

Sherry Elton

<sherry@sherryelton.co.nz>

To reclaim the health of the people we need to get back to eating living foods. Easily digestible, highly nutritious and grown locally.

Over the past 5 years Jeff and I have been doing just. And showing a quickly growing number of (particularly young) families who want to feed their young children well.

We milk 10 jersey cows on 20 acres near Invercargill and the number of people wanting to get hold of raw milk is growing rapidly. I also teach nutrition through a 3-week challenge programme; Experience the difference!!! See my website:

[www.sherryelton.co.nz](http://www.sherryelton.co.nz)

I also run courses showing people how to make their own Traditional (local) foods, including sauerkraut, lacto-fermented fruits and vegetables, yogurt, kefir, kombucha, raw cheeses, sourdough bread, bone stocks and broths. It is amazing to see the health benefits from foods such as these.

Cheers

Sherry