

Gut Check Bootcamp



Gut Check Bootcamp

Module 1

Little things done daily add up to big changes.

How about starting with one for this week and add another for next week?

- Plan & prepare ... Weekly / fortnightly food plan ... spare a few hours with food prep
- Veggies + sauerkraut tonic with every meal
- Eliminate one fake food
- Slowly introduce kefir and sauerkraut brine / kvass
- Introduce and get to know broth, seaweed, aloe vera, healthy fats and turmeric
- Clean the kitchen as you go
- Feed yourself first
- Sit down to eat without distractions
- Eat slowly
- Stay hydrated
- Lower stress levels
- Quality sleep
- Movement / exercise
- Singing / humming

- Recent research suggests that chronic sitting may be as or more detrimental to your health than smoking!

Consider creating a standing desk for your work, or just for your everyday computer use.

- List Your Routines
- Add a New Routine of Your Own
- Follow Your Routines
- **Join a Community of Like Minded ...** that is where we come in ... we will make sure our tribe gets there gut gorgeous.

discoverthegutacademy.com/join/

Module 2

Maintaining health is the foundation upon all else rests.

So, let us start with incredible, wondrous, nourishing broth and gut loving sauerkraut tonic.



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- Use broth as the foundation of your meals. In place of vegetable cooking water, poaching, as a base for miso soup and sauces.



And to feed yourself, have it simply as a cup of broth with a bit of Sauerkraut brine added... **Gut Goddess tip:** do not heat the brine or you will kill the good beasties!

Bone Broth from organic stores made from pastured animals are available to purchase.

For Plant-based broth option and feel free to add or delete any ingredients.

Add the following to a large pot. Bring to boil then simmer, with the lid on, for about 1 hour. Once everything has been cooked down, strain the liquid. Cool and refrigerate, also freezes well.

Plant - based broth

12 cups filtered water.

1 tablespoon extra-virgin olive oil / coconut oil

1 red onion quartered with skin.

1 garlic bulb, smashed.

1 chilli roughly chopped.

Piece of ginger

1 cup of greens

3-4 cups mixed chopped vegetables and peelings (used vegetable peelings/ store in freezer bag) red cabbage, fresh mushrooms, leeks, and celery.

½ cup dried shiitake mushrooms

30 g dried wakame seaweed

Dash of turmeric, cinnamon, peppercorns, and apple cider vinegar

Add a bunch of herbs – parsley or other herb/s of choice. **Try:** Kelp, Nettles, Dandelion root

Bone broth

1. Roast bones 20 – 40 minutes

2. Place bones into a stockpot with carrot, celery + leaves, onions, garlic, ginger, shallots, and parsley.

3. Add an Acidic Acid, to help draw the minerals out of the bones more thoroughly.

Raw apple cider vinegar is most used (It is well regarded by herbalists for its ability to draw minerals out of plants).

Lemon juice may also be used. Add a dash of optional vegetable glycerine.

Completely cover the bones with water; add the vinegar or lemon juice.

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Cover by about two inches of water, but not too much more, to keep the broth dense.

For a regular sized crockpot, use about two to four tablespoons apple cider vinegar.

Turn your crockpot to high just to get it started for the first hour, then switch to low and let it go.

4. After 8 hours start taking 2 cups of liquid to cook grains.

5. Simmer for 3 days on a very low heat. Take from pot as required (poaching eggs, adding to curries, stews etc.). Replace liquid.

6. When broth is finished, strain the bones. If you used bones with meat attached, they may require stripping by hand.

7. Once chilled, skim the excess fat off the top of the broth if desired (there may be less than you expect). The remainder is your broth. If it has a jelly-like consistency when cold you have done a great job of it!

You can add nutritious extras to broth while it cooks.

“Italian” herbs (sage, rosemary, thyme, oregano, basil, fennel seed), Burdock Root, Shiitake mushrooms, seaweed, foraged or wild greens.

In our kitchen, we cook our pre- soaked grains (rice, millet, quinoa, buckwheat etc) in a high-mineral broth. The gelatine in the broth will help the digestive process. To pull the precious minerals from the bone during cooking, add an acid, like apple cider vinegar, to the water before cooking.

For chicken carcass – 24 – 48-hour cooking time.

