



Preserved Lemons

These are a rich source of pectin (high in silica and a good detox aid), potassium (an important electrolyte), and vitamin C (helps with oxygen use and connective tissue integrity). You will need whey for best results:

Whey

You can make whey quickly and simply in the following way:

Obtain from grocery store or natural foods store:

Cheesecloth

High quality yogurt (containing no additives or sweeteners)

Put about 4 cups of yogurt in a strainer lined with cheesecloth, and place over a bowl to catch the whey which will drip out. Cover with a plate and leave out at room temperature for at least 12 hours. You can store the whey in a mason jar where it will keep for about 6 months, and the resulting 'yogurt cheese' in a covered glass container in the fridge. The yogurt cheese should be used within a month, and the whey may be used for other fermented food projects.

Preserved Lemons

7-8 Meyer's organic lemons (thin-skinned varieties work best)

3 T salt

3 cinnamon sticks

2 T whey (see above)

juice of two lemons

Wash organic lemons well. Slice thinly and cut slices in quarters. Toss in a bowl with salt and broken up cinnamon sticks. Put in a wide-mouthed mason jar and tamp down lightly with a wooden pounder. Mix the juice of 2 lemons with whey and add to the jar. Press down again so that the lemons are completely covered by liquid. Lemons should be at least one inch below the top of the jar. Cover tightly and keep at room temperature for up to two weeks, turning jar once daily, before transferring to fridge.

This recipe was adapted from **Sally Fallon's 'Nourishing Traditions'** which is a valuable resource with a creative approach to scientifically thinking about food and diet. She shares plenty of tasty recipes for and information about fermented foods.

<https://nourishingtraditions.com>

BioPure Regulat Pro Bio is a liquid, raw product prepared from a special combination of fermented organic fruits, vegetables, herbs, and nuts which supports general health. <https://biopureus.com/product/biopure-regulat-pro-bio/>