

THE SOURDOUGH SCHOOL PROSPECTUS

Baking, Eating and Sharing Bread:
Baking as Lifestyle Medicine (BALM)

An educational programme as an
empowerment model for social equality



‘Vanessa’s work on sourdough and the gut microbiome
is changing the way we think of food, health and baking.’

PROFESSOR TIM SPECTOR, KING’S COLLEGE LONDON



CONTENTS

- 4 Why Baking as Lifestyle Medicine?
 - 6 Courses
 - 7 Key dates
 - 8 Baking for change
 - 10 About The Sourdough School
 - 12 About Vanessa
 - 13 About the team
-

14 CERTIFICATE IN BAKING AS LIFESTYLE MEDICINE

BALM Practical [ONLINE]

22 DIPLOMA IN PRESCRIBING BAKING AS LIFESTYLE MEDICINE

BALM Practical [ONLINE]

BALM Theory [ONLINE]

BALM Workshop [IN PERSON]

40 DIPLOMA IN TEACHING BAKING AS LIFESTYLE MEDICINE

Sourdough School Teacher Training Workshop [IN PERSON]

BALM Teacher Support Pack

BALM Franchisee Programme

56 Attending the School: Practical information

58 Applying for courses

BAKING AS LIFESTYLE MEDICINE

Baking as Lifestyle Medicine (BALM) is a system of empowerment against the growing threat of lifestyle diseases.

Non-communicable or 'lifestyle' diseases (NCDs) are the leading cause of death worldwide, accounting for 71 per cent of annual mortality rates. The most common NCDs include heart disease, obesity, cancer and type-2 diabetes.

Social injustice + lifestyle diseases

Over and over again, we have seen people's physical and mental health compromised through eating poor-quality bread and refined carbohydrates. The majority of people are totally unaware that the bread they eat everyday has an impact on their health. Even when people do become aware of this, there are conflicting opinions and a great deal of misinformation – even from professionals. We also face misleading product information from manufacturers, and a general lack of knowledge around how to bake and eat bread that nourishes.

Besides causing innumerable premature deaths, lifestyle diseases place a huge burden on healthcare systems around the globe. Research shows that lifestyle factors such as tobacco use, lack of physical activity, poor diet (particularly when high in ultra-processed foods) and stress all increase a person's risk of developing these conditions.

The current food system is broken at multiple levels, from the pesticides used in our soils to the emulsifiers and additives adulterating industrially processed foods. Nowhere is this more apparent than in bread-making.

Modern processing methods strip heart-healthy whole grains of their nutrient contents, resulting in low-fibre bread with a high glycemic index. Over time, white processed bread can increase a person's risk of insulin resistance, alongside other lifestyle diseases.

Lifestyle medicine: A new breed of healthcare

In response to this growing health threat, many health professionals are heralding the arrival of a new care model known as lifestyle medicine –but what does it mean?

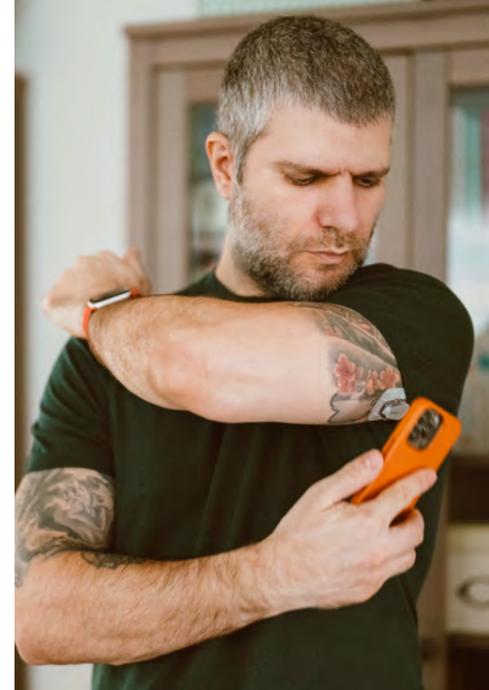
Lifestyle medicine is a holistic, person-centred branch of medicine that seeks to prevent, manage and reverse lifestyle diseases by tackling the root lifestyle choices behind their development.

There are six key pillars of lifestyle medicine, part of the 'Lifestyle Medicine Principles' as laid out by the British Society Of Lifestyle Medicine:

- healthy eating (particularly the adoption of a wholefood, plant-based diet)
- good-quality sleep
- mental wellbeing
- physical activity
- healthy social connections
- minimising harmful substances (such as ultra-processed food)

Far from replacing 'Western' or allopathic medicine (surgery and drugs), lifestyle medicine is designed to complement these treatments with non-drug modalities.

We have an awards and bursaries programme. [CLICK HERE](#) to see if you qualify –please note that deadlines apply

