

**Introducing: The World's Only**

**FERMENTATIONIST™  
CERTIFICATION  
PROGRAM**



**Welcome to Summer Bock's  
Fermentationist™  
Certification Program!**

Become an Expert in the Art & Science of Fermentation to Help Your Clients  
Become a Fermentationist™

Grow Your Business Virtually or In Person  
Set Yourself Apart In A Sea of Health Coaches  
Correctly Apply Raw Fermented Foods to Any Health Concern  
Become Proficient in Teaching Classes Online or In Person to Market Your  
Practice  
Learn to Heal Your Own Health Issues

**Permanently Heal the Root Cause of The Most Persistent Digestion-Related  
Problems. (Including the ones that don't seem related to the gut.)**

## **One Of The Most Pressing Issues of Our Time**

People are flocking to medical doctors and coaches in record numbers to seek help for persistent bloating, constipation, indigestion, and fatigue...

**And yet—there’s many more who won’t seek help at all because they don’t trust the professionals to help them.**

It makes sense. Many doctors haven’t received the education that poor digestion, low immunity, anxiety, depression, mood disorders, digestive conditions, food allergies, environmental allergies, chronic sinus conditions, *Candida*, sugar cravings, overeating, binge eating, fatigue, skin problems, emotional eating, carbohydrate cravings, improper fat storage, poor metabolism, diabetes, autoimmune disorders, and other diseases are *all* just symptoms of deeper problems.

**Malabsorption. Toxic Bacteria Overload. Pollutants in Our Food. Imbalanced Gut Flora.**

Prescription pills address only the symptoms while creating nasty side effects that range from lowered immunity to increased risk of cancer—and pharmaceuticals do nothing to address the root of the initial problem.

*This approach treats symptoms as something that needs to be quieted like an unruly child, rather than a brilliantly coded message from our body that something is wrong.*

Fermented foods have the power to fix many of these issues from the root, however one of the biggest problems with this healing approach is the rampant misinformation about probiotics, raw vs. pasteurized, and false labeling from companies just trying to make money. Most practitioners don’t understand how to navigate these topics, so how are their clients supposed to know how to benefit from the powerful organisms found in fermented foods?

It’s critical to fully understand how to guide your clients through this information.

**To be an effective practitioner or coach we have to understand how to heal from the root. This is how we change the world—**

**Our clients’ worlds by helping them heal.**

**The food system that is so desperately broken.**

**And *your* world, as you create a healthy business that generously supports you in doing the work you love.**

## **Who is the Fermentationist™ Certification Program for?**

♥ ♥ ♥ ♥ ♥ IS THIS YOU? ♥ ♥ ♥ ♥ ♥ ♥

You are a health coach looking for clear guidance about how to heal IBS, asthma, food allergies, low energy, digestive issues—BEYOND probiotic supplements or permanent food elimination

You are ready for intense, in-depth training in gut ecology, fermentation, and digestive health

You want to see a permanent shift in our thinking about the food system

You believe in addressing root causes of health issues (not just managing symptoms)

You want to learn how to make a sustainable business and create a thriving local food economy

You want to live in a world where food is respected again

You want to be inspired by like-minded community and acknowledged for your skills and wisdom

You love making things in the kitchen, enjoy gardening, or whipping up new concoctions just for the fun of it!

You want to lead by example, be a leader in this movement + impact your community by sharing your knowledge of fermented foods

Your deepest desire is to move from simply *hoping* for things to change, to *making* change happen

You want to unlock the wisdom of fermented foods through a curriculum that is timeless, clearly presented, and fun

## **If any of these are you, you'll fit right in!!!!**

I want to invite you on a journey that will change the way you think about food, eating, and healing. This is the only program in the world designed to arm you with a complete understanding of the healing power of fermented foods.

Upon completion you are certified as a Fermentationist™, possessing an elite professional skill-set and the confidence to work with the most commonly seen (and dangerous if left untreated or mistreated) health problems of our time.

Not only will you be able to help your clients and loved ones, you'll be able to learn to truly heal yourself so you can be in integrity with your clients.