Freeze broth in small containers (even ice cube trays) for easy dispensing. (make sure to mark ice cubes Broth cocktails are gut-loving, but your guests may not return!!!)

Or store it in your refrigerator for about four days.



Start small with sauerkraut tonic ... just 1 teaspoon per day and build from there. (more recipes and information in Sauerkraut E- book + follow along in module1 Create Awesome Fermented Food Online Course)

Sauerkraut Juice / tonic

- When making kraut (massaging organic cabbage with fine Himalayan salt, take a good scoop of cabbage with salt and top up with clean water)

1 litre / 1.5 litre / 2 litre Fido jars.

Leave to ferment, out of direct sunlight and light, start tasting after 14 days (depending on temperature).

When ready, strain. Refrigerate the liquid.

- Or simply place some ripe sauerkraut in juicer and press as you would any other vegetable.
- Or take 3 cups of coarsely chopped, loosely packed fresh cabbage, and put into a traditional juicer.

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Mix 1-1/2 cups of clean water and Himalayan salt.

Pour into a glass Fido type jar, cover tightly (ensure there is at least 1 inch / 2.5 cm of space above the mixture), stand at room temperature out of direct light.

Taste up to 14 - 21 days.

When ready, Strain off the liquid.



Kvass ... Scoop of cabbage from the bottom of kraut making, Add beet and daikon (white radish) chunks, turmeric, ginger, and lemon grass.

Top with water.

Check at 14 days.

Strain

1/2 cup of beetroot kvass twice per day is a great blood tonic: promotes regularity, aids digestion, alkalinizes the blood, cleanses the liver and is a good treatment for kidney stones. Beetroot kvass makes a delicious salad dressing.

This week include broth in as many things as you can think of. Start having a few cups of broth each week. You will feel better and stronger and ready to take on new challenges!

Parsley + Cinnamon Tea

Bring water to a boil in a small saucepan with a bunch of parsley leaves and cinnamon for 5 minutes. Strain and serve. Two cups a day.

Eliminate One Fake Food

Okay, now things start to get a bit tougher! You will need a bit of resolve on this one so choosing a good day is the deal.

One where things are relatively calm and peaceful. One where you have time to think.

Mostly people jump to this step first, I think. And then they pick the thing they are most attached to eating as the first thing to eliminate. Then they quickly purge the pantry.

Discarding so much is nothing left to eat. This makes things so much harder than they must be, stressing yourself and family out in the process.

Instead, think about one food you buy regularly that you know to be a bad choice. Make that food something nobody is attached to, if possible. This is a good candidate for quick removal.

Do This ...

- Step into the kitchen and look in the pantry and refrigerator. Pick out a likely prospect and ask yourself "Is anyone in this house attached to having this?"

- Ask "Can this be replaced with something I can get or make now?" or "Can we just simply do without it all together?" **"If it doesn't bring joy, dispose it"**

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- If there is no obligation to consume this fake food item just dispose it ... Gut goddess gives you permission.

- If the answer is that you have a good replacement in mind, plan to get the replacement ready this week. Then dispose the item when you have it.

That is, it! Add this to your routine and over time you will make it through the whole kitchen.

Working from the easy to eliminate to the much harder items that family members are much attached to.

Remember just do one each week!

Ask What Can I Improve in 15 Minutes

This step is all about thinking, just simply thinking. No actual doing involved. Everyday pose this question to yourself: **“How can I improve our diet today in just 15 minutes?”**

No commitment to do any of the things you think up is required. Just think up one of two that you believe you could realistically do in about 15 minutes.

Things like finding a healthy version of a favourite recipe or researching sources for Fido bottles and local in season organic vegetable delivery.

Like clearing your counters or pre-preparing snacks. Jot down your ideas somewhere where you will see them often or use an app.

You can do any of them whenever you are good and ready or do none of them at all. All we are committing to is thinking about them.

Do commit to thinking up one each day. Just thinking about it will get the wheels turning in the right direction. You will find you are scarcely able to restrain yourself from doing them all right away.

If this week is a calm one pick one or two to do, but no more.

The idea is to make a habit of thinking of the things that need to be done in small chunks rather than large projects.

Small chunks that can be done today and move you toward larger goals.

