

Donna Schwenk has been making and eating cultured foods since 2002. It was through a turn of events in her life that she found herself and family facing major health problems. It was cultured foods that turned her life around and started her on her own journey to discover how food can impact the body. These foods have been around for thousands of years. but just recently have they started making a comeback.

Donna is the Kansas City Chapter leader for the [Weston Price Foundation](#), a worldwide organization comprised of people dedicated to restoring nutrient dense food to the human diet through education research and activism. She teaches classes in the Kansas City area, helping to share with others what has come so easily to her. Making these foods can be daunting at times, not because it is hard but because it is new and unfamiliar. Donna strives to clear the mucky waters and help you learn to make these foods with ease. It has been 10 years since she started making these foods. It still surprises me how much they have changed her life.

Website: www.culturedfoodlife.com