## **Are you ready for a groundbreaking (and yet ancient) approach?**

Our Paleolithic ancestors discovered fermented food by accident while foraging. They loved the taste of the honey, fruits, and berries and they instantly benefited from the health properties. 10,000 years ago our ancestors began the practice of intentional food fermentation.

### ***Fermented Foods Are Our Heritage.***

With the introduction of pasteurization and refrigeration these methods fell out of vogue and we lost not only our traditions, but our healthy gut flora.

What we know now is that certain kinds of fermented foods help create a healthy gut environment. During the last hundred years, the modern diet of processed foods, stress, and gross misuse of antibiotics has drastically altered that perfectly balanced system, and the effects have had global ramifications.

## **Fermented Foods Are The Key To Digestion**

*A 2012 review showed that sauerkraut bacteria help with across-the-board illness including asthma, IBS, Crohn's, and inflammatory bowel disease. (Rauch 2012)*

## **The human digestive system is inefficient without beneficial bacteria.**

Bacteria and humans have lived in happy symbiosis since the beginning of our time on earth. These probiotics support our otherwise inefficient digestive system. Without them we waste vitamins and minerals as they pass through our systems undigested, which leads to malnutrition, or worse, problems like autoimmune disease and leaky gut. Probiotics also keep harmful organisms from growing in and on us.

*We make their lives possible and they make ours possible. It's a reciprocal, life giving exchange.*

## **There are currently millions of humans devoid of these necessary probiotics.**

After years of processed foods, antibiotics, birth control pills, stress, and toxins, people's internal gut ecology has been devastated. Good bacteria have been displaced by an overload of opportunistic organisms that excrete toxic waste into the bloodstream.

IN A STUDY PUBLISHED IN 2011 IN THE BRITISH JOURNAL OF NUTRITION, RESEARCHERS GAVE PEOPLE THE BACTERIA FOUND IN SAUERKRAUT AND CHEESE. BASED ON THE EARLIER RAT STUDIES, THEY WANTED TO SEE IF PEOPLE COULD HAVE IMPROVEMENTS IN ANXIETY AND DEPRESSION. IN A DOUBLE BLIND STUDY THEY FOUND THAT, OVER A MONTH, AN ALLEVIATION OF "PSYCHOLOGICAL DISTRESS". IMPROVEMENTS IN SOMATIZATION, DEPRESSION, ANGER, AND HOSTILITY AT LEVELS WERE COMPARABLE OR BETTER THAN ANTIDEPRESSANTS AND ANTIANXIETY MEDICATIONS. (MESSAOURIA 2011)

## **How do we turn this around?**

### **A Probiotic-rich healing diet is *essential* to creating a healthy gut ecology.**

Enter a centuries-old tradition of preserving and enhancing the nutritional value of food through fermentation. You've probably heard about kombucha, raw sauerkraut, and probiotic supplements. But do you know which ones will exacerbate your clients' health conditions and which will help heal them?

**The Fermentationist™ Certification Program is the perfect high level program for those passionate about using fermented food as medicine.**

**It's time to learn everything you need to heal and step into your role as a powerful leader—in your healing practice, your community, and even in your own kitchen.**

## **Support. Education. Inspiration.**

As graduate of our Certification Program how will you put your qualification, and skills to use?

### **Will you choose to:**

Develop a new career as a certified Fermentationist™?

Continue in your existing work, but enhance what you do using the skills, and knowledge you have acquired?

Leverage your coaching certification as a unique selling point when applying for jobs or promotions?

Take the leap and leave your day job so you can coach full time, or expand your services to include coaching?

Work within the corporate environment as a Certified Fermentationist™?

Increase your hourly rate to reflect your expanded coaching skill set and knowledge base?

Create or expand a food-based business that creates truly healthy food for those who need it most?

Deepen your own personal awareness of your gut, intuition, and healing potential by delving into your own practice of fermentation?

Teach classes in the community to expand your client reach?

Build online coaching programs that use your scientific understanding of the benefits of fermented foods so you can work from anywhere?

Help your own family develop healthy eating habits?

IT'S ALL POSSIBLE. THE FERMENTATIONIST™ CERTIFICATION PROGRAM IS THE PERFECT WAY TO GET INSPIRED, SET YOURSELF APART IN YOUR INDUSTRY, AND FILL YOUR PRACTICE WITH CLIENTS YOU LOVE WORKING WITH.

