

**THE FUN AND JOY
OF BEING A
FERMENTOLOGIST**

A journey of self-discovery

Tim McNeilly

Cars, Trophies, Beer (and more beer....)



”It doesn’t matter what
you eat – you’re going to
die of something”

What I used to drink:

2-3 litres coke per day

2-3 slabs of beer per week

hardly any water

almost no fruit or vegies

What I used to eat:

McDonalds/Hungry Jacks/KFC/Pizza at least daily.

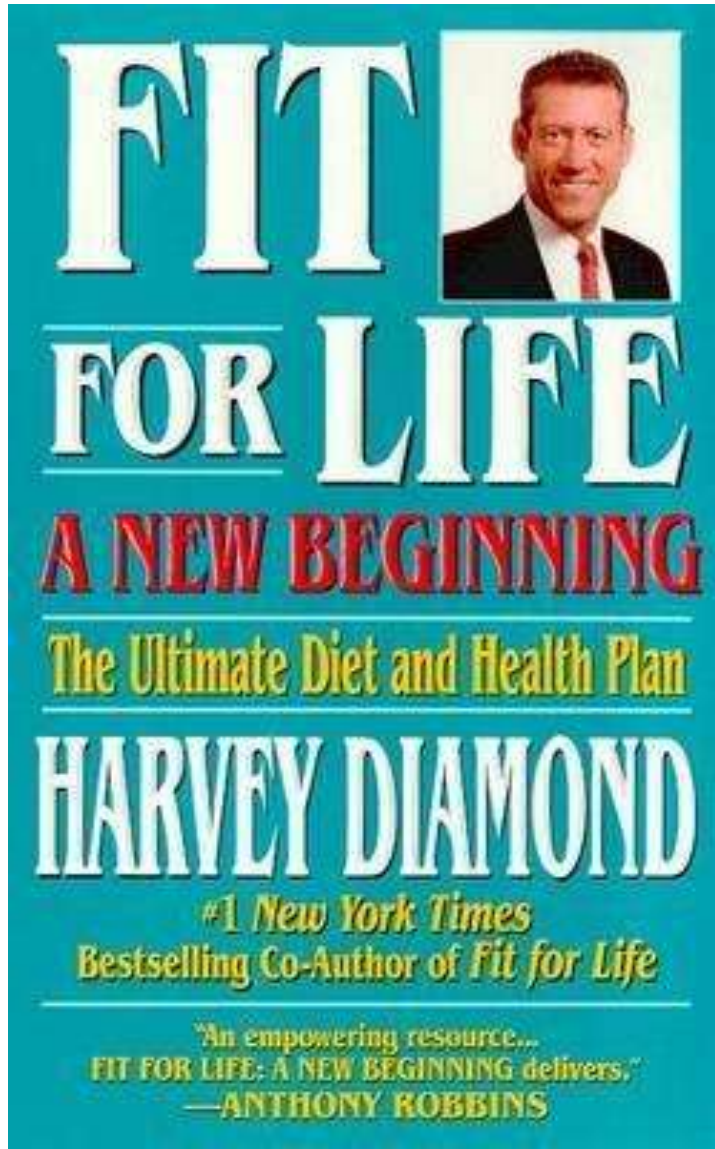
90% of my diet was processed crap

- Addicted to food
- Constant cravings (mainly for sugar and refined carbs)
- Over-ate
- Lacked energy and vitality, had constant brain-fog

So....

What happened to change the
direction I was heading in?

