



# Fermented Foods 101



The Centre for  
Epigenetic Expression

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# Acknowledgements

Thank you for diving head first into what I consider a huge step in dramatically increasing your health and wellness and at the same time preserving a piece of your culture. A special acknowledgement has to go out to my wife for putting up with various fermentation experiments, bubbling mason jars, exploding flip-top bottles, using valuable space in our house, and dealing with various trips to random farms to pick up “stuff.” A special thank you goes out to my regular partners in crime my father and brother whom I have been making beer, wine, cheese, cured meats, and traditional foods for over 12 years. Lastly, I'd like to thank my two children for being daring regular taste testers and my friend Vito for being my regular source of raw milk, kefir, grass-fed yogurt and spare flip-top bottles.

Yours in Fervent Fermentation,

Dr. Noah DeKoyer

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# Commentary on Cultured and Fermented Foods

Fermenting foods has been around for thousands of years. It served and still serves two primary purposes:

1. To help preserve foods and
2. To make foods more nutritious and digestible.

Societies and cultures throughout history have used these practices. Without fermentation we would be without wine, beer, cheese, and bread to name a few staples in our world today. With the advent of packaging, refrigerators, irradiation, and other food distorting techniques this art has nearly become lost. Over the last 20 years we have seen a huge introduction of yogurt and yogurt products in the supermarkets but these products are suboptimal at best. They are filled with sugars, artificial sweeteners, and other additives that all but negate any positive benefits. It's time to make your own! This is a very basic eBook and introduction. Our hope is to ignite a spark inside you to investigate this ancient practice a little more. In the process you will be preserving a part of your culture, other cultures and at the same time you will be increasing the level of your health and well-being.

A few benefits of fermented foods:

1. There are more microbes in our gut than cells in our body. Eating fermented foods help to restore your digestive tract with the proper microflora. This improves the function of your immune system, digestion, and your brain.
2. Fermented foods are easily digested and rich in enzymes. Vitamins and antioxidants are actually created and increased during this process. For example; Vitamin K2 a potent cancer fighter and bone builder is increased when making kefir or fermented soy products such as natto. Another example is Vitamin C which is increased when cabbage is fermented to make sauerkraut or kimchi.



3. Cancer causing compounds like acrylamide and nutrient depleting compounds like phytates are reduced through the process of culturing foods. This in turn as stated before makes foods more nutritious and more digestible.
4. Fermentation increases the lifespan of foods allowing you to enjoy local and raw foods throughout the winter.
5. Studies have shown that fermented foods can reduce the risk of cancer, obesity, and metabolic syndrome.
6. As you restore the integrity of your digestive system you in turn will increase the function of your central nervous system primarily your BRAIN!

A note of caution that we have taken directly from the [Learn How to Ferment Anything Class](http://nourishedkitchen.com/lp/get-cultured-pp/) (<http://nourishedkitchen.com/lp/get-cultured-pp/>)

“The USDA recommends that all naturally fermented foods be pasteurized or canned prior to consumption to prevent sickness caused by potential pathogens. This act, understandably, results in the loss of nutrients, food enzymes, vitamins and beneficial bacteria too. In my kitchen, I neither pasteurize nor can my home fermented foods, preferring to keep them fresh live and whole. If you are like me and do not intend to can, pasteurize or cook these foods make sure to use your best judgment before eating or serving them. If it looks bad, tastes bad, or smells bad it probably is bad.”

We have been fermenting, culturing, curing, and canning foods for over 10 years and never had any significant problems and *never* gotten sick. Fred Breidt a microbiologist from the USDA states, “There has never been a documented case of food borne illness from fermented vegetables.” We are cautious, careful, and use only the best of ingredients. We make mistakes and frequently have to throw out a bad brew or two. While it may be OK to scrape the mold off the top of a fermentation experiment and eat what is below we rarely if ever do this. And if the mold is colored the batch immediately gets thrown



away. Experimentation is how we learned and this is how you will learn. It is fun, adventurous, and rewarding. Nothing has taught us more about food and different cultures. It should be taken serious and the proper sanitary measures followed at all time.

