DSC Class on Probiotic Tonics!

Your power point is here

[Super Tonics Power Point]

Great Class!
Thank you all! I really enjoyed seeing you and learning with you!

We had some technological difficulties! Here is the updated powerpoint from class. Easier to read and refer to when you need the info we shared on December 5th, 2017.

Please follow the link for your power point - it is in a format you can read on MAC or Windows computers, no matter what programs you use. It can be viewed on all devices.

Water Kefir Recipe 2
Water Kefir Recipe 1
Probiotic Lemonade Recipe
Probiotic Gingerale Recipe
Fermented Soda- Ginger Bug Recipe
Healthy Root Beer Recipe
Ginger Honey Switchel Recipe
Coconut Water Kefir Recipe
Coconut Milk Kefir Recipe
Beet KVAS Recipe
Ingredient sources
Microbiome Colony Building
Listen on the Radio-
Easy ways to enhance your self healing!

WNDB Florida Lifestyle Show
Saturdays @ 12:35 pm.

The Florida Lifestyle Show airs on Saturdays at 12:35. We are livestreamed with valuable information for your health, family and money. We are also archived over at our website and can listen on demand!

Your Host, Lise Battaglia-
The Daytona Health Coach.

Join us for a lively and informative 1/2 hour, Saturdays @ 12:35 on WNDB 1150am or 93.5fm

Live Stream
Listen on the Radio
On Demand!

@12:35 pm Saturday

Request a Free Consultation with Lise

Lise's Coaching Services & Tools

How Lise Helps

What's it like to see a Homepath?

Lise's Upcoming Winter 2018 teaching schedule.
About Your Coach Lise Battaglia, CCH, BFRP, CGP,

With 35 years as a holistic health educator and coach, Lise is dedicated to supporting her students’ self-healing journey with non-toxic, life-supporting nourishment, detoxification techniques, homeopathy, emotional freedom and balancing.

   Call with questions or just to say hi!

   386 872 7599

web: www.DaytonaHealthCoach.com

Free Mini Consultation!