My Introduction to Health & Nutrition



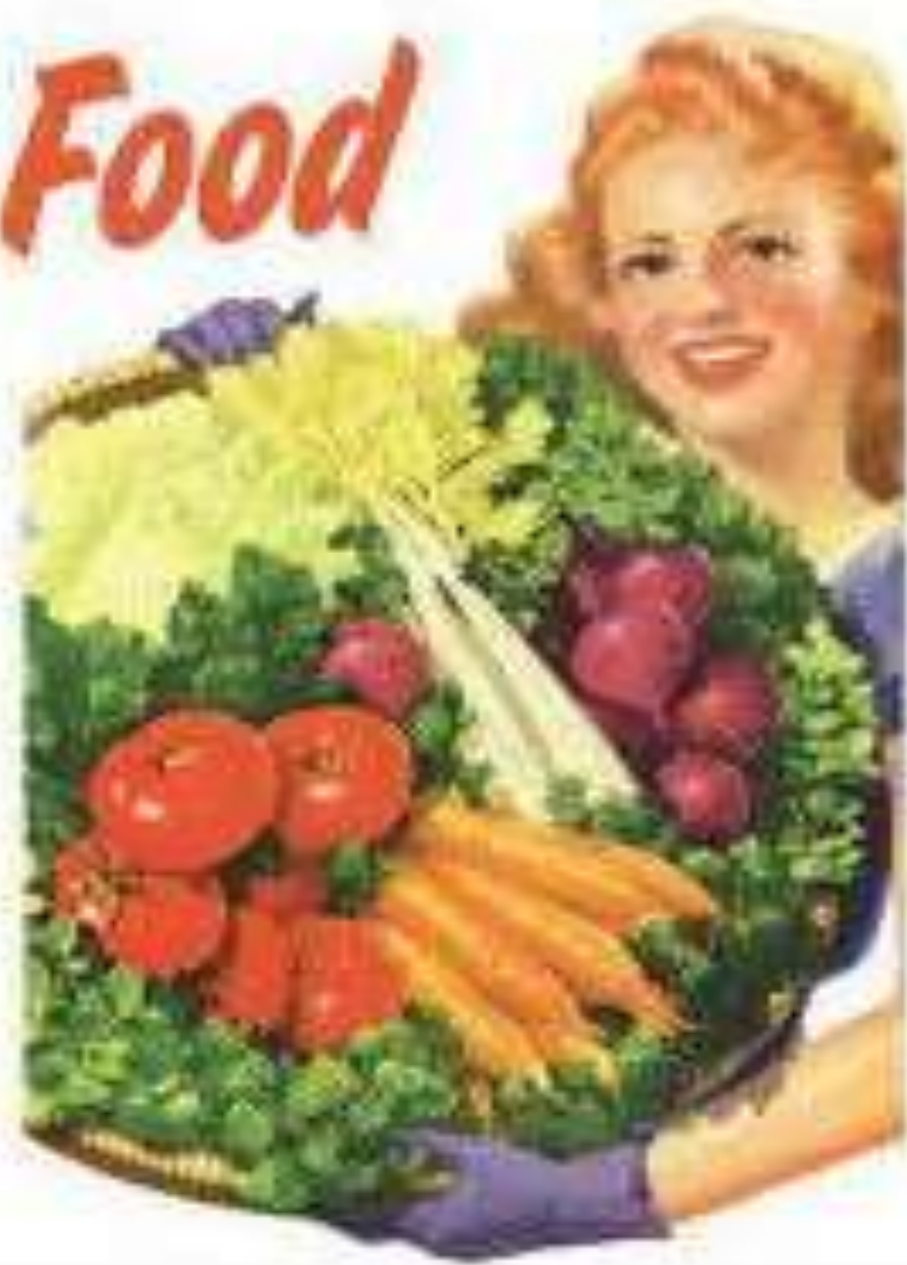
After reading this book, I ...

- Realised I was responsible for my own health
- Started work part-time in an organic shop and started eating nutrient-dense foods
- Learned about nutrition, diet and food combining

This began my healing journey and changed my life, which got me into FERMENTING!!!!!!

