

Fermented Foods in the Kitchen: Coconut Kefir and Cultured Veggies

What have you been looking for? An easy detox, improved digestion, more stable mood, greater energy?

Join me in the kitchen and I will teach you how to accomplish this and more!

Kefir is chock full of probiotics-all the good bacteria your digestive tract needs. Much of your immune system and serotonin production is housed in your gut. Reestablishing the microflora ecosystem will help you feel healthier, happier, more balanced.



- Promotes Healthy Detox
- Rehydrates the Body
- Aids in Weight-loss
- Enhances Mood
- Boosts Energy
- Reduces Allergies and Candida symptoms
- Makes a good hangover cure
- Lifts Depression, Fatigue and much more!

Cultured or Fermented veggies, think sauerkraut and kim chi, are also probiotic-rich. They keep for months in the fridge, just a small amount is medicinal and



- Helps heal your stomach, liver and intestines
- Clears your skin
- Improves your energy
- Tones your intestines and flattens your stomach
- Eases digestion
- Eliminates joint pain
- Enhances immunity

We will get creative in the kitchen

- Learn to make kefir with young coconut water from the mineral rich coconuts from your neighborhood market
- Learn to culture your favorite veggies

Sunday, September 12 at 6 pm or Tuesday, September 14 at 6:30 pm

Elemental Health 2225 W. North Ave, Chicago

\$25 Go home with recipes, starter kit, and exactly what you need to feel better!

Pre-registration is required to hold your space. [Sign up here](#). No refunds.