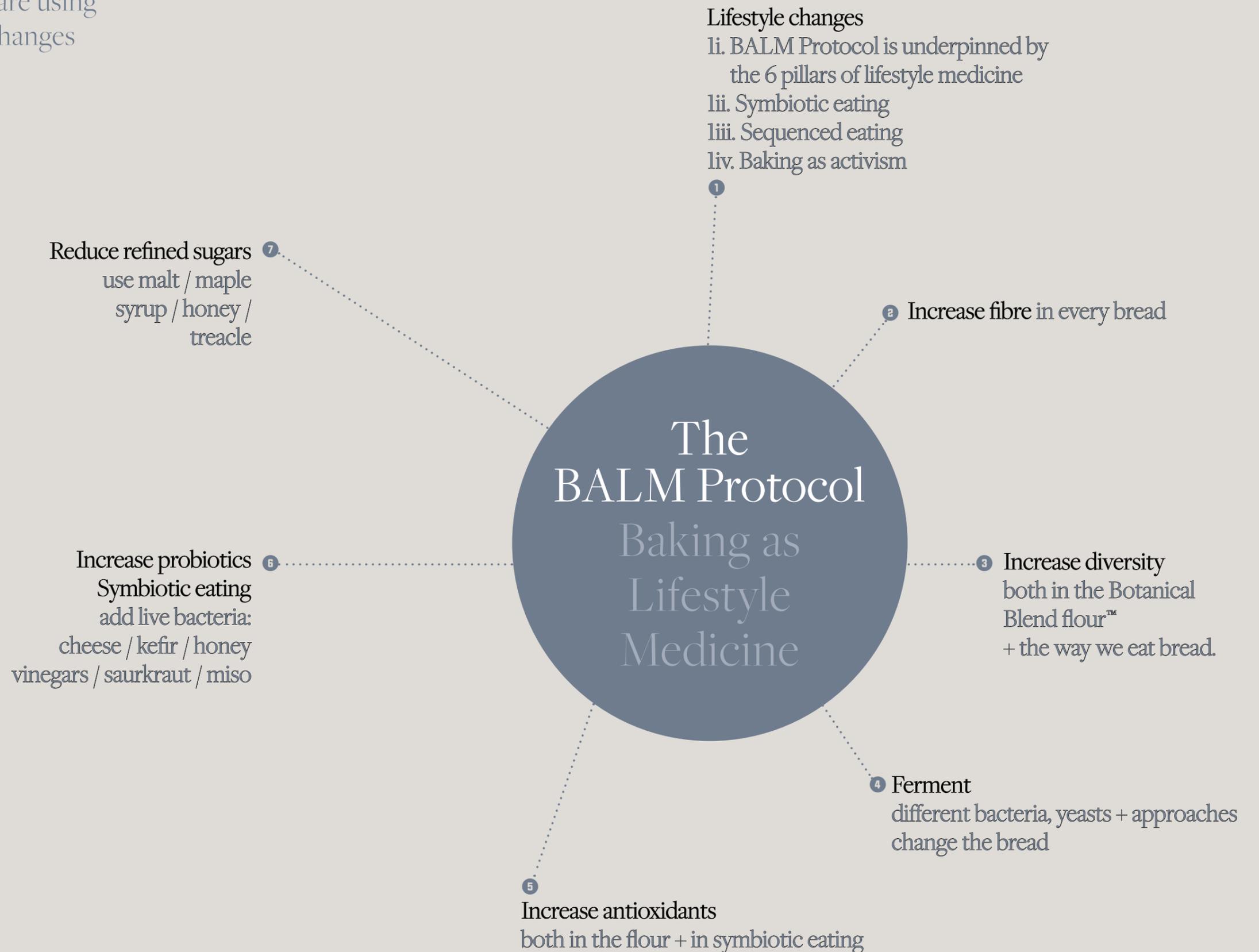


The BALM Protocol

is a system of baking, eating + sharing bread as preventative healthcare using baking as central to lifestyle changes

Here at the Sourdough School, we're on a mission to revolutionise the bread-making process at every level – from soil to slice. The rules governing this are laid out in our BALM Protocol.

Comprising seven principles and reflecting over 20 years of research, our BALM Protocol is built upon the six pillars of lifestyle medicine and guides everything we do here at the School. The syllabus is grounded in the BALM Protocol as outlined here.



COURSES

The different courses are designed to enable people to choose the learning model that best suits their objectives.

Certificate in Baking as Lifestyle Medicine

ONLINE ONLY; LIMITED SPACES

The Certificate in Baking as Lifestyle Medicine (BALM Practical) is the foundation of all our courses. It is for bakers and healthcare practitioners who want to improve the bread they bake. Using all our research and evidence from The Sourdough School, the recipes and techniques taught in this module optimise the nutritional value of baked goods to support both physical and mental health. This syllabus is also suitable for anyone with a passion for baking who wants to learn to bake sourdough for their friends, family, neighbours and community.

Diploma in Prescribing Baking as Lifestyle Medicine

STANDARD: ONLINE ONLY; LIMITED SPACES

ADVANCED: ONLINE + IN-PERSON WORKSHOP; LIMITED SPACES

This diploma is for healthcare practitioners and advanced/professional bakers who want to better understand the science of how bread impacts the body and mind. It combines the BALM Practical syllabus with BALM Theory.

*Healthcare professionals who complete this diploma can apply for our Practitioner's Licence (see page 25). This enables them to prescribe for their patients a baking prescription course appropriate to the health topic they feel is most relevant, to be used in conjunction with, or as an alternative to, conventional approaches.

Diploma in Teaching Baking as Lifestyle Medicine

ONLINE + IN-PERSON WORKSHOPS; LIMITED SPACES

This diploma combines the Diploma in Prescribing Bread as Lifestyle Medicine with a Sourdough School Teacher Training Workshop, setting you on the path to becoming a qualified, certified Sourdough School teacher.

APPLICATION INFORMATION

When you apply, we will consider your ability and potential to be part of our social change policy. We are not looking at your baking skills – you will learn to bake through practising with us. We are looking at your motivation to go beyond what is conventional. We look for evidence that you are self-motivated, and that you can study independently. We have a multidisciplinary approach, so we look for students who are willing to embrace knowledge from soil scientists, nutritionists, doctors, neuroscientists, farmers, epidemiologists, wheat-breeders, psychiatrists and more. It is about having an open mind, as research into lifestyle medicine, the gut microbiome and the role of food in physical and mental health is often emerging faster than we can even teach it. More specifically, and perhaps most importantly, we look at how you can explore ways to bring about social change through sharing the knowledge of baking as lifestyle medicine in a considered way.

KEY DATES

For application deadlines, please see our website

Online open days

These offer you the opportunity to listen to a live presentation about the course and speak directly to Vanessa. [CLICK HERE](#) for open days and events.

Course start dates

CERTIFICATE IN BAKING AS LIFESTYLE MEDICINE (ONLINE)

Start date: September.

DIPLOMA IN PRESCRIBING BAKING AS LIFESTYLE MEDICINE (ONLINE). Start date: September.

If you are doing the advanced Diploma, you will need to speak to us directly to choose dates for an in-person workshop or retreat.

IN-PERSON BALM WORKSHOPS: [CLICK HERE](#) for workshop dates.

TEACHING BAKING AS LIFESTYLE MEDICINE: IN-PERSON WORKSHOPS: [CLICK HERE](#) for workshop dates plus a September online start.

Term dates

[CLICK HERE](#) for workshop dates.

The Sourdough School* is an academy run by Vanessa Kimbell specialising in Baking as Lifestyle Medicine (BALM). Applying nutritional, medical and lifestyle evidence, we teach healthcare professionals, nutritional therapists and bakers to understand the relationship between bread and gut health, and the impact this has on physical and mental health.

THE SOURDOUGH SCHOOL: A SOCIAL ENTERPRISE

Here at The Sourdough School, Vanessa and her in-house team of doctors, neuroscientists, wheat-breeders, microbiologists, scientists and medical professionals, along with regular special guest lecturers, have taken the most up-to-date scientific findings and applied them to sourdough and other fermented foods, as part of our mission to scientifically prove that sourdough and gut-friendly, nutritious food can have a positive impact on our physical and mental health.

The School

The Sourdough School has a classroom set in two-thirds of an acre of organic gardens. It's here that we bake, study and explore the connection between bread and our gut microbiome. The School is supported by a global network of specialists, and we've spent years pooling incredible research on sourdough and fermentation from all over the world to create a centralised wealth of knowledge. We develop and teach recipes and techniques, as we aim not just to study, but to conduct our own research on formulas, grains and fermentation, to apply it to our baking, and to share what we find, turning our extensive research into delicious, affordable, nutritious bread recipes that everyone can bake, eat and enjoy.

* The Sourdough School gardens are certified by The Soil Association as organic

THE SOURDOUGH SCHOOL WEBSITE

www.thesourdoughschool.com is about understanding bread and the impact it has on our physical and mental health and wellness.

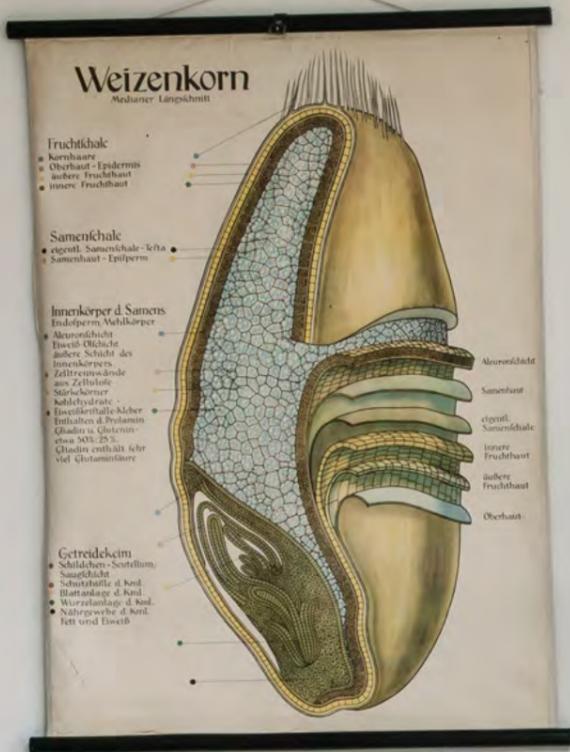
THE SOURDOUGH CLUB WEBSITE

www.thesourdoughclub.com is about learning to make healthy bread that is good for you. We teach you recipes and techniques for baking bread for optimal health, teaching you how to make bread that can reduce bloating, balance blood sugar, help you manage your weight, support your gut health and improve your mood.