Try Organic Food

*...or as your
grandparents
called it,
"Food"*



Pro-Biotic = For Life

Anti-Biotic = Against Life

Hippocrates - The Father of Modern Medicine

‘Let Food Be Thy Medicine and Medicine Be Thy Food’

‘All Disease Begins In The Gut’

‘Natural Forces Within Us are the True Healers of Disease’

The Hippocratic Oath (Hypocritic Oath)

‘FIRST, DO NO HARM’

A collection of wooden bowls filled with various dried herbs and spices, with a mortar and pestle in the background. The text is overlaid on the image in a white, serif font.

“If you are not
your own doctor,
you are a fool.”

— Hippocrates

4000 Years of Medicine....

2000 BC: Here, Eat this Root

1000 AD: That Root is Heathen! Here, Say this Prayer

1865 AD: That Prayer is Superstition! Here, Drink this Potion

1935 AD: That Potion is Snake-Oil! Here, Swallow this Pill

1975 AD: That Pill is Ineffective! Here, Take this Antibiotic

2000 AD: That Antibiotic is Poison! Here, and Eat this Root

GERM THEORY

Louis Pasteur

Medical Pharmaceutical model



TERRAIN THEORY

Antoine Béchamp

Mother natures model

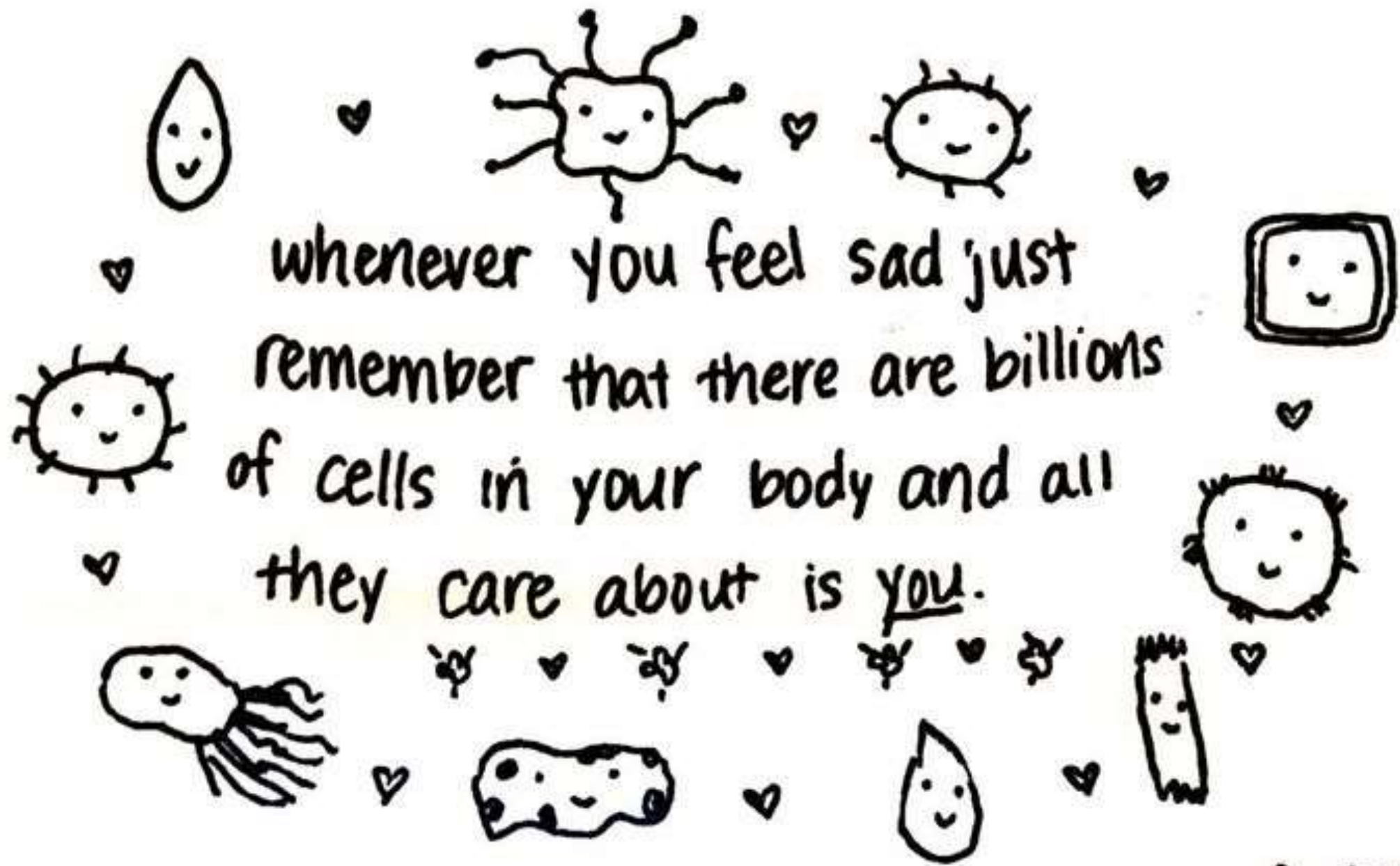


**Germs do not create disease no more than mosquitos create the swamp.
We can heal with herbs and fruits..living foods**

Who are YOU really???

There are 80-100 trillion cells in your body – about 60% of which are bacteria, and 90% of the DNA in your body is bacterial....

They are here to HELP you, but you need to HELP them too



whenever you feel sad just
remember that there are billions
of cells in your body and all
they care about is you.

jezie-of-stars

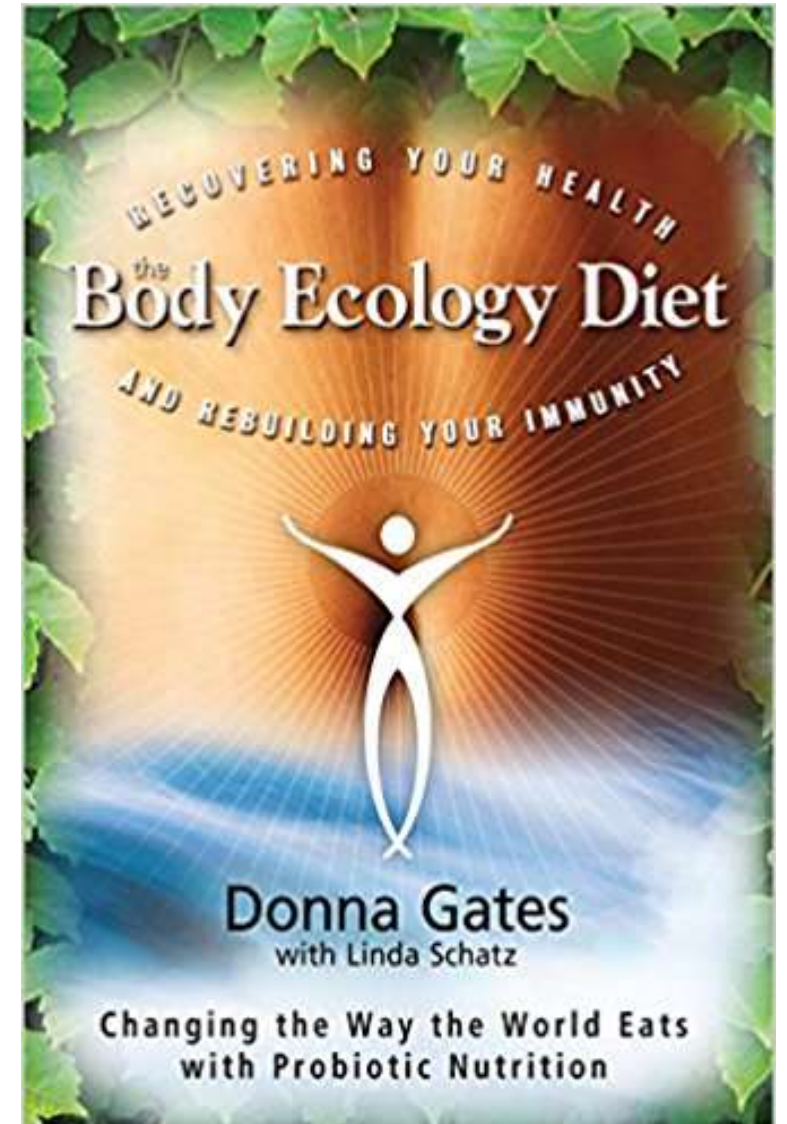
**70-80% of your
immune system is
based in your gut**

