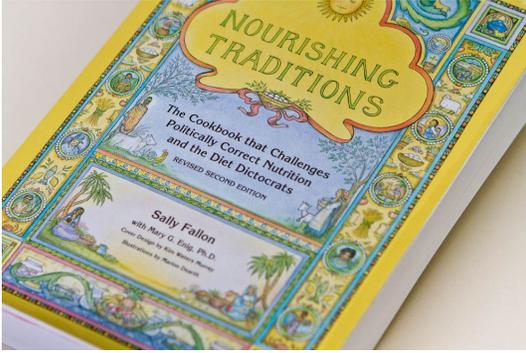


Nourishing Traditions Wellness Cooking Program



Join Eve Mitchell, Holistic Health Practitioner, Sacramento WAPF Chapter Leader and owner of A Proven Theory Holistic Health and learn the foundation of food preparation methods used by indigenous peoples from around the world that supports health and wellness generation after generation.

Day One ~ 9am until 4pm

The Art and Necessity of Fermentation

Learn the why and how all of our ancestors around the world highly valued fermentation. From Kimchi to Bratwurst, Mead to Soda, fermentation is a missing component of most people's health. Learn how to ferment vegetables, dairy, grains, legumes, nuts and also a wide range of nourishing beverages. Class includes demonstration, instruction and recipes for Sauerkraut, Kimchi, Buttermilk, Cream Cheese and Whey, No~Knead Sourdough Bread, Sourdough Pancakes, Refried Beans, Crunchy Nuts, Kombucha, Jun, and Ginger~Starter Nourishing Soda

Day Two ~ 9am until 4pm

Building a Strong Foundation from Mother Earth

Did you know we have been valuing the completely wrong foods for our health? Learn why Organ Meats and Bones are the most valued parts of animals universally; learn why you want to be honoring and eating your yolks way more than the egg whites, and also learn an overview of holistic home health care and how you can use the wisdom of thousands of years of holistic remedies that existed prior to corporations and allopathic medicine to create a strong immune system for yourself and your family. Class includes demonstration, instruction and recipes for Pate, Heart Meatloaf, Bone Broths, Avocado Oil Mayo, Raw Milk EggNog, Custard and Raw Milk Ice Cream, along with Eve's Holistic Health Care 101 class which is an overview of all the remedies she has used for herself and her family over the 9 years of her career in Holistic Health.

Program is offered either in a private home or at A Proven Theory Holistic Health's Healing Center

Get your family and friends together to take this health changing course

Have a great kitchen and house to host? Great get a host credit and get your tuition free

Want to have it at our healing center in Midtown? Great, get 8 people to sign up and one spot is free

Reserving weekends now, \$300 per person, ask about our add on options

For more information call 916-899-0054 or email eve@aproventheory.com