INSTAGRAM

@SourdoughClub
@SourdoughSchool





‘Vanessa’s work on sourdough and the gut microbiome is changing the way we think of food, health and baking.’

TIM SPECTOR,
AUTHOR OF THE DIET MYTH

BREAD

Rolling cart with various kitchen items including bowls, plates, and a pasta maker.

Person standing next to a wooden cabinet filled with jars of grains and seeds.

ABOUT VANESSA

Course Director Vanessa Kimbell is a sourdough baker who specialises in Baking as Lifestyle Medicine, focusing on the relationship between fermentation, the gut microbiome and health.

She has been baking sourdough since she was a young girl in south-west France, and is known for her understanding of the nutrition and digestibility of bread. She teaches a range of courses at the award-winning Sourdough School with a focus on baking bread for health, covering topics that include bread and mental health, blood sugar balance, Irritable Bowel Syndrome (IBS) and baking for individuals with wheat intolerance.

The Sourdough School was named among the UK's top three baking courses by the *Times*, and has been featured in a selection of the UK's top ten baking courses by the *Telegraph*, as well as the top ten cookery schools in the UK by the *Evening Standard*.

Vanessa is the author of a series of best-selling books, including *The Sourdough School*, *The Sourdough School: Sweet Baking* and *10-Minute Sourdough*. She is also a regular contributor to BBC Radio 4's *The Food Programme*.

INSTAGRAM @VanessaKimbell

'Vanessa is the Queen of Sourdough.'

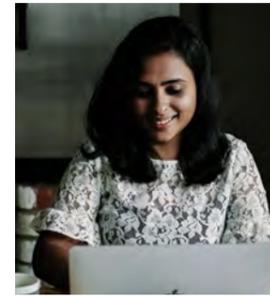
THE TELEGRAPH

Gathering ingredients for our Botanical Blend Flour No.2 - Meadow blend



ABOUT THE TEAM

DR AMRITA VIJAY (Director of Research)



Dr Amrita Vijay has been with the Sourdough School since 2016. She specialises in the gut microbiome and is currently a senior researcher at the University of Nottingham. She focuses on research in and around dietary factors and non-communicable diseases, including areas such as cardiovascular disease, inflammatory conditions impacted by diet and specific nutritional dietary interventions.

DR ALEX DAVIDSON (Medical Director)



Alex is a portfolio GP who works part-time in the NHS while also teaching medical students at Cambridge University and building her private practice in the highly specialised field of Functional Medicine. The core of her work focuses on using evidence-based medicine holistically to get to the root cause of disease. She has used this approach to transform her own longstanding irritable bowel Syndrome and is dedicated to helping others gain control of their health from the inside out.

VENETIA MITCHELL (In-house nutritionist)



Venetia's training is based on the Functional Medicine model, and she tailors dietary and lifestyle recommendations using an evidence-based, personalised approach to healthcare. She specialises in the gut-brain axis and is passionate about diversity in food to optimize gut and metabolic health.

PROFESSOR DAVID VEALE (In-house psychiatrist)



David is a Consultant Psychiatrist at the South London and Maudsley NHS Trust and the Priory Hospital North London, as well as a Visiting Professor in Cognitive Behaviour Therapies at the Institute of Psychiatry, Psychology and Neuroscience at King's College, London. He is Vanessa's mentor in her ongoing research into sourdough's ability to improve mental health.

DR MIGUEL TORIBIO-MATEAS (Consultant to the Sourdough School)



Miguel is a leading expert in the gut microbiome, as well as a clinical neuroscientist and nutrition researcher. In 2015, he co-founded the first microbiome testing company in the UK with Professor Tim Spector. He is the co-creator and neuroscience lead at the Bowels & Brains Lab, a research unit funded with a grant from the European Regional Development Fund at London South Bank University, where he is a lecturer and Research Fellow working in clinical trials to further develop our understanding of the relationship between food, gut microbes and mental wellbeing.

The secret is that we are symbiotic. It's easy to imagine that, as humans, we exist on our own, but in fact we are in a symbiotic relationship with microbes. The earth has its own microbiome, the soil is teeming with billions of microbes, and our skin and entire digestive and reproductive systems have their own microbiomes too. Once you understand this relationship, you have the knowledge, and with this knowledge comes great responsibility; because if you are well, everything is more beautiful.

HOW DOES BAKING RELATE TO LIFESTYLE MEDICINE?

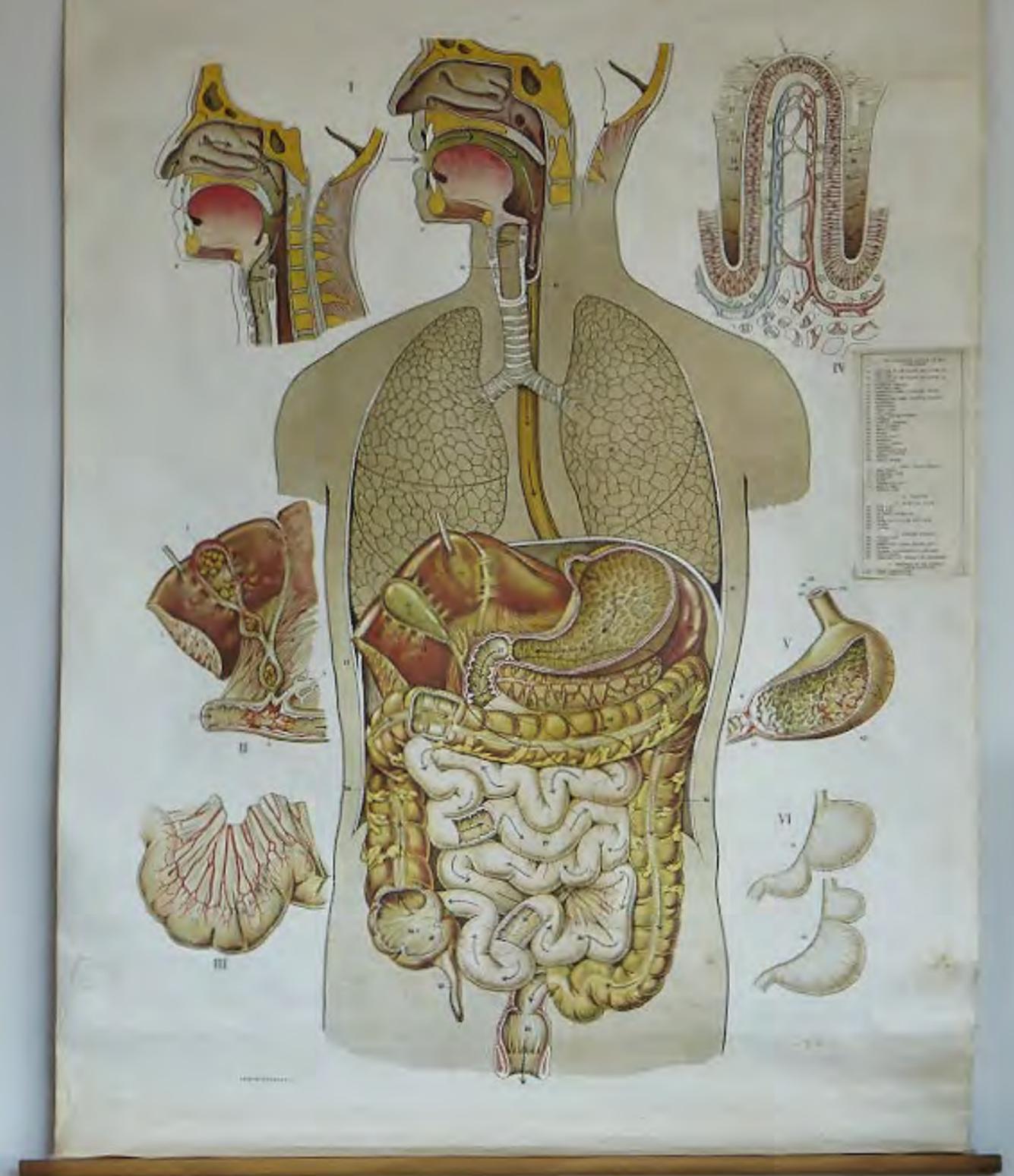
Bread and baked goods are one of the largest sources of our calories in the UK and when it comes to dietary fibre, bread alone provides over 20% of our daily intake in the UK. There is a well-established relationship between the consumption of cereal dietary fibre and reduced risk of cardio-vascular disease, type 2 diabetes, and forms of cancer. So when I made the link between the fact that almost all non-communicable diseases have been linked to gut health, from diabetes and obesity to autoimmune conditions, such as arthritis, and neurodegenerative diseases, such as Alzheimer's – then it became clear that good bread is a game changer when it comes to gut health.

