



Nourishing Traditions Cooking Program

6 weeks of classes covering how to incorporate nutrient dense traditional cooking techniques into your home

Join Eve Mitchell, Holistic Health Practitioner 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.

Class 1– The Art of Fermentation: Vegetables and Dairy 9/18/17

Join us as we learn to make homemade sauerkraut, kimchi, pickles or carrots, raw buttermilk yogurt, cream cheese and whey as well as add probiotic benefits to salsa, and hot sauce, and the information for endless combinations.

Class 2– Offal and Bone Broth 9/25/17

Learn how important it is for your lifelong health to incorporate these foods into your home. We will be learning how to make a delicious Chicken Pate, Mighty Meatloaf, and how to make Bone Broths, an essential ingredient for healing your gut.

Class 3– The Amazing, Incredible, Versatile Egg 10/2/17

We will learn some wonderful ways to prepare one of nature's perfect foods, and learn how to compare and to see which eggs are nutrient rich. In this class you will learn how to make homemade Mayonnaise, beneficial Eggnog, Custard and homemade Ice Cream as well as creative ideas for incorporating eggs into your home

Class 4– Proper Preparation of Grains, Legumes and Nuts 10/9/17

Join us as we learn why traditional societies took such time and care to properly prepare their grains and legumes, and how it greatly improves their health benefits and our ability to digest them. We will learn how to create and maintain a sourdough starter, for Sourdough bread, Sourdough pancakes, as well as homemade Refried Beans, Crunchy Nuts along with how to make Homemade Mustard

Class 5– Beneficial Beverages 10/16/17

Learn how to drink your way to improved digestive and overall health. In this class we will learn how to make Kombucha, Jun, as well as Ginger Culture Pop, in a variety of flavors that taste amazing and restore your gut health. Save money and explore the endless possibilities.

Class 6– Holistic Home Health Care 101: 10/23/17

Enjoy a potluck and learn an overview of the wide ranging world of holistic options to assist yourself and loved ones. As a mom of 15 years, and Holistic Health Practitioner of 8 years, Eve will show you many of the gentle, simple ways she treats her family's health up and downs, and that have worked great for her clients over the years.

Classes held on Monday evenings from 7 until 9pm

6 week program is 300, ask about our early bird discount

Location is A Proven Theory Holistic Health

1809 19th St. Sacramento, CA 95811 (19th and S St)

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

