



ALASKA CENTER FOR ACUPUNCTURE

Presents:

Cultured Vegetables and Fermented Foods A Presentation by Lani Erie

Date: Wednesday, September 23rd
Time: 7pm-8pm
Cost: FREE
Location: Alaska Center for Acupuncture, Palmer AK (in the Koslosky Center, above Vagabond Blues)

Fermented foods aid in digestion, promote healthy flora in our digestive tract and produce beneficial enzymes. This offers us better nutrition and helps our body absorb vitamins, minerals, and omega 3 fatty acids from our food. They can also help regulate the level of acidity in the digestive tract and act as anti-oxidants. Fermented foods contain the same isothiocyanates found in cruciferous vegetables and therefore fight and prevent cancer.

Join us for a discussion and hands on experience with making cultured vegetables.

In this presentation you will learn:

- The health benefits of cultured vegetables
- Great recipes to try at home
- The best foods to include in your own homemade veggie creations
- Additional fermentation methods such as making kefir

These foods help keep our body strong and vital and they are.....delicious!

Please pre-register for this presentation by calling **Alaska Center for Acupuncture at 745-8688** Space is limited, so call early!

*Jars of cultured veggies will be available for sale at the end of the presentation.

About the presenter: Lani Erie has been making cultured vegetables for over four years. She cans them according to the principles taught by Donna Gates and "The Body Ecology Diet" (B.E.D.). Lani has made numerous 'blends' and will likely offer a variation of her purple or red blend for the class. See www.BodyEcology.com to learn more about the benefits of live, cultured foods.

For more information, about this and other upcoming events, visit
www.AlaskaAcupuncture.com