So, what is the gut microbiome?

The gut microbiota (also known as gut flora) is the name given to the bacteria, viruses, yeasts and archaea that inhabit our digestive system. Over the past decade or so, the gene sequencing techniques that were developed to map the human genome in the early 2000s have been applied to the human gut microbiota. The reality is we're still at the very frontier of understanding how these microbes interact and their roles and individual nuances. We are beginning to identify the foods that can support a healthy and diverse microbial community, which in turn is linked to good health (Riaz Rajoka et al., 2017). It's these foods that we will be focusing on in the sourdough recipes.

The human colon (large intestine) is home to trillions of bacterial cells, far more in fact than we have in the rest of our body. This ecosystem is called the gut microbiome and it lives in harmony with us, the hosts. Our gut bacteria perform many essential tasks, not just breaking down dietary fibre into beneficial substances, but also regulating the immune system, preventing inflammation and deterring pathogenic bacteria from making us sick.

MICROBIAL DIVERSITY is an important indicator of balance and stability in the ecosystem of the body. Greater bacterial diversity deters pathogens, indicates complementary activities by different microbes and ensures that other bacteria can take over important health-promoting tasks if something happens to a specific species.





CERTIFICATE IN BAKING AS LIFESTYLE MEDICINE

BALM Practical: The Baking Module (online)

START DATE September **TYPE** Online **DURATION** 1 year

TEACHING COMBINATION Self-guided learning & website comments

SUPPORT A very active baking forum, live clinics, pre-recorded lectures & website comments
Evening live sessions – term-time only

TUTORS Vanessa Kimbell & guest tutors

DEADLINE FOR APPLICATIONS See website

[ENROL NOW / CLICK HERE](#)

Who does this syllabus appeal to?

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This course is about making the most nutritious bread possible and changing your approach to this most basic of foods. Previous students have included home bakers and professional bakers who want to understand more about baking for health. It also appeals to GPs, nutritionists, dietitians and healthcare professionals who want to put their research into practice. We will be focusing on learning how to make bread that supports gut health, and understanding the impact this has on both physical and mental health.



What is the qualification?

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Upon completing the module, you will appear on the relevant Sourdough School graduation board.

How does it work?

.....

The BALM Practical syllabus involves 52 weeks of self-guided baking supported by regular live clinics and pre-recorded lectures. This is a structured online course run through the Sourdough School website www.thesourdoughschool.com. The course materials include lessons, tutorials, recipes, detailed videos and a paced pathway so you can bake every week over a year. Over this time, we will build your confidence, prioritising understanding and knowledge, just as I did when I was an apprentice. This is the most comprehensive sourdough course you can do online, and you will also be invited to join our private support group – our sourdough community – on the forum.



What will I learn?

The BALM Practical syllabus covers everything from starter management and building a good baking routine to understanding the principles of fermentation and learning to eat symbiotically to support a healthy balanced gut microbiome. We will share tips and techniques for mixing, proving, shaping, scoring and baking sourdough bread, as well as sourdough cakes, enriched doughs, pasta, pies and pastries.

YOU WILL LEARN:

- what makes sourdough bread healthy
- why you must choose wholegrain
- the differences between roller-milled and stoneground flour
- how to refresh, maintain and connect to your starter
- how to change your starter into a chocolate or sweet starter
- the mechanisms of controlling fermentation, and digestibility
- how to bake to suit your schedule
- how milling your own flour increases nutrition and diversity
- all about Botanical Blend flour
- why your gut microbiome is important
- what to do when things go wrong with your bakes
- about the flavour and nutritional properties of heritage grains, including einkorn, emmer, spelt and khorasan
- mixing, shaping, scoring and baking techniques
- how to assess your loaf after baking and recalibrate
- how to get a wonderful open honeycomb crumb structure
- how to use up leftover starter

You will not just be learning how to bake sourdough, but also how to apply knowledge. You will be guided through a syllabus that builds up your baking skills so that you grow in confidence, with recipes that include:

- high-hydration sourdough boules
- baguettes
- sourdough brioche
- the 10-minute sourdough technique
- pastries
- buns
- focaccia
- pancakes
- waffles
- pizza
- pasta
- cakes
- sourdough fizz
- cultured butter
- pickles, compotes and soups

Where do I start?

All students are expected to start at the beginning at week one on the learning syllabus. The syllabus follows a weekly schedule that gradually builds your skills. It is essential that you follow this week-by-week sequence, as you must build the foundation skills covered in the early parts of the syllabus in order to succeed at the advanced bakes.

Recipes & baking

There are over 130 recipes available for baking. Each week, particular recipes will be highlighted to tie in with that week's topics to gradually and consistently build your baking knowledge.

The end result

By the end of the programme, you will be baking beautiful open-crumb boules: both light-flavoured French-style pain de campagne and lovely, tangy San Francisco-style boules.

Fees

The fees for this course are available on the Sourdough Club and the Sourdough School website. If you would like to stay on as a Sourdough Club member after completing the course, we have included the option of a reduced monthly alumni members' fee.