\*One final note of caution, get into the habit of slowly and slightly opening jars of your ferments to release the buildup of CO<sub>2</sub>. This is particularly important when making Kombucha, Water Kefir, and Healthy Sodas but is a general rule in the Fermentation Kitchen. Jars have been known to explode. Have fun but take it seriously.



# Equipment





## Equipment and Staples to have in the House to Ferment a Variety of Foods.

Sharp Knife

Mixing Bowl – ceramic, glass, and/or stainless steel

Mason jars and lids - a variety of sizes helps (pint, quart, half gallon)

Celtic Sea Salt or Himalayan Salt

Filtered Water (Important)

Starter Culture from Body Ecology – Kefir Starter or Vegetable Starter

Veggie Culture Starter from Cultures for Health

Strainer

Wooden or stainless steel spoons

Glass weights or extra shot glasses

Left over brine from previous culturing adventures

Cheese cloth

Masking tape

Sharpie





## Beet Kvass

This fermented drink packs a ton of nutrition because of the beets itself. Beets have been traditionally used as a blood tonic, aid in liver function, very alkaline, and help digestion and regularity. Beet kvass is slightly salty, slightly sour, and certainly tastes like beets. This is great to have first thing in the morning mixed half and half with water.

### Equipment:

1 quart mason jar with lid or any old jar with a lid.

### Ingredients:

2 organic medium sized beets any variety

1tsp Celtic sea salt or Himalayan salt (can increase or decrease according to preference)

Filtered water

¼ cup whey or ¼ cup previous batch or ½ package or veggie starter culture from body ecology mixed in ¼ cup filtered water

Peel and coarsely chop the beets and place in the mason jar with the culturing agent and salt. Fill the jar up with filtered water leaving 1 inch at the top and shake vigorously. Keep this at room temperature for about 3 days then transfer to the fridge. Once most of the liquid is used fill up with water again, add 1 tsp. salt, shake and leave again for 3 days. After this batch is used eat or discard the beets and save some liquid to make your next batch with fresh beets. If you want a slightly carbonated drink transfer the kvass into a flip top jar and leave out for another day or two.





## Jun

### Equipment:

1. Glass ½ gallon mason jar
2. Cheese cloth
3. Rubber band or lid for mason jar
4. Ingredients:
5. Filtered Water
6. ½ cup local raw honey
7. 3 bags of organic tea black, green, or white
8. Jun mother and ½ cup jun from previous batch

### Method:

Boil enough water to fill the mason jar 2/3 to 3/4 the way full and add tea bags and let cool till warm to the touch. Remove tea bags and discard. Then add in honey and swirl around until fully dissolved. Now add jun mother and ½ cup reserved jun put the lid on loosely or cover with cheese cloth (secure so it doesn't fall off) and let the culturing process begin anywhere from 4 to 10 days. In cooler temperatures the longer it will take, higher the temperature the shorter it will take. Make sure the jar is not in the sunlight and temperature is about 70 degrees. If you leave it long enough it will turn a little too sour to drink but could be used as vinegar. The more consistent you are the more consistent your jun will be. Remember cleanliness and keeping all equipment sterilized is very important.

A new mother will grow during the fermenting process. You can share this, store this in the fridge with a little liquid honey water, or simply discard it! It looks like a pancake. It is possible you may have to separate it very gently. When the fermentation is complete pour off the Jun you are going to drink into a jar or old flip top bottles (my favorite) put in the fridge and enjoy. Don't forget to remove the new Jun if there is a new one and save some of the liquid. Enjoy this probiotic beverage starting with a few ounces a day and working your way up to a glass with breakfast, lunch, or dinner.

Remember this is an alive organism and is sensitive to heat, it is not too difficult to kill your Jun Mother be careful. It seems that covering the jar with a clean rag or cheese cloth may work better than putting the lid on, you may need to experiment.





