Fermentation Lecture & Tasting
Saturday, July 21st, 10 am

Why would you want to eat fermented foods? Well, you know you are only as healthy as your digestive system! Join us for this informative lecture/cooking class, where Senior Clinician Cynthia Hofmann will share how to develop and maintain digestive health with proper fermentation.

Since the process of fermentation takes time, this will not be a participatory cooking class; rather, you will have the opportunity to taste samples of different types of fermented foods, for which you will receive the recipes along with detailed instructions.

The price for this class is $25 per person. Call 610-847-1941 to sign up!

Fitness Fact

One of my favorite exercises to do in a workout is called the "burpee". To complete a burpee, begin in a standing position. Lower into a squat with your hands on the ground. Extend your feet back in a quick motion, putting your body into a push-up position. Jump your feet back into a squat and stand up. Jump as high as you can with your arms raised over your head; this is a burpee.

I have often been asked why it is called a burpee. As I never had an answer, my clients and I would have a blast trying to make up funny reasons for the name. After some research, however, I have found the true reason:

The name comes from a Lieutenant named Thomas Burpee. He was an officer in the New Hampshire Militia during the Revolutionary War. It may have been possible that he had his troops condition by using the combination of push-ups and squats. It is also thought that this was one of the ways he had his troops keep warm in the harsh New England winter during wartime.

Massage Minute: July's Therapeutic Body Wrap
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