



AUGUST 29th - 4pm to 8:30pm

**BASIC
PRINCIPLES OF
FERMENTATION
AND
MICROBIOME
FOR
SUSTAINABLE
HEALTH**



Our inner cosmos is mainly a bacterial cosmos. So, we need to re learn how to work sinergically with them. Fermentation is a practical, fun and efficient way to discover our microcosmos

We will talk about

What is the microbiome and why is it so important?

Prebiotics and probiotics

Understanding bacterial resistance

Interaction between microbiome and alimentation

Entering the fermentation environment -

From ceramic to fridge

Wild fermentation and Culture fermentation

Fermentation in our health

We will learn principles and techniques to

ferment

Chucrut

Kimchi

Kefirkraut

Whole vegetables



Matias will explain, from a functional medicine perspective, why fermentation is so important in our health. He will teach fermentation principles and techniques to apply in our daily lives.

Everything with a permacultural way of thinking.

This is a co-learning workshop, because we believe everyone has knowledge to share. So bring a lot of good energy, will to learn and to meet our bacterial friends!

registration: <http://www.lapai.org.ar/clases-y-seminarios>
<https://himmelbeet.de>

Matias Iwanow is a doctor, permaculturist, chef and founder of LA'PAI Permacultura, Naturopatía & Alimentación, a non profit organization from Argentina.



Early bird registration until 1st July and students: 40€
Normal fee: 50€