Probiotics in different ferments

- Over 5000 different strains of microbes can inhabit and reproduce in the gut. Some of them are transient, and therefore need to be consumed regularly
- According to Dr Joseph Mercola, 1 TBS of Fermented Vegetables can contain over a TRILLION beneficial micro-organisms.

Donna Gates – SIBO

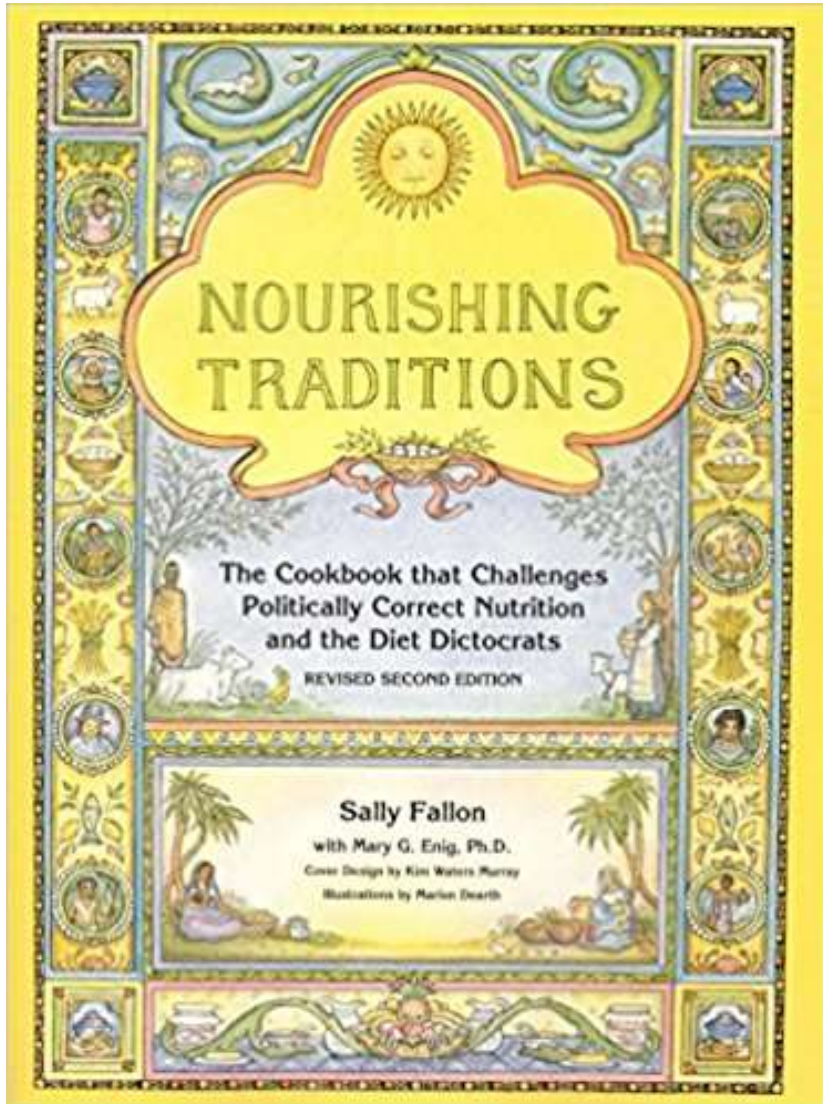
Your gut bacteria
(and what you eat)
determines what
you crave



The food we eat dictates what kind of inner garden we are growing in our guts. This garden is filled with bugs that determine more about your health and your emotional and mental wellbeing than you ever imagined.

