everyone, from beginners to experienced fermenters, including health professionals and fermentation instructors.

Practitioners will add depth to their knowledge and skill, and be empowered to help clients especially challenged by impaired gut function. Sensitive people often find that optimally fermented foods are well tolerated and restorative.

Students will gain a firm grasp of fermenting theory and technique, and will be fully prepared to create a variety of functional probiotic food confidently at home. We will cover:

Beverages, Condiments, Chutneys & Salsas,

Fruit & Fruit Leathers, Vegetables, Dairy, Grains, & Nuts!

Explore the nuts and bolts science behind the techniques that produce great results, *every time*. You'll understand the methods that produce clean, clear flavors, crunchy texture, delightful zing, and optimal health benefits.

Regularly eating homemade *optimized* probiotic food:

- Improves digestive health
- Increases energy
- Brightens mental focus
- Normalizes weight
- Reduces autoimmune symptoms
- Increases resistance to "what's going around"

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This Seminar includes:

- **8 hours** of instruction and demonstration
- **Tasting** a wide variety of delicious fermented samples
- **A Seminar Binder** for note-taking & reference
- **Question & Answer periods**
- **A healthy, organic lunch**
- **Optional hands-on practice** to prepare and take home a delicious, bubbly ferment
- **Ongoing** post-seminar support

Living.Powerful.Food.

More Details & Ticket Purchase:

FermentingSeminar.org ~ 907-694-2284

Saturday, October 6, 2018

Registration Opens: 8:30 a.m. Session Time: 9:00 a.m. ~ 5:30 p.m.

The Dena'ina Center \$159 Discount Code **TNP** Until 9/8/18
600 W 7th Ave. \$189 Discount Code **TPJ** Until 9/29/18

Anchorage, AK 99501

Full Ticket Price: \$249

Scholarships Available

Advance ticket purchase required. Limited seating, while tickets last.

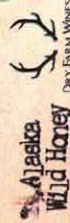
Tickets are transferable but not refundable.



★★★★★ Even though I eat a very health-conscious diet, I immediately noticed a positive change in my digestive health from eating fermented foods as taught in the Seminar. The instructors are warm and engaging, and made everything easy to understand. The Seminar is a great resource for appropriately incorporating fermented foods right away. Understanding why and how to "optimize" fermented food is key. I urge my patients and other practitioners to attend this seminar because there is no healthy substitute for homemade functional fermented food in the diet.

Dr. Michael J. Ellenburg, N.D. The Ellenburg Center for Natural Medicine, Inc.

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