### **Key Highlights Of The Training:**

#### **A Deep and Practical Understanding of the healing power of Fermentation**

This 4-month certification program will teach you the foundations of a healthy gut ecology so you can offer your clients an opportunity to heal at a deeper level. You'll be able to start using fermented foods and other time-tested strategies to heal your clients' chronic digestive issues without relying upon lifelong food elimination within the first two weeks.

Learn the basics of applied fermentation.

Learn how to make fermented foods that are fun and easy to make (and if you eat the right ones you rebuild your gut).

You'll not only be able to distinguish bacterial ferments from yeast ferments, but also which health conditions they'll work for and which they won't.

#### **DID YOU KNOW?**

YOGURT CAN BE A DELICIOUS WAY TO GET THE ESSENTIAL NUTRIENTS FOUND IN MILK. PEOPLE WHO ARE LACTOSE INTOLERANT CAN USE FERMENTATION TO MAKE NORMALLY IMPOSSIBLE TO DIGEST PROTEINS DIGESTIBLE. HOWEVER, IF YOUR MAIN GOAL IS THE INOCULATION OF YOUR PROBIOTIC GUT MICROBES, THERE ARE FAR SUPERIOR WAYS TO GROW YOUR PROBIOTICS.

## **Learn to Help Others While Transforming Your Own Relationship with Food**

Ever see a child eating something that you know will make them sick and you feel bad? Wish that your loved ones would stop eating things that you suspect cause them allergies, mood disorders, or chronic diseases? You'll learn how to talk about the benefits of fermented foods so you can be a graceful leader without being righteous.

### **Connection and Support**

One of our top priorities is that students feel supported and connected in the learning process. Because everyone is part of a private Facebook group, a wonderful sense of community is created. Lifetime relationships are made, professional alliances are forged, and students feel part of something greater as you become part of an influential network of professionals on the private Facebook group.

You'll get support so you can grow your practice, start a fermented foods business, or simply learn to heal yourself, friends, and family. Students enjoy cutting edge information along with a sense of community with like-minded and like-hearted others. We believe this is the way school should be—practical, authentic, inspiring, transformational, and fun!

### **Powerfully Tap into Your Gifts as a Healing Professional**

Experience a career where you can be of real service while earning a rewarding income.

Our graduates become part of the new generation of healers and many grow their dream career with all the flexibility and freedom they desire. Learn to work with clients in person or online...one-on-one, with groups, teach workshops so you can reach a broader audience, work in clinics, health facilities, focus on a wide variety of different specialties... and so much more.

## Be at the Cutting Edge of Nutrition

The Fermentationist™ Certification Program combines radical and timeless wisdom firmly anchored in clinical experience, scientific research, and experiential knowledge. You'll learn to read and interpret supplement labels. Apply key insights from the food-based healing approach to energy enhancement to your own life and that of your clients.

Discover how to use the theory of biological terrain to approach healing. This means that instead of trying to kill off the offending organism, you will use traditional and modern methods to bolster the strength of the native bacterial communities inside your body to fend off disease for you.

## An Information Rich Training

We've created an audio version of the handbook so you can choose to read or listen to the material depending on which learning style fits you best!

As part of the program you'll also receive access to one of the largest databases of up-to-date scientific research on the most common ferments, including sauerkraut, miso, kombucha, yogurt, tempeh, pickles, and more. Confidently speak to which ferments have the most beneficial health properties, and which don't help at all—or are even contraindicated for certain conditions.

With this resource of articles you'll be able to educate clients on the evidence-based benefits, uses, interactions, and cautions relating to the use of fermented foods. Reference these studies in workshops, cite them in group programs, and present them with ease to individual clients. You'll be able to provide your clients with a science-based explanation of how stress and pressure can either diminish health, wellbeing, and performance.

ONE OF THE BIGGEST BLOCKS TO HELPING OTHERS WITH FERMENTED FOODS IS NOT HAVING THE SCIENTIFIC RESEARCH TO BACK UP YOUR TREATMENT RECOMMENDATIONS. YOU'LL HAVE THE ABILITY TO PROVE IT WITH THE STUDIES INCLUDED AS PART OF YOUR CURRICULUM.

