

Make Your Own Fruity Enzymes Drinks & Herbal Tonic

Workshop Details

Fee: S\$58/pax

Date: 7/9/2019 (Tues)

Time: 1pm-3.30pm or
7.30pm – 10pm

Venue:
Clare's Enrichment Corner
731 Yishun St. 72, #01-31,
Singapore 760731



Hands-On

Practical Fermentation
Steps

Project 1 : Fruity
Enzyme Tonics

Project 2 : Veggie
Wash

Bonus Project :
Anti-Aging Clove Spray

Enzymes and Probiotics are protein molecules which are the life force of all biological activities in human cells. The body's ability to digest, absorb and utilize nutrients depends on the presence of enzymes.

During the fermentation process, live bacteria will "pre-digest" the nutrients, and elevate the enzyme levels. These "elevated enzymes" will be more useful for the body cells.

The end-result of this process of fermentation of the fruits is called "fruit enzyme".

Drinking fruit enzyme will boost the body immune system, promote healthy digestion, detoxify and revitalize the body cells.

Workshop Topics

Why we used to eat
Fermented Foods
Make your Own Probiotics
Enzymes & Good Bacteria

Benefits of Food Fermentations :

Digestive System & Nourishment
Detox & Self-Renewal
Improve Complexion
Improve Immune System

Home-Made Fruity Enzyme
Making Herbal Tonic with
Fruity Enzymes

Safety : Do's & Don'ts
How to Use Enzymes Correctly

