

**Way of Life Health Lectures Presents Willa Keizer, CCH
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Start Culturing!!! A few basic recipes and resources...

Kombucha

6 teabags (black, green, white, or oolong tea)

1 cup sugar

3-4 quarts water

Add one quart of boiling water to teabags and steep according to type of tea. Add sugar and 2-3 quarts of cold water. Remove teabags before adding scoby.

Water kefir

1 cup sugar dissolved in 2 quarts water, or just coconut water

Beet kvass

Chop up 3 -4 beets, put into a 2 quart mason jar with 1 Tbsp. salt and ¼ cup whey or ¼ tsp. k.c. starter

Sauerkraut

One head cabbage

1 tbsp. Real Salt, Himalayan salt, or Celtic sea salt

Garlic, ginger, caraway seeds, juniper berries, chili flakes?

4 tbsp whey or ¼ tsp. kinetic culture starter

Shred cabbage, add salt, pound to release juices, add starter or whey, put in quart mason jar.

Resources

<http://products.mercola.com/kinetic-culture/> - for high levels of vitamin K

<https://groups.freecycle.org/group/SantaCruzCountyFreecycle/description> - free scobys

<https://groups.yahoo.com/neo/groups/WAPFSantaCruz/info> -free scobys and advice

Seven Bridges Cooperative 325A River Street Santa Cruz, CA 95060 - airlocks and bottles

<http://users.sa.chariot.net.au/~dna/kefirpage.html> - amazing web site on kefir everything!!

<http://www.kombuchakamp.com/> - great ebook