

# Make Your Own Fruity Enzymes Drinks & Herbal Tonic

## Workshop Details

Fee: S\$58/pax

Date: 15/10/2019 (Tues)

Time: 7.30pm – 10pm

Venue:

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

## 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

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.



## Hands-On

Practical Fermentation  
Steps

**Project 1 :** Fruity  
Enzyme Tonics

**Project 2 :** Veggie  
Wash

**Bonus Project :**  
Anti-Aging Clove Spray