# Kombucha

## Equipment:

- Glass ½ gallon mason jar
- Cheese cloth
- Rubber band or lid for mason jar

## Ingredients:

- Filtered Water
- ½ cup organic white sugar
- 3 bags of organic tea black, green, or white
- Kombucha mother and ½ cup booch from previous batch

## Method:

Boil enough water to fill the mason jar 2/3 to 3/4 the way full, add sugar and tea bags and let cool. Remove tea bags and discard. Now add kombucha mother and ½ cup reserved booch. Next place the lid on loosely or cover with cheese cloth (secure so it doesn't fall off) and let the culturing process begin anywhere from 10 days to three weeks depending on the temperature. In cooler temperatures the longer it will take, higher the temperature the shorter it will take. Left long enough it will turn into kombucha vinegar (very good). The more consistent you are the more consistent your booch will be. Remember cleanliness and keeping all equipment sterilized is very important.

A new mother will grow during the fermenting process. You can share this, store this in the fridge with a little liquid and sugar, or simply discard it! It is possible you may have to separate the “baby” from the mother very gently.

Remember this is a live organism and is sensitive to heat it is not too difficult to kill your kombucha be careful. It seems that covering the jar with a clean rag or cheese cloth may work better than putting the lid on, you may need to experiment.





# Water Kefir / Tibicos

We learned about water kefir from Sandor Ellix Katz (author of *Wild Fermentation* and *The Art of Fermentation*). Water kefir is a scoby (symbiotic colony of bacteria and yeast) just like kombucha. The difference is the types of bacteria and yeast that make the kefir. Water kefir is rich in beneficial bacteria, enzymes, and B vitamins.

## Equipment:

Quart mason jar with lid  
Flip top bottles

## Ingredients:

Tibicos or water kefir grains  
¼ cup black strap molasses or sorghum (1/4 cup organic sugar can be used as well)  
½ lemon (better if organic)  
Filtered water

## Method:

Boil your filtered water and fill your mason jar 2/3 to 3/4 full with the water then add the molasses or sorghum. Mix thoroughly and set out to fully cool. When it the mixture is cool put in your water kefir grains and the lemon, put the lid on, and let sit at room temperature for about 3 days to let the water kefir grain eat and transform the sugars into a much healthier drink. Each day slightly open the jar to let some pressure release then retighten again. After the third day pour off the liquid into another glass bottle like a used Snapple bottle or a flip top bottle and put in the fridge to enjoy. 2 to 4 ounces a day is a good start. We have found that tibicos multiplies rapidly so remove some from your jar and share them and this recipe with a friend or just simply compost. Now you are ready to make more – just repeat. The lemon is good for at least two fermentation rounds then remove and compost and use a new lemon.





## Kefir

We highly suggest the Kefir Starter Kit from Body Ecology for simplicity and ease. You can use kefir as a base for your shakes and smoothies in the morning, and you will be getting a good variety of beneficial bacteria. When you purchase the Kefir from Body Ecology there is a great instruction sheet inside with a variety of recipes and troubleshooting as well.

### Equipment:

1 quart Mason Jar

### Ingredients:

Organic Full Fat Milk  
Body Ecology Kefir Starter Kit

### Method:

Fill a sterilized 1 quart Mason jar with room temperature organic grass-fed milk nearly to the top. Pour in packet of kefir starter and shake vigorously. Top with lid and leave at room temperature (about 70F) for 24 to 48 hours. Like magic the culturing process hits a tipping point and you have kefir. Kefir is very much like drinkable yogurt. It just has a little more tang and fizz. Cooler temperatures will prolong the process and higher temps, which I do not recommend, will hasten the process. You can use goat's milk, coconut milk, or raw cow's milk which I use but it will require you to experiment with fermenting times.





# Extra Kombucha Babies – Make Kombucha Coffee

## Equipment:

Glass ½ gallon mason jar  
Cheese cloth

## Ingredients:

Enough cooled black coffee (use filtered water)  
to fill ½ gallon mason jar ¾ to top  
1/3 to 1/2 cup organic white sugar  
Extra Kombucha Baby

## Method:

Combine sugar into hot freshly brewed coffee which is free of any left over coffee grains. Once this is cooled to room temperature add the Kombucha Baby/SCOBY and cover tightly with a cheese cloth or paper towel. Let it sit at room temperature out of direct sunlight for about 7 days or so. After the 7th day start trying it and when it is pleasant tasting to you start drinking either at room temperature or iced. If you heat it you will kill any and all beneficial bacteria.