## **Be Part of a Movement in Health and Transformation**

The Fermentationist™ Certification Program is grounded in non-medical, non-invasive healing methods that are simple once you learn about them. They have the power to foster incredible health in clients that present with persistent food allergies, digestive issues, irritable bowel, and environmental allergies, to name a few.

## **Study From Anywhere**

Take this training with you wherever you go. The training is designed to easily fit your lifestyle. All you need is an internet connection. For the fourth year in a row students have enjoyed a user-friendly online experience that makes learning enjoyable. Study in your own time, at your own convenience.

## **Enjoy a Teaching Style that's Inspiring and Results Oriented**

Never experience another dry and uninspired nutrition training! In the Fermentationist™ Certification Program, you'll understand why people love Summer's personally transformative style of teaching. You're in for a memorable, once-in-a-lifetime learning experience.

## **Lifetime Access**

Review the material whenever you need a refresher or extra inspiration. Audio files and handouts are easily downloadable and yours to keep for life. Come back to material you want to spend extra time with, and go deeper into the learning experience for years to come. This rich material makes every training module an opportunity for professional and personal growth.

## **Access to Updates**

Continued access to the latest research, live sessions, and the group forum is available with an alumni membership accessible to those who have completed the Fermentationist™ Certification Program.

## **Develop Confidence to Work with Clients**

The Fermentationist™ Certification Program gives you the tools to transform knowledge into effective practices with clients. Confidence is everything when it comes to working with clients. We take special care to teach the kinds of skills that will help you work with those who others might consider too difficult. With our tools, protocols, real case studies, and demos, you'll be poised for success.

## **Enjoy a Competitive Edge in the Market with a Unique Certification**

As a certified Fermentationist™, you'll have a unique set of skills that many people crave. You'll be positioned at the leading edge and you'll have the confidence to know that you're doing groundbreaking work that sets you apart in a crowded marketplace. This gives you an advantage for teaching classes, making products, building your following, and becoming a local celebrity while teaching in a way that helps people understand how to use this food as a powerful healing tool.

# **The Foundations**

The Fermentationist™ Certification offers never before combined lifestyle, healing, and food preparation training designed to provide you with ongoing clarity, mentorship, and mindset to effectively create lasting change.

### **Curriculum:**

- The Art of Fermented Food Production
- Safe Ferments
- Avoiding Fails: How to Make Foolproof Ferments
- Starters, Wild Ferments, and Culturing
- Supplies, Utensils, and Fermentation Equipment Guidelines for a Healthy Fermentation Station
- Developing Gourmet Flavor Profiles
- The Science of Fermentation
- Yeast Ferments v. Bacterial Ferments
- The Probiotics in Fermented Foods
- Anaerobic and Aerobic Fermentation
- Airlocks
- Traditional Methods of Fermentation
- The Probiotic Makeup of Starter Cultures
- Health Conditions and Fermented Foods Human Gut Ecology
- Bacteria in Healthy Digestion

- Probiotic Supplements
- Healing Diets
- Fermented Food as Medicine
- Contraindications
- Native and Transient Bacteria
- An Ecological View of Wellness

## ANTITUMOR STUDIES SHOW THE BENEFIT OF PROBIOTICS

SHIOMI ET AL GAVE MICE POLYSACCHARIDES FROM KEFIR GRAINS BEFORE INJECTING WITH ERLICH CARCINOMA CELLS AND FOUND A 4059% INHIBITION OF TUMOR GROWTH. THEY FOUND SIMILAR RESULTS IN ANOTHER STUDY WITH SARCOMA CELLS.

## PROGRAM AT A GLANCE

The entire experience is guided and designed to accommodate those with a different learning styles and busy schedules. The training is delivered via audios, handouts, protocols, recommended readings, online forums, as well as live calls. All students will do an intake and outtake interview with Summer.

### Get Started Immediately: The Foundations of Creating Health

Upon acceptance to the FCP you'll have immediate access to the first module of training materials so you can start making ferments right away!

