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HEALTH & WELLNESS



Autism One: A Conversation of Hope Archives Available

July 26th 2011: Get FERMENTED with Betsy and Teri!

You saw them at the conference and wondered -- how do Betsy and Teri do it? They're FERMENTED! Fermented foods help people stay healthy. Many human cultures throughout time and scientific studies know this. But what do you need to know? Did you know that restoring proper gut flora in ASD kids can be helped by introducing the microorganisms of good bacteria in fermented foods? So put down that triple-decker burger, grab some culture, and get fermented with Betsy and Teri!



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