

WELCOME TO CELEBRITY NUTRITIONIST & CHEF SHONALI SABHERWAL'S
'Food into Medicine' Workshop'

Learn to make your own vegetable into a preventative medicine with Shonali for you and your family!



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BENEFITS of Sauerkraut - the vegetable will turn into this powerful superfood!

- You will never need a probiotic or an antibiotic
- Your digestion will improve immensely
- Your immune system will be boosted
- Combats inflammation
- It will help with weight loss
- Helps reduce stress
- Long term helps reduce cancers
- Promotes heart health
- Maintains stronger bones
- Adds a new pool of Vitamins and minerals (Vitamin C, K1, iron, Folate, manganese, copper, potassium, and B12).
- Maintains skin health
- This method is a lactofermentation process, which will break down phytates which block mineral absorption
- The choline created will aid fat metabolism
- Beneficial bacteria created will inhibit the growth of harmful microbes in your intestines, facilitating vitamin synthesis
- This superfood will enhance all aspects of your and your family's health & wellbeing



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INFORMATION-wise what you will learn while we prepare the Sauerkraut

- Explain technique of Sauerkraut, get over your fear of making sauerkraut
- What is Fermentation?
- Why include different types of fermented foods in your daily diet
- Why is this type of fermentation important, and what makes it so effective
- How much to include daily
- How to include it in different foods for you and your family
- How to camouflage it for your children in foods
- Differences between Indian Pickling and Lactic Acid Bacteria Fermentation

How will the workshop unfold?

- This workshop will be conducted over **FIVE Lives over a private group on Instagram, over a 5 day period at 4 pm everyday**
- Day 1 (April 17th) 4 pm: 45 minute class with Q & A (15 minutes)
- Day 2 (April 18th) 4 pm: 10-15 minute log on to check our Sauerkraut with Q & A
- Day 3 (April 19th) 4 pm: 10-15 minute log on to check our Sauerkraut with Q & A
- Day 4 (April 20th) 4 pm: 10-15 minute log on to check our Sauerkraut with Q & A
- Day 5 (April 21st) 4 pm: 45 minute class to see our sauerkraut with Q & A



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REGISTRATIONS & COSTS

COST: ₹ 3500 or \$45

HOW TO REGISTER

- Log on to Mind Body Gyan Page on www.soulfoodshonali.com and pay through the payment gateway
- If you cannot pay or are having difficulty then pay directly to the bank account below:

Bank: INDIAN OVERSEAS BANK-ISKCON BRANCH
SAVINGS ACCOUNT NO: 124501000010518
IFSC CODE: IOBA0001245.

SWIFT CODE: IOBAINBB128

ACCOUNT NAME: SHONAALII SABHERWAL



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WORKSHOP GUIDELINES

- No recordings will be permitted of the workshop
- Access will be allowed to the workshop only for the duration of the workshop i.e., till April 21st, 2023
- The recipe will be mailed to you once we start the workshop

WHAT YOU WILL NEED FOR THE WORKSHOP

1. One head of cabbage (or Carrots 500 grams), to start cabbage is always better to us and learn.
2. A mason jar or a jar with a lid (that screws on: see next page pictures)
3. Rock salt or Himalayan Pink Salt (4 tablespoons)



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Mason Jar



Jar with lids which can be screwed on



List of ailments I have worked on:

Irritable bowel disorder (Crohn's disease, ulcerative colitis, chronic constipation, GERD syndrome, leaky gut); fibromyalgia, cancer: rectum, colon, breast, lung, prostate, ovarian; cancer markers; skin issues (psoriasis, urticaria, skin glow, dark circles); thyroid; PCOD; depression (anxiety); OCD; hair fall; menopause; allergies; food intolerances; conditions associated with low immunity; weight loss/gain; diabetes.; autoimmune conditions. Check: Disease Management page on website for more.

FOOTPRINT

- Ran a successful catering service for 9 years with Macrobiotic Vegan meals. 8000+ clients over 50 different ailments with 1000+ workshops conducted.
- Recipient of Vogue 2020 'Best Nutritionist'
- Recipient of The Times (of India) SheUnltd for Health food 2019/2020
- List of Bollywood Clients include: Katrina Kaif, Zoya Akhtar, Siddarth Malhotra, Hema Malini, Javed Akhtar, Esha Deol, Jaqueline Fernandez, Tabu, Neha Dhupia, Shekhar Kapur, Kabir Bedi, Nivin Pauly, and Dalip Tahil to name a few.
- **Books:** The Beauty Diet, The Detox Diet, The Love Diet, Vipassana: The Timeless Secret To meditate & be Calm, Finding Your Balance Your 360 degree Guide to perimenopause & Beyond. **Podcast:** Soulfood Conversations on Audible.