Do This

Make a reminder for yourself to think up ideas for improvement every day.

Remember this is not a to-do list, it is an “ideas of things I might do someday maybe” list.

Pause for a minute and consider all that you have accomplished so far and give yourself a well-deserved pat on the back!

List Your Routines

Now we have established new routines. Congratulations!

It is important that we write down routines somewhere so we can review them.

Review them so we remember and more importantly, review them to make sure we are not planning more to do in a day than we can reasonably hope to get done.

Every time we have several routines laid out that we find we cannot keep up with is like a kick in the gut. It is completely deflating and demotivating. We end up depressed and a tad hopeless.

Our routines begin to fall apart. It is vitally important that we do not over schedule!

Right now, this is straightforward.

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Do This ...

- Decide where you want to keep your list. Do you have a tool you use right now to remember? appointments or where you keep a to-do list? If so, expand it to include your routines.

- Note your current routines in your selected tool. Jot down your new weekly and daily routines.

Then note an estimate of how long they take.

- Think about how much time you have each day for the routines on your list. Review your list to make sure that your routines only take up a portion of your available time and not the whole thing!

When you first start this list, you will be well under your time budget. As you add routines though it will get tougher to keep this list to a portion of your available time. Make every effort to keep it small by being as efficient as possible. It is vitally important to take care of you and a big part of that is not over doing it!

Practice this for one week before moving on.

Follow your routines

With our routines written down and easy to find we just need to follow them. Easier said than done, huh?

We will want to plan to look over our routines weekly to help keep them fresh in mind. We can also make needed adjustments most easily after looking at all our tasks.

Do This ...

- Plan a time each week when things are on the calm side and you have a little room to think.

Just 10 or 15 minutes should do it. Add this to your routines list.

- Review your routine list noting what is working for you and what is not. Consider what adjustments you could make for things to flow more smoothly. Consider any new ideas or any suggestions you might have come across in the prior week and how they might help with your current routines.

- Remember in the last step when we were making our routine list, we considered how much time we have each day for the routines on our lists. You will want to do this weekly to make sure that

anything new added to your list or your schedule in general will not put you over the amount of time available. If it does, scale back your expectations for that week.

Next, we have our final step. It is perhaps the most important of all.

Join a Community of the Like Minded

Fermenting Goddess started The Gut Academy in a mind of putting deep love, gratitude, positive intentions, and the best of vegetables one can find, in a jar. This was my calling to heal the people I love - my friends and family. The friendships we have formed over the years are as mighty as the invisible organisms.

Thank you for loving what we do & and Thank you for all the support!!!

- Changing your diet can be stressful. Of course, not changing your diet is even more stressful in the long run! We all need help and support when we begin something new.

Reaching out to the real food community is the best way to get the support you need.

Let us face it, some of your friends and family probably do not understand why you are so excited by tasty, authentic, and responsibly made food.

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They do not get why you would want to put yourself to this much trouble. They are worried that your putting yourself at risk of further illness by adopting this new diet.

Everyone in the real food community has been where you are at now. We have all had lots of questions, had to learn new ways to feed ourselves and been criticized for our choice.

I think we have all felt a bit isolated at times.

- Reaching out to the real food community both online and in person is a great remedy for whatever troubles you during this transition. Unsure of whether your ferment is good? Just need a laugh. You will find that online too!

- **Take One Step at a Time ... It can be very overwhelming to be sick with so many symptoms and diseases and face the amount of information that you need to learn to get healthy.**

Therefore, it is very important that you approach your healing, one step at a time.

Not only is it easier on you, but it also will not overwhelm and confuse your body, causing more healing and detoxifying reactions and symptoms than are necessary.

Your body needs time to adjust to each change, at its own pace and as it sees fit.

Believe in your body's marvellous healing capabilities.

There is no point pushing your body since it will not get you healthy any faster.

- It will still take one month of natural healing for every year you've been unhealthy, and for most people today that is since before they were born, when they acquired such a poor "nutritional status" from their parents.

Module 3



Do Not Push or Overtreat Your Body

While diet has one of the most profound impacts upon our health, there are other important lifestyle factors that equally impact our wellbeing – like adequate sleep, play, connection with others, time spent in the sunshine and outdoors generally, our mental thoughts, our ability to cope with and manage stress, the amount and way we exercise and how and what we breathe.