## Other thoughts:

1. No starter tea is needed because coffee is acidic
2. Watch culture carefully if it looks, smells, or tastes funky throw it out
3. Toss SCOBY in compost after using once to make coffee do not reuse

\*\*The compost pile or garden is another great place for your extra Kombucha Babies. You can always store an extra Kombucha in your fridge in slightly sweet sugar tea water.





# Healthy Soda

We learned this from the *How to Culture Anything Class* from *Nourished Kitchen*. It is based off making kombucha or water kefir and doing a secondary fermentation in a flip top bottle with some sort of fruit juice. We love carbonated beverages and this fits the bill!

\*\*Note of caution – explosive bottles are possible. Whenever you open a bottle I highly suggest being careful and open with a clean rag over the top and a bowl on the bottom. It is also likely that this drink is very slightly alcoholic.

## Equipment:

Flip top bottles (buy online or get some used Grolsch bottles)

## Ingredients:

Prepared Kombucha or Water Kefir

Any 100% organic fruit juice – apple, grape, cherry, pear

Clean flip top bottles with boiling filtered water. Fill flip top bottle 2/3 full with kombucha or water kefir and 1/3 with organic 100% fruit juice. Cap and let sit at room temperature for 2 to 3 days. Transfer to fridge and cool. Carefully open the bottle with a rag on the top and bowl on the bottom pour into a glass and enjoy.





# Kombucha Mustard

## Equipment:

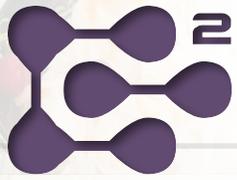
Quart mason jar  
Cheese cloth

## Ingredients:

Organic Mustard Seeds (buy on amazon)  
Extra Long Brewed Kombucha Tea  
Sea Salt  
Possible additions – apple cider vinegar (tang), turmeric (yellow color), and honey (sweetness) all added at blending stage

## Method:

Fill your mason jar 1/3 full of mustard seeds and add about ¼ tsp. of sea salt. Cover seeds with well fermented Kombucha Tea with about 4 inches of liquid sitting on top of the seeds. Cover lightly with lid or cheese cloth and put out of direct sunlight for at least 1 week and up to a month if desired. The critical key is to make sure the seeds are always covered with tea and kept moist. Once the soaking process is completed gently pour off the tea and reserve a little. Add a little turmeric, apple cider vinegar, and honey to your tasting, place in a blender and blend to a smooth paste. If you need more liquid use either more apple cider vinegar or a little bit of the reserved Kombucha Tea. Put in a covered jar in the fridge and enjoy. This will last for several months.





# Homemade Healthy Cultured Ketchup

When you make this ketchup you will not be using refined sugar and there will be no *high fructose corn syrup*. This alone will make it delicious and nutritious. Other benefits will be that the ketchup will be high in beneficial bacteria, enzymes, lycopene, and low in sugar!

## Equipment:

- Mixing bowl
- Whisk
- Measuring cups
- Mason jars
- Cheese cloth

## Ingredients:

- 1 cup organic tomato paste
- Either ¼ cup raw local honey, ¼ natural maple syrup, or ¼ cup sorghum
- ½ packet of body ecology vegetable culture starter dissolved in ¼ cup water
- 2 tablespoons raw apple cider vinegar such as Bragg's
- Sea salt to taste about 1 tsp
- Seasoning to taste – allspice, cloves, cinnamon, – a little goes a long way

Make your ketchup by gently and completely mixing all ingredients together in a large bowl. (The thickness can be altered by adding a little more water or vinegar.) Transfer the ketchup into a mason jar or two depending on the size leaving a few inches at the top. Cover the top with cheese cloth, secure it and let it sit at room temperature for about 3 days. After the three days mix it up, cap it, and put it in the fridge where it will last for a few months.