### 11 weekly Training Modules (\$4400 value)

Learn to prepare all the most healing fermented foods!

You'll learn the science of fermentation, probiotics, and specific healing protocol for each of the fermented foods. From lacto-fermentation to kefir, natto, nut cheese, injera, idlis, yogurt, sourdough, sauerkraut, kimchi, kombucha, apple-cider vinegar, wine vinegar, pickles, and miso. You'll learn a variety of bacterial, yeast, and mold ferments, as well as anaerobic and aerobic fermentation methods. Included in each weekly module is a how-to video demonstration by Summer.

### The Digital FCP Handbook

Each fermentation module includes step-by-step written instructions, tells you which people should be eating each particular ferment for maximum healing benefits, and which ferments are contraindicated for certain conditions.

You'll get recipes and resources AND all the tricks of the trade as well as some of the secrets discovered within the Fermentationist™ Certification Program—like special insider tips on how to make dairy kefir grains reproduce rapidly.

Each handbook details the specific strains of probiotics present in each ferment. You'll also get an audio version of the FCP Handbook so you can listen to it and learn while you commute or exercise.

### **13 Fermentation Supplies List (priceless!!!)**

We take the legwork out of searching and shopping for the ferments you'll be making. You will get a supplies list that helps you get access to your very own starters, cultures, personal sized crocks, miso starter, kombucha SCOBY, kefir grains, and more. International students are responsible for international shipping costs and we cannot guarantee delivery of certain items, though we will work with you to find resources for starter cultures in your country.

### **4 live group implementation session with Summer (\$3,200 value)**

We'll meet monthly to answer your questions. The support you will get from hearing others' questions and bravely sharing your own struggles will help you grow in your life and in your business! Accountability, tracking, and 24/7 support (priceless!!!)

Unlike the rest of the online programs where you can get lost in the virtual shuffle, this program includes full support to track your progress, provide regular feedback, and keep you on track towards certification – This is a higher learning experience!

### **Private Facebook Forum (PRICELE\$\$)**

Get continuous peer support and ask Summer questions about your ferments anytime in this bubbly and active community. Get inspired, post pictures of your ferments, and connect with your people!

### **Business Building Intensives (\$1850 value)**

This program is designed to give you an overview of two different business structures. Learn what it takes to run a multi-six-figure online business as a wellness practitioner. And if food production is your thing, learn what you need to start a fermented foods company. I'll talk about the organizational structure, why a CSA is great, as well as the fundamentals on how to create program offerings, and how to run a business.

### **Expert archives (\$1997 value)**

In these recorded interviews, you'll hear from different experts on the topics of fermentation, probiotics, business building, gut health, herbalism, and more! Experts include Donna Gates, Sandor Katz, Kristen Domingue, Andrea Nakayama, Alexandra Jamieson, Lara Adler, Yuri Elkaim, Kathryn Lukas, Alex Hozven, and other successful industry leaders.

## BONUSES

### **2 Month Membership to The Showcase Club (\$66 value)**

The Showcase Club is an exclusive club for holistic wellness practitioners to experience real case study reviews, witness the most successful practitioners in the online wellness industry work their magic, and get great business advice to better coach their clients so they can confidently fill their practice and make a living doing what they love. Watch successful practitioners read labs and diagnostics, develop action steps for the client, and make expert recommendations. This will take your practice—and *your confidence*—to the level required to be successful in your career.

### **2 Brand New Intensives! (Each a \$1297 value)**

**The Live Bonus Intensives** are a dedicated chance to get an in-depth understanding of these two essential topics. These optional classes are mix of lectures, hot seats, and demonstrative coaching, perfect for health coaches and those who want to sell value added products.

#### **#1 HOW TO SELL YOUR OWN PRODUCTS TO CREATE \$1,000/MONTH OR MORE**

Want to sell your own supplements or run a value added food production company? This 3+ hour intensive details all the nitty-gritty considerations you need to know about like packaging, profit margins, tracking your numbers, marketing, and more.

#### **#2 GUT HEALTH TESTING—WHAT TO TEST FOR + HOW TO READ TEST RESULTS**

Don't wear down your client's resolve to keep going by making blind suggestions that they cut certain foods out. Get clarity for you and your client quickly by knowing what gut health tests to order and what to look for when you get those tests results back in this 3+ hour live, interactive intensive.