Pushing your body too hard or overtreating it by doing too many things at one time, interferes with your progress, creating more unnecessary symptoms and reactions:

- Do not change too many things at one time. Instead, make changes gradually so your body has time to adjust itself accordingly.
- Do not take supplements that are not recommended.
- Do not take supplements in lower or higher doses than recommended which can throw off nutrient balances.
- Do not do harsh and unnecessary treatments, such as cleanses and fasting.

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- The body will slow or stop the healing processes if it becomes overwhelmed or confused by treatments, i.e. too many different kinds at one time, treatments continued over long periods of time, too high of an amount, treatments that are too harsh or invasive, etc., even if such treatments are natural herbs, vitamins, minerals, etc.

- Do not over exercise or do treatments that cause you to sweat too much, i.e. sauna, hot baths, steam rooms, etc. since they mobilize toxins and cause more detoxifying symptoms than are necessary.

- Treatments should not interfere with nutrients and the body's natural healing and detoxifying processes, which includes acupuncture or acupressure, chiropractic treatments, baths that are not too hot, reflexology, sun exposure, homeopathy, and the following:

Dry Skin Brushing

Mild Forms of Exercise

Massages

Deep Breathing Exercises

Oil Packs

To do

(A) prioritise at least 8 hours of sleep per night.

(B) walking, gardening, yoga, and meditation practice at an intensity and for lengths of time that suits and how you are feeling

(C) incorporate more play into life

Two Steps Towards Health

- Eliminate damaging foods, sugars and high-carb foods, and toxins.

- Build up your health with real food and probiotic rich food in moderation.

- It is important to make changes slowly. Your body needs time to adjust to each change.

- Trying to change too much at once will only make you sicker, causing more healing and detoxifying symptoms than are necessary which will overwhelm you and your body.

- Most people should be able to get completely well on this program within 2-3 months, but others may have to take a lot longer.

- Some very sick people and older people with debilitating diseases may need to take up to one year to get completely well.

- In the meantime, all the nutrients you are getting are still helping you progress towards health.

- Always start with small doses of fermented foods and beverages. Same with coconut oil, i.e. 1 teaspoon 3 times a day (or less; some people must start with 1/4 teaspoon 3 times a day), and gradually increase it so your healing and detoxifying symptoms are not too severe. Slowly increase it until you can take 5.5 tablespoons a day (split between 3 meals per day).

Sugars and High Carb Foods

- Start eliminating Sugars and High Carb Foods and at the same time start to increase good fats, i.e. butter, coconut oil and extra virgin olive oil, and protein (if your intake was quite low), Do not increase proteins more than you increase good fats try to keep a balance of 20% protein to 60% fat according to calories, until you get your fats up high enough.

- If your protein intake was high you might need to lower, it temporarily until you can increase your fats enough. If you do not consume enough fats in ratio to proteins it will cause constipation.

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- It is more important to get your fat ratios up to the recommended levels than to increase protein too fast or lower your carbs too quickly.
- Maintaining a correct ratio of fats to proteins will become more important as you lower carbs.
- Also start eliminating unnatural vegetable oils and fats (except extra virgin olive oil).
- Continue eliminating Sugars and work on eliminating High carb foods. Since it is more difficult to increase fats than proteins, concentrate on increasing good fats.
- Be careful with commercial oils, nut, and seed butters such as tahini. The oils can become rancid very easily and even if they are cold-pressed, can coat the stomach and intestines thereby hindering the digestion and absorption of nutrients.
- Best to avoid overeating concentrates like nuts, seeds, and dried fruits. Soaking dried fruit and nuts considerably improves the vitality, taste, and digestibility of this otherwise concentrated food.
- In our kitchen we soak and dry all dried fruit to help reduce sugar levels. We submerge organic dried fruit in filtered water or water kefir and leave overnight. It then can also be dried in a dehydrator for 6-12 hours depending on the thickness.

Balance is Key.

The key word in food is "balance" a concept you have heard often enough and do not require me to preach.

Food is life!

To break bread or not...

As with anything, use common sense and make your decision based on personal results, and not what an "expert" tells you to do. First, we have drastically changed the way we grow and prepare our food. In the case of grain, there was a way of treating so it was converted to something our body could use.