BALM Practical

Topics include: [DELIVERED ON THESOUDOUGHSSCHOOL.COM](https://thesourdoughschool.com)

The basics: flour, salt and water
 What is gluten?
 How wild yeasts and microbes work
 How to create and look after sourdough starters



Connecting to the farmer
 Re-imagining flour
 Fermentation controls
 Diversity blends
 Basic boules (20 per cent)
 Troubleshooting
 Pancake starter leftovers
 Flatbreads
 10-minute bread: fitting sourdough into everyday
 How to bake a basic sourdough tin loaf
 Cultured butter



Ambient and basic boules (50:50)
 Experimenting with flour



Sweet baking
 Sourdough brioche
 The art of giving

Baking with heritage grains
 Sourdough pasta

Higher hydration sourdough
 When gluten development matters
 Porridge bread
 Muesli boules

Easy focaccias and cakes

Baguettes

Technical aspects, such as adding inclusions
 Pastries
 Compotes

Pizza month
 Applying the BALM Protocol to pizzas

Getting inventive with your bread
 Sweet baking, cakes, puddings
 How to eat sweet sourdough

Summer baking
 Graduation tasks

LIVE SESSIONS
 During term-time, regular live sessions will offer you the opportunity to submit questions to Vanessa on the relevant syllabus topics. These will be interspersed with pre-recorded lectures from our panel of experts. Live sessions are held on Thursday evenings, but if you cannot attend live, you can watch them at a later date via our catch-up menu.





DIPLOMA IN PRESCRIBING BAKING AS LIFESTYLE MEDICINE

Standard Diploma
BALM Practical: The Baking Module (online)

SEE PAGES 15-21

+

BALM Theory: The Prescribing Module
(online)

or

Advanced Diploma
As above
+
BALM Workshop (in person)

How does the Diploma in Prescribing Baking as Lifestyle Medicine work?

Who is it for?

Previous students have included GPs, nutritionists, dietitians and healthcare professionals who want to understand bread and gut health, and the impact this has on both physical and mental health. This diploma is also aimed at professional bakers who want to understand why and how sourdough bread can be healthier.

What is the qualification?

Upon completion, you will receive either a standard or advanced Diploma in Prescribing Bread as Lifestyle Medicine. Medical professionals who complete the diploma can apply for a Practitioners' Prescription licence.

Time commitment

Early on in the diploma, you will need to put in more hours as you learn the basic principles of baking sourdough. Before you begin, there are around ten hours of core knowledge to watch and read on the Sourdough Club to give you the core principles of baking. Each month will require about 20 hours of your time in total – with an absolute minimum of 14 hours, and as many additional hours as you would like to do.

The diploma combines the BALM Practical syllabus with the BALM Theory syllabus, with the two being taught alongside each other so that what you learn in one syllabus can impact and inform what you learn in the other. Those taking the Advanced Diploma will also attend an in-person BALM Workshop at The Sourdough School.

BALM Practical

This is a structured, supported syllabus delivered on The Sourdough School website. We expect you to be baking at your own pace throughout the month and share your experiences on the forum. This ensures you become part of an active baking community where you can interact with other students and alumni, as well as our own team of bakers who are on hand to support you. See pages 15–21 for a detailed breakdown.

BALM Theory

This is a structured syllabus delivered on The Sourdough School website, made up of guided learning, tutorials, tasks, live clinics and pre-recorded lectures taught by some of the world's leading experts in nutrition and digestibility. You will be required to read the relevant studies that accompany each week's topic. By reading about the topic and watching the recorded materials and lectures, you will have time to process the knowledge and submit relevant questions in time for the live webinars. See pages 28–33 for a detailed breakdown.

Advanced: BALM Workshop

An in-person workshop at The Sourdough School. See pages 34–41 for a detailed breakdown.



BALM Theory: The Prescribing Module

(online)

START DATE September **TYPE** Online **DURATION** 1 academic year

Prerequisite: You can only take this syllabus in conjunction with BALM Practical as part of the Diploma in Prescribing Baking as Lifestyle Medicine

TEACHING COMBINATION Self-guided syllabus accompanied by live sessions, pre-recorded lectures, and access to our research database

SUPPORT Nutritional forum, live sessions & website comments

LIVE SESSIONS & PRE-RECORDED LECTURES – term-time only

TUTORS Vanessa Kimbell & guest tutors, including Professor Tim Spector, Professor Felice Jekka, Dr Alexandra Davidson, Dr Amrita Vijay, Dr Miguel Toribio-Mateas, Dan Saladino, Professor David Veale and Nutritionist Venetia Mitchell.

DEADLINE FOR APPLICATIONS See website

[ENROL NOW / CLICK HERE](#)



What will I learn?

The syllabus covers topics such as Irritable Bowel Syndrome (IBS), Non-Coeliac Gluten Sensitivity (NCGS) and certain allergies, and you will also learn extensively about the gut microbiome and how bread impacts both physical and mental health.

For example, when the course covers IBS, we will be looking at how, over the years, key studies have confirmed that yeasted bread is one of the foods often implicated in triggering IBS symptoms, but recent research now shows the mechanisms by which the fermentation process makes sourdough less likely to cause dietary discomfort when eaten in moderation. This evidence indicates that the long fermentation associated with sourdough can reduce the bread's FODMAP levels by up to 90 per cent.

Modern yeasted bread, made with additives and rapid fermentation using just yeast, is a high-FODMAP food. Traditionally made sourdough, made with a lower-gluten flour, is low-FODMAP, and therefore more easily tolerated by people suffering IBS.

Another example topic is blood sugar and mood. It's not just people with diabetes who need to understand how bread affects blood sugar balance. The bread we eat every day influences the way we feel. Glucose control has also been shown to be central to helping prevent particular diseases. Blood sugar balance is at the heart of good physical and mental health for everyone; it helps to keep our brains healthy, our energy levels stable and our mood balanced. This is especially important when it comes to mental health. Disrupted blood sugar levels can lead to increased sugar cravings, irritability, brain fog, anxiety, poor sleep, low energy and weight gain – so I think it is fair to say that the bread that you eat every day is central to your health and wellbeing.

How will I be able to apply my knowledge after the course?

FOR BAKERS: This course will significantly improve your understanding of the nutritional value of wholegrain and the mechanisms of sourdough, allowing you to transform your bread. This knowledge is a game-changer when it comes to baking for health and product development for your customers. **This will allow you to join the Sourdough School Teaching Programme.**

FOR DOCTORS & PRACTISING HEALTHCARE PROFESSIONALS: Upon graduating, you will have an in-depth knowledge of the nutritional value of bread and its impact on physical and mental health. If you complete the Advanced Diploma, you will be able to apply for our Practitioners' Prescription.

Tasks

For each topic on this course, we will give you a task to complete, such as creating your own starter; creating different starters for a 'starter race' (to compare the results of variations in flour, water temperature, hydration); connecting to a farmer; finding a lactic acid bacteria and making cultured butter; creating tin loaves (ambient, retarded, long fermented); carrying out flavour-wheel tests; creating sauerkraut; making your own vinegar; connecting to a local beekeeper and using honey as a probiotic in a bake; making a compote; and making a botanical blend. There will also be optional further personal health-focused tasks suggested, such as completing a gut microbiome test and using a blood sugar monitor.

Is there an assessment?

At the end of the course, each practitioner is required to submit a fully referenced recipe for a prescription bread, along with a 300–400-word introduction explaining why this bread will positively impact health. All of the recipes submitted will be tested by the group and shared on the website as a celebration of the class's creations.