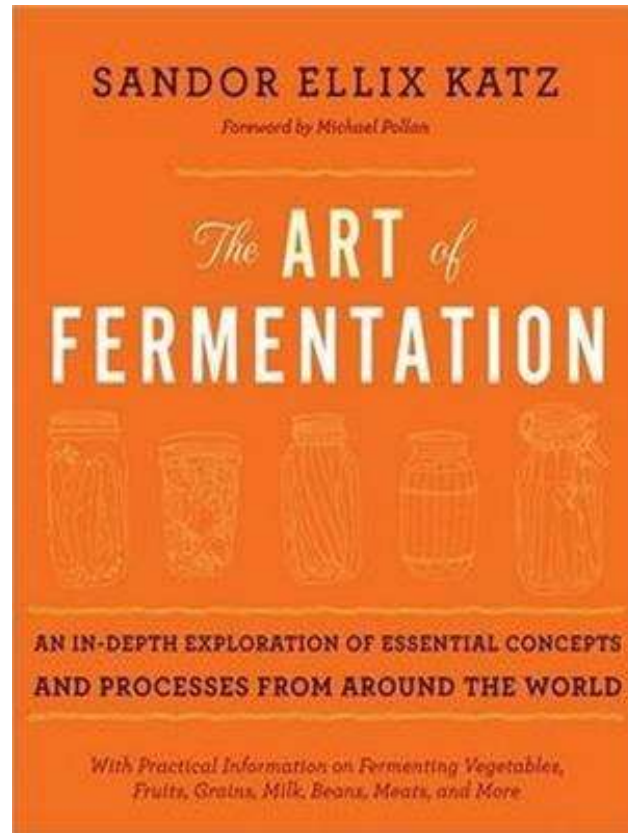
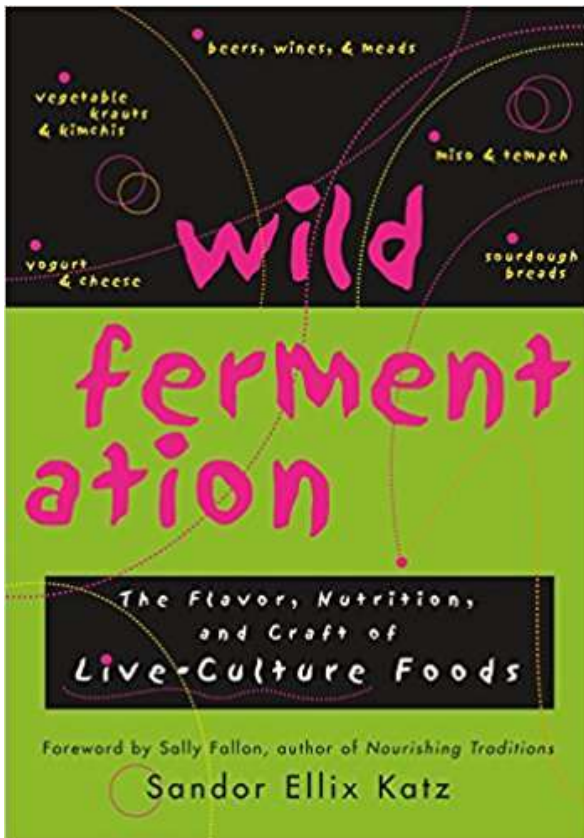
@DRMARKHYMAN

Nourishing Traditions – Sally Fallon



This is my most-referenced fermenting book, with 100's of traditional recipes from Cultures located all around the world.