In the case of corn, was nixtamalized, in wheat, it went through slow fermentation over several days.

It seems to be the unique property of certain lactic acid bacteria that, given time, they can knock out some otherwise impervious elements that make wheat unpalatable for so many people. Modern processes do not allow this to happen, leaving the allergens in place.

Subtract all the additives that confuse the matter and much less likely the body will treat this as a foreign substance and react to it. However, if you think you react poorly to grains, then try eliminating from your diet and see what happens. If you feel better, then do not eat them.

In our kitchen we are somewhere in the middle. We keep grains to a minimum, and make sure they are organic and well prepared. The main problem with wheat is that we as a culture eat too much of it in general. Is it significant that factory-made bread has extra gluten added, and the western diet today is awash with gluten-containing wheat? And of course, the wheat that is used to make most bread is heavily sprayed with pesticides and by choosing certified organic products you will avoid exposure to GMOs.

In our kitchen our food choices are around balance and choosing the most nutritious choices, but we do love to live a little and break quality bread on occasion!

Try ... Sourdough bread daily, to every second day, to once a week, to fortnightly, to monthly, to once in a blue moon. Try a sprouted bread (yummy for your tummy!)

Gluten-Free + Grain-free + Sugar-free + Everything-free

The stress we can put on oneself under trying to eliminate 100% gluten and grains from the diet would likely more than offset any minor benefit we would get from it.

Intolerance / allergies ...Whether the reason be from weakened systems due to decades of abusive eating habits, or from polluted environments, or just for the fact that variety is the "spice of life", alternative food sources can be explored with some caution.

Avoid the gluten-free aisle. Just like health claims such as "low fat" and "organic", "gluten free" can be used on foods to create what is known in marketing psychology as a "health halo", where health claims on packaging encourage people to perceive a product as being healthier or better than other similar products.

The gluten-free products appeal to consumers who often perceive gluten free as being in the same space as "healthier" foods, and manufacturers are creating products that pander to this perception.

Most contain highly processed grains, with the gluten-free flour containing tapioca, potato, and maize starches, tending to have a higher GI and do not offer any health benefit for healing of gut issues.

Bottom line: If it comes in a box or package, read all the ingredients carefully even if it has "certified organic" stamped all over it.

Aim to avoid refined sugars and flours of all types, not just wheat. It is of little use exchanging one processed flour for another or one sugar for another in excess?

Many people today take in more calories (from all types of food) than people in the recent past, and this excess has not been balanced by an increase in physical activity.

A lot of kiddos today are hyperactive, with blood sugar metabolism has gone half bananas. When they get hyper, mum tries to calm the tantrum by giving treats – sugar. They will still flip out with too much organic dried fruit or coconut sugar-sweetened cacao brownies.

Rather than viewing people who are unable to tolerate certain ingredients as defective, we need to recognize that it is the change in our environment — the increase in processed food consumption — that may have led to our ill health.

The ordinary cane sugar often used in baking, tea and coffee and fermented bevies is made up of half glucose and half fructose.

Glucose is in many foods and is the good sugar that our body requires to make and store energy.

It is the glucose we crave when we need a sugar fix and our bodies recognize it and use up every calorie.

Fructose is the interloper. That is not to say all fructose is bad and if you eat it in the form of a piece of fruit then you will be fine, thanks to the fiber in the fruit, helping your body digest the fructose.

It is when fructose is not in its natural form that you will have a problem. Even if you do a simple thing like blitzing banana to make a smoothie or juicing apples, then we break down the fiber before consuming.

Without its fiber bond, the body cannot recognize the fructose, so it does not provide an insulin response, it moves to the liver unaided to form fatty acids, swimming around the body until they are deposited as body fat.

Because the body has not recognized the fructose you might as well have not eaten it in the first place, the body will still crave the glucose it wanted in the first place and will insist you try and get yourself more. So instead of having just the one glass of apple juice or one chocolate bar, you will crave another then another.

If you stick to just the glucose in the first place you are giving your body what it needs, and you should feel fully satiated.