# Naturally Fermented Sliced Pickles

## Equipment:

Quart mason jar  
Sharp knife  
Mixing bowl  
Wooden spoon

## Ingredients:

2 organic cucumbers  
1 ½ tbs. Himalayan or Celtic sea salt depending on taste for salt  
Filtered water  
Pickling spices if desired  
Body ecology veggie started dissolved in about ½ cup water or ¼ cup brine from previous batch

## Method:

Cut each cucumber length wise in half and slice each into half circles. With clean hands sprinkle salt on sliced cucumbers and massage them gently so that each slice is coated with salt. Take a quart mason jar and put in the brine or veggie starter then slowly fill up the jar with the cucumbers every so often firmly pushing them down allowing some of their natural juices to release. Leave 2 inches at the top for expansion. Once you have all the cukes in the jar make sure that the water/brine level is covering your pickles, if it is not make a little more salt water and cover. A little trick to keep your pickles submerged is to place a shot glass into the mason jar press down and then cover with your lid. Two to three days at room temperature will be appropriate. Remember, in warmer temperatures it will ferment faster and cooler temperatures it will ferment slower. Once the fermentation process is finished place in the fridge and enjoy. Save the brine and reuse for future fermented sliced pickles.





# Easy Fermented Pico De Gallo

## Equipment:

Quart mason jar  
Sharp Knife  
Mixing Bowl  
Large Spoon

## Ingredients:

6 Medium Tomatoes  
1 Large Onion  
½ Bunch Cilantro  
6 Cloves Garlic  
1 Bell Pepper or Hot Peppers to taste  
Sea Salt and Pepper  
Vegetable Culture Starter from Body Ecology or brine from previous ferment

## Method:

Chop up tomatoes and squeeze out additional water and put in a large mixing bowl. Chop up all other vegetables to your desired size and place into the mixing bowl as well. Add 1 tbs. of salt and massage this into the veggies. Add the veggie starter culture or ½ cup brine from previous ferment and pack this mixture into the mason jar. Make sure to leave at least 1 to 2 inches of headroom at the top of the jar and cover with the lid. Let sit on the counter for 3 to 5 days then transfer into the fridge and enjoy.





# Basic Sauerkraut

## Equipment:

Quart mason jar  
Sharp Knife  
Mixing Bowl  
Cutting Board

## Ingredients:

2 Pounds Cabbage (Green or Red)  
4 Teaspoons Sea Salt

## Method:

Remove all outer leaves from cabbage and then measure out the 2 lbs. Remove a little bit of the core from each cabbage head and begin to slice. Be sure to chop up your cabbage uniformly in size. You can also use a food processor with a “slice” wheel to shred your cabbage as well. Put everything in a mixing bowl and add the salt. With clean hands firmly massage the salt/cabbage mixture to release the liquid from the cabbage. This can take up ten minutes. Pack this mixture into your jar pushing and squishing it in as hard as you can using any implement. The objective is to have the liquid rise above the cabbage while leaving at least 1 inch of space between the top of the cabbage and the mouth of the jar. Put the lid on and place in a cool dark place or on the top of your counter as long as it is out of direct sunlight. Check every day or two with a clean fork and push down to make sure the water level is above the cabbage. 7 to 10 days of fermenting on your counter should be enough but its ready when the sour taste suits you. Place in the fridge and enjoy!





# Fermented Thai Almond Sauce

## Equipment:

Blender, Food Processor, or Immersion Blender  
Measuring cups and spoons

## Ingredients:

- 1 ½ Cup Creamy Almond Butter (or any other nut or seed butter)
- ½ Cup Coconut Milk
- 3 T. Water
- 3 T. Lime Flavored Water Kefir (or water Kefir and 1 T. lime juice)
- 3 T. Coconut Aminos (Whole Foods) or Gluten Free Soy Sauce (tamari)
- 1 T. Fish Sauce
- 1 T. Hot sauce
- 2 T. Fresh Ginger Root Grated
- 3 Fresh Garlic Cloves Minced

## Method:

Place all ingredients in a blender or food processor and blend until creamy.