### **Discounts On Future Programs & Events**

Special Fermentationist-only discounts on future workshops, classes, and other yet to be released goodies!

### **TOTAL VALUE OF PROGRAM + BONUSES: \$14,107**

For years this program was offered for \$6,500, but we have redesigned it, streamlined it, and reduced the tuition to make it accessible to more people.

Pay in full at [\\$2,500](#) and receive a slight discount

Make payments if you need help budgeting [\\$550 x 5](#) monthly installments

“Summer is a natural educator. Her educational background is impressive and she is in full command of her facts. Her casual approach is inviting and the information nothing short of life-saving.”

**Lori Lively, Event Coordinator at Marlene’s Market - Seattle, WA**

**KOMBUCHA:**  
RESEARCH CONDUCTED IN RUSSIA AT THE BEGINNING OF THE CENTURY AND TESTIMONY INDICATE THAT KOMBUCHA CAN IMPROVE RESISTANCE AGAINST CANCER, PREVENT CARDIOVASCULAR DISEASES, PROMOTE DIGESTIVE FUNCTIONS, STIMULATE THE IMMUNE SYSTEM, REDUCE INFLAMMATORY PROBLEMS, AND CAN HAVE MANY OTHER BENEFITS.

## TUITION

You may pay in full and receive a slight discount  
**\$2500 REGISTER HERE**

You may make payments if you need help budgeting  
**\$550 x 5 monthly installments REGISTER HERE**

The program begins in May 6th. You get one fermentation module each week. You get one group call with Summer each month to ask questions and get feedback. You will do an intake and outtake interview.

*QUESTIONS? **APPLY FOR THE PROGRAM** SO YOU CAN GET ON THE PHONE WITH SUMMER BOCK, FCP DIRECTOR.*

## CERTIFICATION REQUIREMENTS

1. Create a Fermentation Log that includes all ferments covered in the program.
2. Make a video of you teaching one workshop.

3. Complete a final project where you create a document explaining step-by-step how to make a fermented food that is not included in the program. This is to test your skills in gathering information about fermented foods. You may do a variation of one of the ferments already in the program. For example, you could make instructions for making camel milk kefir (since I teach coconut, milk, and water kefir in the program).

"I've been working as a massage therapist for ten years. A few years ago I started realizing I had a ton of food sensitivities and was working with fermentation on my own in order to heal that situation. I came to Summer's program as a way to get some more information and support and also to learn how to incorporate that into a practice where I can help my clients, as well.

Being a Fermentationist™ means not only having a level of mastery of creating each of these ferments that we've addressed but also that fermentation isn't just happening in the outside world and in our foods, it's something that is taking place internally as well. It's having a good understanding of how to support that within the body as well as how to create the fermented foods that will help to support that within the body.

There's so much more to the experience than just learning how to make miso. There's a lot of support around business-building and both the practice of supporting people through healing diets and also business development. If you have an idea that's an offshoot based in fermentation – whether it's product-based or experience-based – there's a lot more to it than the ferments themselves."

**Meghan Hintz, HerbaFloraHealth.com - Olympia, WA**

**Envision a world where unnecessary health problems don't exist. Where your local food system is vibrant, decentralized, and organic—even wild.**

**We can create it.**

"This revolution is nourishing and sensual. This revolution reinvigorates local economies. The revolution rescues traditional foods that are in danger of extinction and revives skills that will enable people to survive the inevitable collapse of the unsustainable, globalized, industrial food system."

**Sandor Katz, Author of Wild Fermentation**



"I appreciate you supporting everyone to truly listen to their body in order to create health. I loved learning about the pathways of elimination and ways to detox. Loved your thoughts on sharing food with others! So important."