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So basically fructose, when not found in whole fruit, is not a good thing to be chomping on. Remember that many of the sugars we consider as natural and healthy like honey or maple syrup are also just fructose so has the same effect within the body. This is also not to mention the obvious fake sugars out there like nasty sweeteners and corn syrup, again are just fructose.

They have ridden the coattails of the glycaemic index without revealing the truth about what high levels of fructose does to the liver and body in relation to LDL' contributing to insulin sensitivity.

There is also a rise in dense LDL particles and oxidized LDL (low-density lipoprotein) ...

Think of it like sand in the ocean.... The finer particles (LDL) settle underneath the coarser sand (HDL) above.... The larger particulate is in motion at the top while the finer, forms a sticky muck underneath.... This is how cholesterol essentially works where it forms plaque on our arteries.

In short, fructose impairs glucose-induced hepatic triglyceride synthesis; agave in fact, might be the worst offenders and extremely unhealthy.

You decide but stay far away from agave for your own health.

Maple Sugar or Syrup contains 65% sucrose content.

In the commercial world, sugar is added to low-fat products, fruit flavored yoghurts, cereals, sushi, salad dressings, tomato sauce, baked beans, and many "health" foods.

Replacing one flour or sugar with another

Anytime you eat too much of one specific food, especially if that food is rich in protein, you may increase your risk of eventually becoming intolerant to that food. Think: tahini, almonds, and several other protein-dense foods.

Many people mistakenly think almond flour does not contain anti-nutrients because the skin has been removed. While the almond skin does contain most of the anti-nutrients, blanched almonds still contain anti-nutrients, making it difficult to digest and block mineral absorption. If you try to sprout blanched almonds, they will sprout. The enzyme inhibitors that cause digestive upsets and harm are still present prior to sprouting.

Almonds can become problematic when we eat them in excess or heat them, and both are easily done by consuming almond flour baked goods. Depending on dietary needs, eat a variety of foods and treat baked sweet goodies as gifts, for occasional consumption and not as a daily staple.

Be creative and replace sweet treats with more savory snacks. Keep celebratory foods as an occasional occurrence. Tame your sweet tooth by adding fermentation to daily food.

Replace sugar with natural sweeteners in moderation, such as raw local honey, grade B maple syrup, pure maple sugar, molasses, dehydrated coconut nectar, coconut palm sugar, green powder stevia, rapadura and sucanat.



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Honey can be a healthy sweetener if used appropriately in small quantities, but not just any old honey. Raw unprocessed honey, humankind's oldest sweetener.

Raw organic honey is the closest you will get to eating honey straight from the hive.

Thousands of years before white sugar was even invented, people used honey both for food, and to support a wide range of body functions.

Although honey has many important benefits, it still contains a lot of fructose, so if gut-healing, you need to use it cautiously.

It would be best to aim to limit your use of raw honey to less than one TEASPOON per day.



Replace sugar in celebration treats with ...

* fresh berries (raspberries, blackberries, strawberries, blueberries, cranberries etc.)

*citrus (limes/lemons/lemonade/orange/grapefruit)

*fresh cherries

*banana

*non-sweet 'fruits' like capsicum, tomatoes, cucumbers, okra, avocado

*fresh corn

* beetroot and zucchini (teams well with cacao treats)

*rhubarb

*edible flowers and blossoms (mallow, borage, fuchsia, hibiscus, jasmine and zucchini / pumpkin blossoms)

For better or for worse, our bodies are not designed to eat large amounts of sweet food.

In fact, our hunter gatherer genes are designed to eat about as much sweet foods as we do grains of pepper today- next to nothing!

But sugar is ubiquitous in society today and this mismatch between our genes and our environment is one of the reasons for the unprecedented rise of chronic illness and degenerative diseases.

Constant education, reinforcement and leading by example all play key roles but one does not want to raise physiologically strong but emotionally resentful kids.

So, the way to deal with this issue is to make and offer a steady stream of home-made nutritious sweets, cakes, and desserts (by replacing all the nasty ingredients with nutrient-dense ones).

So gradually over time the focus will become on getting back to the basics and cutting out some of the unnecessary extras.

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When bellies are so full of broth, protein, veggies, fermentation, dairy and eggs there is no room for anything else.