# Resource Page

## BOOKS

*Wild Fermentation and The Art of Fermentation* Author: Sandor Katz

*Nourishing Traditions* Author: Sally Fallon

*Fermented: a Four Seasons Approach to Paleo Probiotic Foods* Author: Jill Ciciarelli

## WEBSITES

The Body Ecology Diet, [www.bodyecology.com](http://www.bodyecology.com)

Nourished Kitchen, Reviving Traditional Foods, [www.nourishedkitchen.com](http://www.nourishedkitchen.com)

Cultures for Health, Where Healthy Food Starts, [www.culturesforhealth.com](http://www.culturesforhealth.com)

Kombucha Kamp, Trust Your Gut, [www.kombuchakamp.com](http://www.kombuchakamp.com)

## CLASSES

Learn How to Ferment Anything, <http://nourishedkitchen.com/lp/get-cultured-pp/>

Be Cultured, <http://fermentation.bodyecology.com/>



## About Us

The Centre for Epigenetic Expression is a chiropractic think-tank created by Dr. Wanda Lee MacPhee, Dr. Michael Acanfora, and Dr. Noah DeKoyer. These wellness-based chiropractors have a combined 40+ years of experience working with tens of thousands of patients in Nova Scotia, Canada and Hudson County, New Jersey, USA. The seeds for The Centre for Epigenetic Expression have been sown as a result of being accountability partners for 5 years. We share a desire to help humanity live an innately healthy lifestyle. We are passionate about bridging the gap between the Chiropractic Lifestyle, the public, and the Holistic Wellness Community. Our mission is to educate, empower, and inspire our community thereby facilitating the active unfoldment of human potential. We invite you to share in our mission as we facilitate The Pain Relief Project - Natural Solutions that Actually Work!

Dr. Wanda Lee MacPhee has been involved in the chiropractic profession for 20 years with provincial and national experience in both the regulatory and professional association roles in chiropractic. A practice consultant, speaker and group facilitator, she has worked to facilitate practices that grow into their potential. As co-founder of the Chiropractic AudioCoach in 1997-2012, Dr. MacPhee created an early platform for chiropractors to share and learn in tele-seminar and online formats. She is one of 15 chiropractors in Canada to be awarded the Canadian Chiropractic Association Medal of Merit. Married to a second generation chiropractor, Dr. Andrew Kleinknecht and mother of two, Dr. MacPhee practices part-time at St. Margaret's Bay Chiropractic and part-time as taxi driver for hockey, ringette, band, dance and sailing.





Dr. Michael Acanfora has been in the chiropractic profession for 17 years. Dr. Acanfora is a published author, sought after speaker and has been involved in the state chiropractic society for the last 15 years. Dr. Acanfora, along with his wife, Denise, was recognized as Man and Woman of Vision by Holy Family Academy in 2007. Dr. Acanfora was feted by the Chiropractic Leadership Alliance as chiropractor of the month (December 2003) and, also, the Spirit of Total Solution Award in 2007. Host of the cable television show, “The Health and Wellness in Bayonne Show”. Dr. Acanfora is a Paleo advocate, coach and speaker and has lost over 100 pounds since 2008. Dr. Acanfora owns and practices chiropractic at Acanfora Chiropractic and The Wellness Institute in Bayonne, New Jersey and Grand Street Chiropractic in Jersey City, New Jersey.



Dr. Noah Dekoyer is a lifelong Chiropractic patient and Paleo Diet enthusiast. At a very early age Dr. Noah suffered from chronic strep throat and earaches, and his health was restored from specific Chiropractic adjusting. Dr. Noah graduated in December 2000 from Life University. He is a member of the ANJC since its inception, an avid runner, a Toastmaster, a Rotarian, Board Member of the Ahern Scholarship Foundation, SHINE Doctor, and co-founder of EPOC NJ. In full time practice in Bayonne, New Jersey at Family Chiropractic Centre of Bayonne and Grand Street Chiropractic in Jersey City, New Jersey. He has been married to his beautiful wife Kerri for 12 years and has two incredible children. Dr. Noah can be reached at 201-437-0033, on Facebook, at my blog [drnoah.wordpress.com](http://drnoah.wordpress.com), at my app in the iPhone app store, or at [www.fccofbayonne.com](http://www.fccofbayonne.com).





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NATURAL SOLUTIONS THAT ACTUALLY WORK

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