Topics include: DELIVERED ON THESOUREDUGHSCHOOL.COM

How BALM fits in with the Six Pillars of Lifestyle Medicine
The basics of the gut microbiome

Applying the BALM Protocol
A deeper look at the mechanisms of how fermentation makes bread more nutritious,
including increasing vitamins and minerals in grain
Prebiotics and probiotics
How to eat sourdough to optimise your health
How sourdough helps aid digestion and nutrition
How does baking sourdough help support mental health?
Metabolites and brain function
Nutritional psychiatry

Controlling blood sugar and supporting mood
A closer look at salt

A deep dive into specific positive gut microbes

Satiety and weight management

Heart health and cardiovascular disease

A deeper look at fibre
The role of fibre in reducing the risk of bowel cancer

All about Irritable Bowel Syndrome (IBS)
The digestibility of bread and how fermentation affects digestibility
FODMAPs
Phytic acid and the impact of stress

Creating your own fresh botanical blends using fresh herbs and flowers
Techniques for super-loading nutrition in your sourdough bread
The importance of polyphenols and flavonoids
How we eat bread

Community and sharing
The psychology of celebration
Sharing bread and pizza
The hardcore research on 'lifestyle' and how bread is beneficial to your health

How to control your starter refreshment to increase breakdown of gluten
Coeliac disease and when to avoid gluten
A deeper look at non-coeliac gluten sensitivity (NCGS)
An exploration of allergies to flour, including baker's asthma, food allergy to wheat,
and Wheat Dependent Exercise Induced Anaphylaxis (WDEIA)
Different clinical forms of wheat allergies
Graduation tasks



ADVANCED

BALM Workshop (in person)

DURATION 1-5 days **TYPE** In person

Prerequisite: You must complete the pre-course materials before attending.

WORKSHOP DATES [CLICK HERE](#)

WHERE The Sourdough School (see page 56)

LIVE TUTORIALS

TUTORS Vanessa Kimbell & guest tutors: Dr Alexandra Davidson, Dr Amrita Vijay, Dr Miguel Toribio-Mateas and Nutritionist Venetia Mitchell

CERTIFICATE You will be added to the relevant Sourdough School graduation board.

DEADLINE FOR APPLICATIONS See website

[ENROL NOW / CLICK HERE](#)



What does the workshop cover?

.....

This module gives students the opportunity to learn in person from our team of leading experts here at The Sourdough School. When combined with BALM Practical and BALM Theory, this workshop gives students the opportunity to dive deeply into baking, gut health and the impact bread can have on our physical and mental health. It is an immersive, hands-on, interactive learning experience with a remarkable team of experts that allows students to apply their knowledge and deepen their understanding.

What is the qualification?

.....

Upon successful completion, you will receive a workshop certificate: An Introduction to Baking as Lifestyle Medicine.



BALM Workshop sample 5-day timetable

MONDAY: 11AM-7PM

LECTURES EXAMINING THE SIX PILLARS OF LIFESTYLE MEDICINE IN RELATION TO BAKING

The gut microbiome
Symbiotic eating

BAKING AND COOKING:

Starters
Fermentation controls
Probiotics: pickles
Probiotics: cultured butter
10-minute sourdough

TUESDAY: 10AM-6.30PM

LECTURES LED BY GP AND FUNCTIONAL MEDICINE PRACTITIONER DR ALEXANDRA DAVIDSON

Bread and health
How sourdough can optimise health
Core body systems
The BALM Protocol
IBS & NCGS
Blood sugar management

BAKING AND COOKING:

Easy gluten-free sourdough pancakes
Making butter
Garden compote
10-minute cake

WEDNESDAY 8AM-12.30PM

LECTURES ON THE LAWN LED BY VANESSA KIMBELL

Soil systems
Understanding wheat
Botanical Blends

BAKING AND COOKING:

Milling flour
Making sourdough pastry

Wednesday afternoon is your own. There are various options that we recommend, depending on the time of year and the weather. You could have lunch at the Deli at Castle Ashby and visit the beautiful gardens, followed by wild swimming at the lake, or you could visit nearby Market Harborough, then attend a wine-tasting at the vineyard.

THURSDAY: 10AM-7PM

BAKING DAY LED BY VANESSA KIMBELL

Baking a retarded boule
Leaven
Autolyse
Mixing
Proving

FRIDAY: 10AM-5PM

BAKING DAY & HOW TO EAT LED BY VANESSA KIMBELL AND IN-HOUSE NUTRITIONIST VENETIA MITCHELL

Baking
Scoring
How to eat sourdough and the importance of symbiotic eating
Consolidating and applying knowledge



MIGUEL TORIBIO-MATEAS



DR ALEXANDRA DAVIDSON



VANESSA KIMBELL



VENETIA MITCHELL



Teaching style

It is important to understand that we teach through a mixture of lectures and participative demonstration. Vanessa will demonstrate how to make sourdough, using one mixer to make large batches of dough. There will be ample opportunities for students to touch, taste, smell and feel the dough. It is important, however, to understand that as an academy, The Sourdough School workshop teaching style is about understanding the principles of sourdough rather than each of our students individually making bread. The video tutorials and baking at home syllabus you will follow in the BALM Practical course will give you the foundation you need to get the most out of your time at the School, enabling you to use the Workshop as an opportunity to consolidate your understanding. This enables us to cover more in the time we have here with Vanessa and the team.

What is included?

In addition to the wealth of knowledge shared in the online courses and in-person workshops, Advanced Diploma students will receive:

- an exclusive ceramic jar with breathable wooden lid & some of our starter to take home
- a set of sourdough record cards and a personalised signed *The Sourdough School* book worth £24.99
- all the teaching materials and supporting documentation

The end result

By the end of the workshop, you won't just understand how to make bread: you will have had the chance to consolidate and celebrate the knowledge you've gained, and have an understanding of what it really means to eat, bake, live and breathe the Sourdough School philosophy.

Fees

The fees for this course are used to deliver the Systems Change Programme. [CLICK HERE](#) for details. If you would like to stay on as a Foundational member after completing the course, we have included the option of a reduced monthly alumni members fee.





DIPLOMA IN TEACHING BAKING AS LIFESTYLE MEDICINE

BALM Practical (online)

+

BALM Theory (online)

+

BALM Workshop* (in person)

+

Sourdough School Teacher
Training Workshop (in person)

Sourdough School Teacher Training Workshop

(in person)

START DATE September TYPE In person DURATION 2 x 1-5 days

WORKSHOP DATES

[BALM WORKSHOP - CLICK HERE](#)

[TEACHING BAKING AS LIFESTYLE MEDICINE WORKSHOP - CLICK HERE](#)

WHERE The Sourdough School (see page 56)

LIVE TUTORIALS

TUTORS Vanessa Kimbell & guest tutors

DEADLINE FOR APPLICATIONS See website

[ENROL NOW / CLICK HERE](#)



NASSIMA ROTHAKER

Who would this course appeal to?

Teaching Baking as Lifestyle Medicine is suitable for anyone with an interest in baking the most nourishing bread and bakes possible, and teaching others to do so too. It will also suit people who work in the mental health sector, such as psychiatrists, psychologists, occupational health practitioners, mental health nurses and social workers, as well as cookery teachers, chefs, food industry professionals and community support workers.

In this module, you will learn about the inner workings of The Sourdough School, as well as how to bake the most nutritious bakes possible. You will gain an understanding of the mechanism of sourdough, and both the theory and the practice of baking for health. You will learn how to prepare and teach a sourdough baking course, and discover what it takes to deliver a five-star experience.

You will learn to use our BALM Protocol, which is based on Vanessa's research for her doctorate.

Who can apply for teacher training?

The Teacher Training Workshop can only be completed as part of the full Diploma in Teaching Baking as Lifestyle Medicine. If you have completed the Standard Prescribing Baking as Lifestyle Medicine Diploma within the last two years, you can apply to 'top it up' with the Advanced BALM Workshop and the Teacher Training Workshop.