1. focused energy on where it is most beneficial: a solid nutrient dense savoury diet and nailing that first

(B) reserving (home-made) sweets and desserts for occasional consumption and not as a daily staple

(C) being more creative in offering savoury (rather than sweet) snacks like kefir, activated nuts, cheeses, nori sheets, cucumber rounds with kefir cream cheese or filled with sauerkraut, hard boiled eggs with homemade mayo or paprika, tzatziki dip, guacamole etc

At least once a week the fragrance of bread baking filled grandmas' home, farm animals could roam and develop without man's interference. Sacks and barrels at the general store were filled with unrefined and unprocessed ingredients that had short shelf-life, no labels and lots of flavor.

Food prepared, a few hours per week would be set aside to plan for the week ahead.

Soaking, sprouting, and fermenting, for the first time, may seem intimidating and time consuming. But after a couple of times, you develop your own rhythm for the process.

It is easy to soak, before you go to bed or before you go to work.

If you enjoy bread, sage advice from grandma; is to eat the best varieties available to you in moderation, and to be filled with peace and compassion as you eat it.

Grandma's day may be gone for - ever, however, it is easy to recapture the goodness and real flavour of the old-time style of eating.

Gut-loving fermentation call for basic, fresh, unrefined and "non-highly-processed" ingredients. Go out of your way to get the best quality food you can. You deserve it!

Eat foods you grow yourself – whether this is 80 per cent of your total diet or five per cent.



If we grow our own food, as free of toxic pollutants as possible, we know quality, because we play a crucial role in determining it.

Growing our own food allows us to develop a more intimate relationship with food, experiencing the life process from beginning to end.

Starting and maintaining your own garden is very easy. Growing and making our own food is very enjoyable and becomes quite addictive. You always want to grow better and healthier food each season, always something to learn from and share with others. There are also thousands of different edible plants and trees you can try growing and fermenting, as well as chickens, bees and foraging to consider. For most of human history, the sharing of food was a significant social act, cementing ties between friends and kin, showing welcome to strangers. Today it has become an anonymous act of commerce.

People in past times would no doubt have thought it exceedingly strange, if not downright obscene, for total strangers to grow, process, and even cook nearly all one's food.

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Seasonal food harvested from nature has no pretence. The mindset of the preparer is the most important. There is a Korean saying, "Everything depends on mind."

In other words, if food is prepared with an evil heart, even a great feast turns into poison, but if gratitude is offered to the food with a joyful and happy heart, the food becomes a blessing.

So, you have made it! Congratulations! Keep up the good work!

INVITATION

FOUNDING MEMBERSHIP – THE GUT ACADEMY TRIBE

You asked? It got me thinking. How to keep us together, all year long, not just for the duration of the online course.

We can plant Grandma Matilda Augusta Stein's seed & it will grow & you will share it with others!

Let us learn together!

Join me in my virtual fermenting classroom!

Each month we will get together for a laid back, but educational and fun, live, hands on group session.

Q & A Time

Retreats, Planning + Play Days

All sessions will be recorded for those who cannot make it live.

A private, members-only group will serve as our bulletin board for upcoming events and topic discussions. Your input is welcome!

The 7 module, Create Awesome Fermented Food Online Course is included with lifetime access + bonus over 30 fermenting e-books + 3 powerful Gut Check Planners

Are you looking for ...?

A healthy, fun, family hobby? ✓

A cottage-industry business? ✓

A safe and health promoting way to store your garden harvest? ✓

A simple process to improve your gut health. ... for the best gut-feeling - to be well again! ✓

How to transform, simple organic food to sensational food? ...dancing on your tongue and plate! ✓

Save money? By making your own kombucha, sauerkraut, kimchi, etc. And the knowledge that you are making it the right way! ✓

Recipes & ideas on how to mix the fresh and the fermented. ✓

\$27 / month as a founding member

\$97 once only joining fee (including lifetime access to course & download e-books and planners and how to guides and recipes with each module) Contact me if you have already purchased the online course to receive a voucher to deduct the \$97.

Get an entire year + 7 module course for only \$297.

Gut Check Bootcamp

Founding Members price locked in for as long as you remain a member.

+ a chance to win fermenting package.

Monthly Founding member price available through February 28th, 2021

Note: The Founding Member price is already steeply discounted, along with paying annually.

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