Sandor Katz – Fermenting ‘GURU’



Cultured vegetables are teeming with essential enzymes and good bacteria needed for optimal digestion and they are easier to digest than raw or cooked vegetables. When you eat raw cultured vegetables loaded with enzymes, you give your body an opportunity to make enzymes to rejuvenate itself instead of wasting a large portion of your enzymes digesting food.

Fermented Vegetables

- > Cabbages are naturally high in Vitamin C, but we can't absorb much of it as it remains trapped in the fibre, and by cooking it, most of the vitamins are destroyed
- > When you ferment cabbages (or any other vegetable), the Lactic-Acid Bacteria present on the leaves and roots, makes the nutrients more bio-available
- > By fermenting cabbages, the amount of vitamin C you can absorb increases around 10-fold

Kimchi, Kimchi... Where For Art Thou???



Probiotics in Different Ferments

Homemade yogurt (fermented for 24 hours), has an average concentration of 3 billion cfu/mL. If you were to eat 500 ml of this, you would receive 1.5 trillion beneficial bacteria - 100 times more bacteria than a 15 billion capsule.

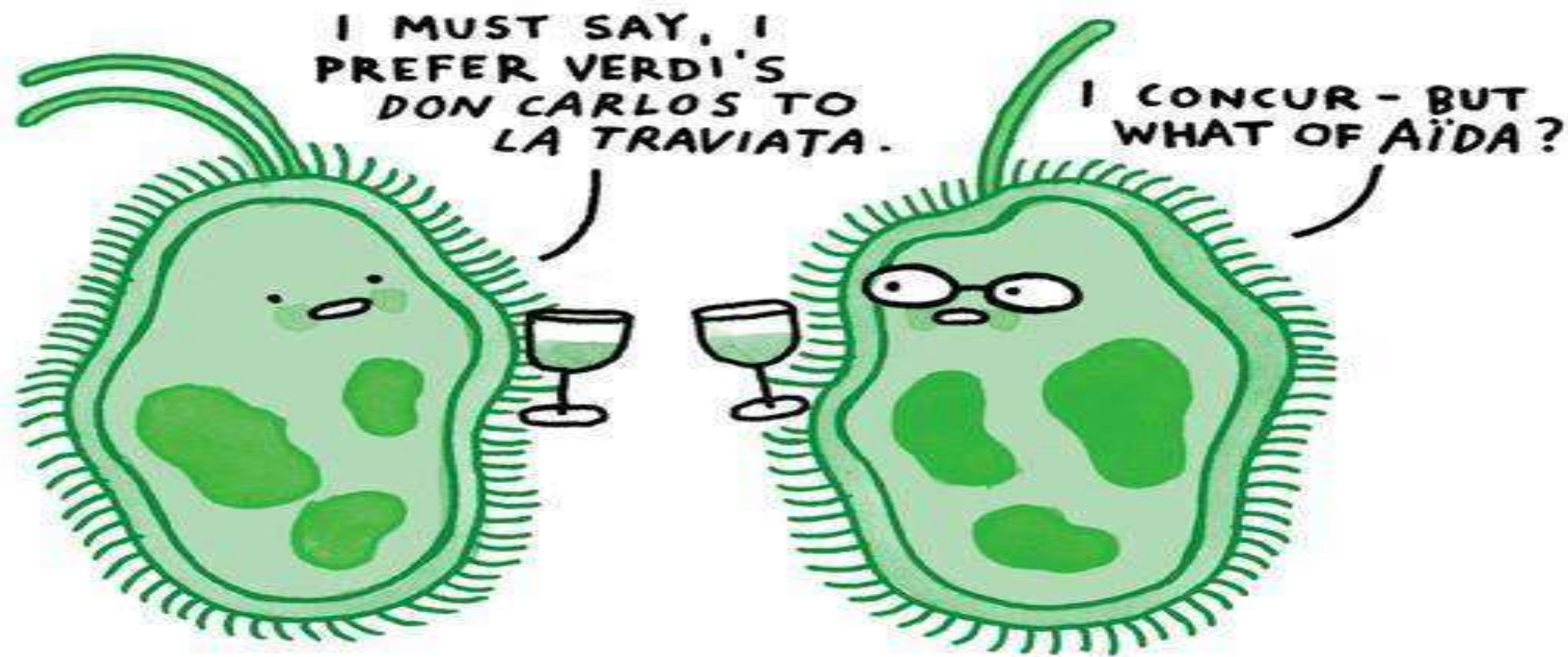
Most commercial yogurts have 5-7 beneficial microbial strains, and only 3 or 4 of those can make it through the acidic environment of the stomach. One reason it's important to eat Lactic-Acid Ferments, is because they are produced in an acidic environment, and can handle stomach acid a lot better.

