

# The Only Way to Save Money on Probiotics *Without Compromising Quality*

Start a Home-Grown Probiotic Culture and Make Gut Health *Easy* and *Affordable*  
in 5 Beginner-Friendly Modules

It's difficult to avoid the topic of gut health these days... terms like "IBS" and "leaky gut" are becoming mainstream, and products line the shelves boasting of their probiotic properties.

If you're one of the 61% of Americans that experienced some type of digestive symptoms in the last week, *you may be looking for a solution.*

## **BUT...**

- You don't want to rely on medications to mask your gut symptoms
- You want to get healthy naturally
- You know the importance of gut health for the entire family
- **You know there's a difference between the cheap probiotic bottles and the really effective ones**

The problem is, *the really good products are **expensive!***



Don't worry... *I'm here to help.*

I'm going to teach you how to make your own probiotic culture, turn it into delicious foods the whole family will love, and **make just a few probiotic pills last for years.**

**Get a Healthy Gut for Less**

Click this button and get started in minutes.  
After entering your email and payment information,  
the **5-module video course and ebook** will be delivered to your inbox.

A few years after my daughter was born, *life was stressful*.

Digestive symptoms slowly crept into my life...

- I developed allergies to some of my favorite foods.
- I was bloated after nearly every meal.
- My right shin was suddenly an angry, red patch of eczema that itched all day and night.

My Google searches led me down hours upon hours of rabbit holes about gut health. Part of my healing journey was inevitable: incorporating *probiotics*. Not just fermented foods, though...

**I needed more probiotic strains if I was serious about fully healing my gut.**

*But they were out of my budget!*

We either needed to cancel our annual beach trip, or I had to find another way.

Luckily, there is. **I started creating my own probiotic cultures** to make foods that promote gut health for my entire family... **and started with just a handful of pills.**

And we're not just eating sauerkraut at every meal (though I do *love* sauerkraut). We have a constant supply of *yogurts, fermented veggies, drinks like water kefir, and plant-based cheeses* that keep our guts happy and healthy.

*I can eat my favorite foods again, my eczema is healing, and I've been relieved of my extreme post-meal bloat. **We are healthier and happier than ever... and we already have our beach trip booked for this year.***

**For the cost of your average probiotic bottle**, I'm going to teach you how to make that bottle last for YEARS and how to ensure your entire family has good gut health with just a few simple recipes.

For **\$24.99**, you'll receive a 5 module course and a corresponding e-book delivered to your inbox within minutes.

**Get My Course Now**

# What's Included?

## Module 1

### INTRODUCTION

90 Minutes

- An interview with gut expert Dr. Will Bulsiewicz on the science behind why it works
- What you need to get started (*you probably already have it all*)
- How to find a trustworthy probiotic brand
- How to know what probiotic strains are best for you and your health goals

## Module 2

### STARTING YOUR CULTURE

60 Minutes

- Learn the 3-step process for getting your culture started
- I walk you through the straightforward process and show you exactly how I do it from the comfort of my kitchen
- All the information you need to ensure success
- *Includes a printable cheatsheet*

## Module 3

### YOUR FIRST RECIPE

60 Minutes

- Step by step guidance to make your first recipe!
- Together, we will make your first probiotic culture recipe:  
*Coconut Yogurt!*
- Learn and apply the *basic fermenting principles* and guidelines that will be applied to every recipe you make

## Module 4

### 3 ADDITIONAL RECIPE TYPES

60 Minutes

- I walk you through 3 more recipes:
  - *Sauerkraut*
  - *Water Kefir*
  - *Plant-Based Cheese*
- With these three recipes mastered, you should be set up for success with any of the recipes in my ebook

## Module 5

### PROBLEM SOLVING & ADDITIONAL TIPS

60 Minutes

- If something DOES go wrong, *what happened?*  
*And... what should you do?*
- I answer additional questions, like:
  - What if I need to go out of town?
  - How long does the food last?
  - Can I freeze my sauerkraut?

## Complementary E-book

### RECIPES AND CHEATSHEETS

100 Pages

- More than 30 recipes of my family's favorite fermented foods
- A list of trustworthy probiotic brands with proven quality
- *Cheatsheet:* What to look for in probiotic brands
- *Cheatsheet:* What probiotic strains are right for your health goals

Ready to get started? Click the button below and let us know where to send your course for just \$24.99

**Get Started Learning**

# FAQs:

## ***Can't I just make regular sauerkraut?***

You *can*... but adding a specific probiotic culture adds to the diversity of the strains in your final delicious product. Also, the strains you choose can be tailored to your specific health goals.

## ***I've never fermented anything before. How difficult is it really?***

Trust me, you can do this! I'll walk you step by step through everything you need to know to be successful. If you have issues, we even have a Facebook group where members help each other out and share new recipes.

## ***How much time will this take every week?***

It depends on how many recipes you choose to make, and which ones you're making! I typically make 3 recipes per week. I make them all at once and spend no more than an hour a week total. To me, that hour is well worth the investment in my health.

## ***Will I need a lot of equipment? How much will that cost?***

No! You most likely already have all the equipment and ingredients to get started in your home. It's basic kitchen equipment. The only thing you'll need to buy is one bottle of a probiotic supplement if you don't already have one.

## ***What probiotic supplement should I buy to start the process?***

In the first module of the course, I walk you through what to look for in a probiotic supplement. You'll be able to easily spot a quality product that is tailored to your health goals. I also supply a list of my favorite brands in the ebook and where you might find them.

## ***Isn't there a YouTube video I can just watch instead?***

Yes. There are a lot of them. That's the problem. Trust me when I say I've watched nearly all of them, and some of them just don't work. And the rest are anything but comprehensive. You'll have to go searching to get all the information about starting cultures, different recipes, problem-solving, and what brands are best to buy.

## What Others Are Saying



*"It worked! I'm a disaster in the kitchen, but the directions were so easy to follow, she makes it foolproof. I've even ventured into making additional recipes from the e-book and they are fantastic!"*

*- Katie, 28, Denver, CO*



*"A patient of mine was struggling with gut health. She informed me that she was having good results without taking a single probiotic pill... I decided to check it out for myself. Ever since, I've been recommending the course to any patient that has concerns with the cost of probiotics."*

*- Dr. Michelle Brown, MD  
Functional Medicine Doctor*



*"My family LOVES these recipes! My husband's favorite is the spicy sauerkraut, and my kids are putting the cashew cheese on anything they can think of! I can breathe easy knowing I'm feeding them healthy foods that are supporting their gut health."*

*- Molly, 42, Sydney, Australia*

Click the button below to start improving your gut health affordably and deliciously

**Affordable Gut Health Starts Here**