Before the workshop begins

By the time you attend the Teacher Training Workshop, you will already be most of the way through the BALM Practical and BALM Theory courses (unless you have already completed them and are doing the Teacher Training Workshop as a top-up module). In April, about three months before the Workshop, we will set you a series of mandatory practical tests and an online test. This will show us where to focus our attention before you attend the School in person, and will highlight any areas that you need to work on.

What will I learn?

After studying the BALM Practical and BALM Theory syllabuses, as well as attending the BALM Workshop, you will have built an incredible base of knowledge. This workshop is about bringing that knowledge together with who you are and learning how to share it with others. Your life experience and your story are just as relevant to your teaching as the breadmaking techniques you will share.

- This workshop shows you how to teach people to make the most nutritious bakes possible using The Sourdough School's BALM Protocol and teaching style. You can only really learn this in person from Vanessa.
- By the end of the workshop, you will be able to not just teach, but really communicate the mechanisms of sourdough and why it is both more digestible and more nutritious.
- You will be confident in teaching people to bake delicious sourdough and showing them how doing so can optimise their health.
- You will be able to teach all bakes, from simple sourdough bakes including sourdough pasta, basic sourdough cakes and focaccia, to baguettes and open-crumb boules.
- You will know how to teach people to accompany their bakes with probiotics, by making fresh fruit compote, cultured butter and more. You will be able to chat about health topics, such as Irritable Bowel Syndrome (IBS), Non-Coeliac Gluten Sensitivity (NCGS) and certain allergies, and you will also be able to explain why the gut microbiome is at the centre of the way we teach.
- Upon completion of the workshop, including a written test and the completion of the course recipes, you will be a certified Sourdough School teacher.
- You are the magic ingredient.

'Vanessa's approach to baking nourishes both the gut and the mind' DR. MICHAEL MOSELY

Teacher Training Workshop Sample Syllabus

Throughout the teacher-training workshop, Vanessa will be demonstrating how to teach baking as lifestyle medicine. There will be roleplays and moments when Vanessa will hand over the floor to you to show the class how you might teach a particular technique relating to the Six Pillars of Lifestyle Medicine.

MONDAY 11AM-6PM

Topic 1: Introduction to teaching – Revisiting the BALM Protocol and how we teach.

The legal cans and can'ts of teaching about bread. When you can advise on health matters and when you can't. How to get spiritual without getting religious – balancing belief systems in the classroom.

Is bread political? – Discussion. What do you look for in your students? Setting your values within the way you teach. Better understanding cultural differences when you teach.

Connecting your baking to systems – The gut microbiome and centring teaching around the gut.

Systems change – Discussion.

Topic 2: Student management – From GDPR to legal requirements, from sign-up to departure, including registration and arrival. Managing expectations. Working with different students' educational needs/knowledge bases. Coping with disruptive/quiet students. Managing Q & As. Pre-course care. What insurance do you need? Can you teach from home?

TUESDAY 10AM-5PM

Topic 3: Course Preparation – How to teach starter management. Cleaning, including oven preparation and tools. Equipment, menu planning and symbiotic eating as part of teaching. Sourcing ingredients, including flour. How can you personalise this? – discussion.

Topic 4: Timing – Exercises in planning your courses immaculately, hour by hour, day by day. Filling the gaps, designing and managing the schedule. Dealing with overrun. Keeping your students engaged.

WEDNESDAY 10AM – 1PM

Wednesday afternoon – free time.

We suggest wild swimming at Castle Ashby or, more locally, a wine-tasting at Fleurfields

Vineyard. Further afield, you might choose to spend an afternoon at Daylesford Farm shop in Moreton-in-Marsh.

Topic 5: How to teach – Performance, flow and engagement. Using teaching aids, such as loaf records, diagrams and flavour wheels. Using the Sourdough Club as a teaching tool. Setting tasks, such as jam jar races. Building rapport. What to do when things go wrong.

Topic 6: Logistics – Health and safety, hygiene certification and dealing with food allergies. Medical requirements. Key procedures. Waivers, social media and photography. Intellectual property. Incident management. Managing neighbours. Waste management.

THURSDAY 10AM-6PM

Topic 7: Bakes and recipes – The tips and tricks to staying ahead. What to prep and when to prep. Which recipes to teach, which ones to demo. Key skills for successful teaching. How to cope with stress – discussion.

Topic 8: Making it work as a business – Looking closely at costs, including set-up costs and running costs. The number of hours you'll work. Accountants. Should you set yourself up as a sole trader or a limited company? Profit and loss. Taxes.

FRIDAY 10AM-4PM

Topic 9: Marketing and communications. How to sell your courses. How to manage student enquiries. Your onboarding system and procedures. Social media training, including Instagram, Facebook & Twitter. Photography and understanding how to engage your followers.

Topic 10: Post-course care and evaluation. Evaluating your performance. Follow-up student care. Taking criticism and reaching out for support – discussion. What to do if you have to cancel a course?

Q & A: Discussion on the advantages and disadvantages of becoming a licensed Sourdough School Teacher.

Once I am certified, am I allowed to call myself a qualified Sourdough School Teacher?

Yes, upon successful completion of your teaching certificate, you are now a certified Sourdough School teacher, and you may apply for your Sourdough School teaching licence if you want to be supported by the School and the team with your teaching.

Do I have to have a licence to teach?

No. It is not compulsory to have a licence. As a teacher, you may display your certificate and share that you are a qualified Sourdough School Teacher, and you are totally free to set up your own business or work for another cookery school and teach under your own name. Some students prefer this freedom as we have a very specific approach, so they may prefer to just teach in their own way.

Am I allowed to call my own business a 'Sourdough School'?

No. We are The Sourdough School. It would be like graduating from Oxford University with a teaching qualification and wanting to call your cookery school Oxford University. It is not appropriate and goes against our terms and conditions. However, you can join The Sourdough School and apply for a licence to become a franchisee.

Will I be able to open my own Sourdough School?

While successfully completing the Diploma in Teaching Baking as Lifestyle Medicine qualifies you as a teacher, this certificate alone does not entitle you to open your own Sourdough School. However, this qualification is the prerequisite for applying to open your own franchised Sourdough School (see pages 54–55).

So, how do I teach if I am not a franchisee?

You may teach under your own trading name, as a sole trader or as a limited company with any name suitable for your business, or you may choose to contract yourself to another school as an independent teacher (as many of our former students have done very successfully). However, unless you are an official Sourdough School licensee, you cannot use our brand name within your business name. To find out more about opening your own franchised Sourdough School, see page 52–53.





Food is medicine, but very few doctors are trained in nutrition. Vanessa has an ability to translate the 'art' of bread making into a language that crosses the divide between art and science. She links pathways from different disciplines to demonstrate that the way in which we eat bread will impact both the body and mind. No doctor has ever been able to explain digestion in such a graphic manner. This will allow bakers and scientists to interrelate around the central theme of the gut microbiome. It engages you fully in a process that is achievable, whilst giving you an insight into digestion and its effect on health. This is a real-world application course, where you will learn how you can use our most basic food to help optimise your health and prevent disease. It doesn't stop there, because your Practitioner's Prescription Licence means that you to use your understanding as a social prescription bread making course directly to your patients. It is lifestyle medicine at its best!

REVIEW FROM DR ANNIE ELLIOT (RIP) who was our very first GP graduate on our BALM Diploma. Our awards programme has been named after Dr Elliot

BALM TEACHER SUPPORT PACK

WHAT IS THE BALM TEACHER SUPPORT PACK?