Homemade Milk Kefir has 56+ strains of beneficial microbes. Water Kefir has 30+



Advice from a Pickle

- Life can be hard sometimes. Dill with it.
 - Relish every moment you share with those you love.
 - The door to happiness is always ajar.
- If you want life to be sweet, you have to know what sour tastes like, too.
- Remember, life is never a dill moment.
 - Don't worry—
in the end, everything will be just brine.



CULTURED BACTERIA

Come and taste some fermented goodies

- Supertonic
- Carrot/Ginger
- Kimchi
- Elderberry Syrup
- Mead

Fermenting & Your Health Workshops

- Sauerkraut
- Kimchi
- Carrot/Ginger
- Pineapple Tepache
- Viili (Caspian Sea Yoghurt)
- Beetroot Kvass
- Green Smoothies
- Kombucha
- Turmeric & Honey Ferment
- Flaxseed Crackers
- Chia Pudding
- Kale Chips
- Honey Mead
- Cacao Smoothie
- Sprouts

LUNCH is INCLUDED

Organic, home-grown and local produce – miso soup, gourmet sprout salad, ferments, hommus, kale chips, spicy sprouted lentil crackers, flax crackers

Come along and join in....

- Learn from my 25+ years of fermenting (tips, techniques & troubleshooting)
- Take home all the cultures (kombucha, viili yoghurt)
- 30+ tastings
- Comprehensive recipes & notes
- On-going support and encouragement
- Small groups (up to 12 people) - creating a fun, relaxed environment....









UPCOMING WORKSHOPS

- Sat 7th October – Gympie (SOLD-OUT)
- Sat 21st October – Hervey Bay
- Sun 22nd October – Hervey Bay (5 seats left)
- Sun 29th October – Woombye (5 seats left)
- Sat 4th November – Tinbeerwah (2 seats left)
- Sat 11th November – Gold Coast
- Sun 12th November – Gold Coast
- Sat 18th November – Samford Valley
- Sun 19th November – Gympie

Normal PRICE – \$180
Permaculture Noosa SPECIAL PRICE \$150

- “Please keep doing everything you are doing – 1000 Gold Stars”
- *“Fantastic!!! Super-easy to understand. Thank-you so much”*
- *“An experience of generosity and heart-felt compassion”*
- *“One the best workshop I’ve ever been to. Tim’s knowledge & enthusiasm is contagious”*
- “I’m extremely grateful for your time & knowledge”
- “Great info - I will use it to make changes to my dietary habits”
- “Engaging, tasty & informative”
- “Excellent day – great & informative workshop”
- “Thank-you so much for sharing your knowledge with us. Absolutely amazing workshop”
- “It was very inspiring, informative & fun – Thank-you Tim”
- “Brilliant info and interactive format”
- “A big thank-you with so much gratitude & appreciation”
- “Thanks for an amazing day – loved the relaxed vibe and all the knowledge you shared”

THANK-YOU...

For more information about upcoming Workshops

Contact Tim:

email - tim@creativecultures.com.au

call – **0424 978 390**