

Traditional Food Classes

Starting February 5, 2008

Progressive Medical Center will be offering a series of classes to help its patients learn:

“The Benefits of Traditional Foods and their Preparation”.

Lupa Irie, Life-style consultant with Progressive Medical Center will be conducting classes. Lupa is in her final stage of completing her master's degree as a Traditional Naturopath.

The classes that will be offered are:

1. Therapeutic Bone Broths
2. Lacto-fermented Foods , such as Kefir, Yogurt, Coconut kefir, and natural whey
3. Lacto-fermented drinks, such as as Kombucha, Beet kvass, and lacto-fermented natural sodas
4. Cultured Vegetables and Sauerkraut
5. Proper preparation of Grains, Nuts, and Seeds for better digestion.
6. Preparation of Gluten-free foods and desserts.
7. Healthy Living and the value of detoxification, with Dr, Darren Fink. Also, included the therapeutic benefits and preparation of natural of Aloe Vera drink.
8. Two Natural Foods shopping tours to local markets.

Classes will be held on :

Tuesday and Thursday from 11am -1pm

Cost of classes will be \$200 for our patients or \$30 per class.

Non-patients cost will be \$250 or \$35 per class.

Classes will be held at PMC at 4646 N. Shallowford Rd. Atlanta, 30360
Classes will be limited to no more than 10, so be sure to sign up early to get the day and time you want. For information ,

please call Lupa at PMC at 770-676-6000