**Caitlin Caldwell, Farmer - Seattle, WA**

*Learning ABOUT THE POWER OF Fermentation IS ONE OF THE MOST IMPORTANT THINGS YOU WILL EVER DO AS A HEALTH PRACTITIONER!*

If you've got a passion for healing with food, learning about the power of fermentation is one of the most important things you will ever do! And Summer Bock's Fermentationist™ Certification Program provides information needed to make fermented foods accessible and sustainable all over the world. Doing so will not only help prevent and reverse epidemic health issues from autism, autoimmune disease and *Candida*, it will also provide a truly vital tool to help even the chronically ill. Summer knows what it takes to create an irresistible award-winning food product that has become an absolute staple in many households in the Pacific Northwest of the United States AND has a booming online business with clients all over the world.

It's rare to find someone who has the breadth of fermentation knowledge and experience Summer has and I am personally deeply grateful for the enormous effort she is making to provide her in-depth and very thorough certification program. I encourage people who are sincerely interested in taking their knowledge of fermentation to the next level to become a certified Fermentationist™ and become a part of

an amazing community of experts that are helping create a happier, healthier world.

**Donna Gates, Body Ecology**

I've taught thousands of people to make fermented foods and heal their bodies. I've helped people who were suffering from *Candida*, depression, anxiety, mental foginess, chronic fatigue, memory failure, digestive issues, and allergies to heal naturally by bolstering the digestive system. I've taught wellness practitioners, doctors, acupuncturists, personal chefs, food-based business owners, and health coaches how to confidently use this information in their own businesses.

Want a different world? I invite you to come build it with me.

If your vision is to change your health and the world, see how this information is blazing a trail for health conscious people and wellness practitioners across the world.

## ALUMNI EXPERIENCES

"Oh my gosh, Summer is a wealth of knowledge, which is awesome. If you want to learn about fermenting this program gets you a really good base of knowledge about fermentation, the history of fermentation, the science of fermentation, and the use of ferments. It is applicable to health, because we learn so much of the health benefits, too. I think it's so important to learn this information and this program is a great place to do it. You can take this just for yourself even if you don't have clients.

All you really need is an interest in fermentation and the program provides all the rest - enthusiastic & inspiring community that doesn't let you fall behind, a program that is faced-paced, but doable even with a full-schedule, and easy to follow lessons that give you a solid base for teaching, experimenting with, and building a health coaching practice with a focus on fermented foods to build gut health. The price of the program is totally fair and the payments are really helpful."

**-Jenny Pandol, Health Coach, FCP Beta**

**Graduates of the Fermentationist™ Certification Program are able to heal their own bodies and then help others achieve the best health of their life.**

**I would recommend Summer hands down as a passionate trailblazer in this arena.**

“In the end I signed up because I could sense a level integrity and passion from Summer that I want to be around. From a couple of conversations with her, as well as her past students, I came to a place of trust that I was/am in the right place at the right time with it all. I think Summer’s teaching style is sincere and fairly dynamic. She loves what she teaches and it shows. She listens with heart/shen and that is hard to find that in a teacher. I can for sure say that I would recommend Summer hands down as a passionate trailblazer in this arena in anyone who asks.”

**Tiffany Pollard LAC, Acupuncturist, Owner of Synergy Wellness Center**

**Fermentationists™ are emerging leaders in their local food systems, kitchens, and industries.**

“I signed up for this program because I prefer TIME TESTED modalities of healing. I learn best by being told the details of why things work. I’m not likely to do something if someone is telling me what to do without explaining it. Summer is great at sharing the scientific reasons why, which gets me motivated to share this work with my clients. Her wit, energy, and devotion to this teaching is thorough! Summer helps me feel like I’m a part of the group (that I do offer something and need to keep showing up). IF you have internet there is a lot of support and more to the program than simply learning ferments, which is GREAT!”

**Nicole Wirth, Lymphatic Specialist and MediCupping**

“I’m here because I wanted to learn how to ferment. My son sent me Summer’s link on the computer and I checked it out and I was hooked! I got connected with Summer and we had a conversation and I thought ‘well, I’m not a practitioner and I don’t have clients but I’m really

interested in pursuing the sauerkraut and all the fun ferments that go along with being a Fermentationist™.”

**Barbara Burdick, Master Gardener - Hood River, OR**



The Fermentationist™ Certification Program teaches you exact steps to apply ancient technologies to modern-day problems and restore digestion naturally. The result is confidence making and recommending the right fermented foods to increase nutrient absorption in the body.

**Sally Fallon Morell, President of The Weston A. Price Foundation**

## **GUARANTEE & REFUND POLICY**

It's my commitment to make this training an unbelievable, brain-changing, knowledge-increasing, life-expanding experience for you! You are part of the Fermentationist™ Certification Program, therefore we are giving you every recording, PDF, video training, module, and handbook. We are also performing intake/outtake interviews with each participant. Once you sign the contract and receive the materials you will not be eligible for a refund.

It is my job to make this program an experience of a lifetime. Your feedback and input will become a vital part of the future of this program. I will be tweaking and adjusting the program to better suit the needs of you and the other participants. I am continually updating the materials with relevant and recent studies. This level of service will provide you with the knowledge to take your business to the next level.

**If you've read this far, you have seen the path for stepping up as the healer you've always wanted to be.**

This is a pivotal moment in history. The momentum is building for a new awareness of radical health and healing on a micro level and for the whole world.

It's time to be the most informed resource to your clients and community you can be and to grow your business to its fullest potential. It's time to uplevel your skills with the time honored and scientifically proven healing powers of fermented foods. It's time to fix the health care system one bite at a time.

**REGISTER HERE to pay in full (receive a slight discount)**

**REGISTER HERE for a payment plan**

*QUESTIONS? **APPLY FOR THE PROGRAM** SO YOU CAN GET ON THE PHONE WITH SUMMER BOCK, FCP FOUNDER*

## Meet the Founder & Lead Instructor



**Summer Bock is an Herbalist & Master Fermentationist™ who guides people to experience a deeper level of healing.**

Summer's mission is to radically improve people's health and empower them to revolutionize the local food system using delicious, local, and healthy food. A skilled herbalist with a background in microbiology, she is certified by the Institute of Integrative Nutrition and Columbia University. Alongside the yearlong Fermentationist™ Certification Program, Summer has created an avid following with her signature programs The Probiotic Power Cleanse, Gut Rebuilding, & The Showcase Club - for Wellness Practitioners.

Her mission is to create a culture where true healing is easily accessible.

Despite the fact that healing foods are ten thousand centuries old, the big wellness and health coaching programs are behind when it comes to fermentation and gut ecology. Summer learned it through years of higher education, personal experience, running her own award-winning sauerkraut company (she has since sold her interest in the company, but it continues to thrive), and through years of working with clients. She's now making this powerful healing knowledge available to you.

*QUESTIONS? **APPLY FOR THE PROGRAM** SO YOU CAN GET ON THE PHONE WITH SUMMER BOCK, FCP FOUNDER.*

I have to agree with everyone on how truly great it's been to have this fermented community:). It's really re-instilled my kitchen passion with all the magic & excitement of making foods for living & healing. I think before this program I was feeling a little stuck in the rut of 'having' to always make healthy food, like it was an underpaid job for maintenance of my health issues. I mean I love my healthy food, but I'd lost that sparkle & gone to rote... I feel like my kitchen is 'alive' again! I suppose literally, ha! Everyone here has been so amazing & inspiring. - **Naomi Zarch, FCP Beta**

Yay! It truly has been a whirlwind but I really appreciate the comprehensiveness of the program. I love that there are multiple learning styles being accommodated (reading isn't your thing? That's cool, listen to the audio.), I love the depth of the information being presented while not being too dense and I also really enjoy your presenting style. I'm loving everything that we've done and I would definitely recommend the program to other people! - **Macky Page, FCP Beta**

I love the amazing people in this group! We share fermentation exhilaration!! They cheer others on, help solve problems, share recipes and tips, AND provide support when things go awry... So happy to be part of this community!! Thank you Summer Bock for creating this program!!! I have truly benefited from this expanding database of fermenting knowledge that you have presented in this wonderful group format!

**- Jan Weihmann, Two-Time FCP Participant**

I took three days off this week to catch up on ferments. I have lots of pics to share. This fast and furious ride has been amazing. In looking back at all the modules, I realize how much I have learned and expanded my knowledge in the benefits of fermenting. I get more and more excited to teach people to incorporate these live foods in their daily eating. Thank you, Summer. - **Shawn Borup, FCP Beta**

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