This is to guide you through the first stages of running your business on your own, which is an essential stage before applying to become a full Sourdough School franchisee.

The support pack is a support structure to help you work within the guidance, protocols and systems of The Sourdough School while retaining your independence as a business and using your own name and business structure.

WHY DID WE START TEACHING THE TEACHERS?

Three years ago, we stopped teaching beginners' classes to allow us time to continue to research and concentrate on our core mission of teaching healthcare practitioners. So, while The Sourdough School is a centre for the study of the nutrition and digestibility of bread, we are leading the way in the application of the most up-to-date research, and we simply do not have time to teach beginners how to bake anymore. This has left us with a huge waiting list and, after many years of teaching, I wanted to offer a way for my own students to share with others the knowledge they have learned here. So we decided to help our students to teach others how to bake by providing a support structure.

ADVICE

It is hard work to teach on your own, and having the support and structure of the team at the School is a huge bonus. Sometimes, just chatting a problem through can help enormously and our insight is a great resource.

With a network of medical professionals, scientists, wheat-breeders, nutritionists, specialist bakers, researchers and academics, we've been pooling the research on sourdough and fermentation from all over the world into a central point, and we are right here to help you learn to teach and share this knowledge.

HOW DOES A BALM TEACHER SUPPORT PACK SUPPORT YOUR TEACHING?

You will have access to:

- A monthly group Q & A drop-in forum with Vanessa and The Sourdough School team
- Teaching aids, such as loaf records and flavour wheels
- Class schedules and timing plans
- Lesson plans
- Class-preparation schedules
- Access to the Sourdough Club as a teaching aid
- A listing on our teachers' page
- Promotion on our social media
- An online Club membership tailored to you to support your students pre- and post-course, delivered by the Sourdough Club.
- A second year of the Certificate in Baking as Lifestyle Medicine so you can revisit key elements (RRP £1,999).

IS THERE ANY MORE SUPPORT AVAILABLE TO HELP SET ME UP AS TEACHER?

You can apply for a business and mentoring programme with Vanessa Kimbell. This will last 1-2 months, with 5 days of 1:1 time with Vanessa. The cost is £5,000 + travel and accommodation expenses where appropriate. Email libiana@sourdough.co.uk for more information. Alternatively, you may wish to look at the Franchisee Programme.

HOW OFTEN DO I NEED TO BUY A SUPPORT PACK?

Annually.

WHAT ARE THE REQUIREMENTS?

You must have completed the full Diploma in Teaching Baking as Lifestyle Medicine. You will need to always adhere to the BALM Protocol. Your first classes must be in line with your abilities. You can choose from the 1-day 10-minute Breads Course, the 2-day Ambient Course, the 3-day Retarded Course or a 5-day Combined Class. You may apply to teach further classes (such as baking sourdough for specific health conditions) at a later date.

We will provide you with a style guide for language and tone, which we require you to use in your marketing and communications.

Your first class will need to be taught for free and may be attended by one of The Sourdough School team. Any new recipes you produce will remain the intellectual property of The Sourdough School, but you will be acknowledged as the author. You may not teach BALM Theory courses or any online classes that are in direct competition to The Sourdough School.

The meals provided for your students must be vegetarian.

WHAT IS MY POTENTIAL INCOME?

It is too difficult to estimate your potential income, as there are too many variables, including location, your own marketing and number of courses you offer. However, we do provide you with a basic list of all the costs that you need to take into consideration as a self-employed person.

We do not have a minimum or maximum limit to the number of classes you can teach, so you can develop at your own pace. Any decisions to hire additional staff to support you, such as cleaners or assistants, must be made at your own discretion.

Our suggested course rates are as follows, and we recommend a class size of about 6 students.

- 1-day How to make 10-minute Sourdough Course £199 (x 6 = £1,194)
- 2-day Course at £399 (x 6 = £2,394)
- 3-day Course at £599 (x 6 = £3,594)
- 5-day Course at £899 (x 6 = £5,394)

WILL I MAKE MY FORTUNE?

No. Teaching is hard work, and it takes time to build a business and to prep for each course. However, it is fun and extremely rewarding, and there is something extraordinary about connecting to others and doing something that matters.

THE BALM TEACHING SUPPORT PROGRAMME

All the benefits of running your own business,
with all the support you need from our resources
and experience to help you succeed and enjoy it!

TEACHING SUPPORT

It is about being part of a successful brand that offers years of experience and knowledge, so you won't be starting from scratch. You will be supported by The Sourdough School team, who have all the tools, advice, training and guidance to help you. You will be able to create a profitable business from an affordable investment. The Sourdough School is an established, successful brand with a long waiting list, and we will direct potential students to your courses.

In order to have the support, you must hold a Sourdough School Teachers Licence. You must have graduated from the BALM certificate.

HOW LONG WILL IT TAKE TO OPEN MY OWN SCHOOL?

From starting the BALM Theory and BALM Practical courses from scratch, to teaching your own classes will take a minimum of two years, except if you are already a graduate.

IS THIS A LEGAL AGREEMENT?

Yes, you will be required to teach according to the principles of BALM and uphold the values of the Sourdough School. However, you will be running your own independent business and will need to comply to the statutory laws of your country.

WHAT DOES THE TEACHING SUPPORT PROGRAMME INCLUDE?

The programme fee includes Vanessa working closely with you to make a success of your business, including:

- A monthly Q & A drop-in forum with The Sourdough School team to help answer questions
- A dedicated page on the Sourdough School website linking to your courses.
- A premises tutorial for your proposed school, ensuring accessibility for disabled persons is addressed (this is part of the application process)
- An equipment and tools audit
- Help sourcing your ingredients
- Advice and guidance on creating your own botanical blends
- Help with terms and conditions and protocols

- Guidance on marketing and branding material, as well as running your website and social media
- Advice on health and safety, valid food hygiene certification, sufficient public liability insurance cover with a reputable provider, first-aid certification and allergy training (all of which will be required before you open)
- Advice on medical disclaimers
- Access to branded forms and legal procedures
- Access to wholesale-price Sourdough School books
- Use of forms such as: Standardised complaints procedure following Sourdough School protocols
- Teaching aids, such as loaf records and flavour wheels
- Class schedules and timing plans
- Lesson plans
- Class-preparation schedules
- A listing on our teachers page
- HR templates
- Privacy templates
- GDPR template
- Legal disclaimer templates
- Use of our 5000+ image photography database
- Promotion on our social media

Optional extras

- The option of booking Vanessa to teach at your school once a year (not including travel and accommodation costs) or 5 days a year of mentoring from Vanessa. This is an extra fee
- The option of a URL, website hosting and all website media, with fonts, branding and package from our website designer. Extra fees on request. (Please note that you will need to commission our website designer independently to build any extras on your website other than the standard website. We do not work with other website designers or hosts under any circumstances.)
- An online chargeable Club mini-course tailored to you to support your School, linked to your website, to help students pre- and post-course, delivered via the Sourdough Club. (Please note this is standard template that is personalised to your School.)

For further information, please contact Libiana Kimbell, PA to Vanessa Kimbell. libiana@sourdough.co.uk.

ATTENDING THE SCHOOL: Practical information

Please note that the School is set in the grounds of Vanessa's home and so has an informal and friendly atmosphere. We like to think of it as a French-style baking classroom. You may meet Vanessa's children, who are also part of The Sourdough School team. The School is accessed via Vanessa's garden: there are chickens who roam about in the summer, and dogs (if you are uncomfortable with dogs, then please let us know in advance, as we can ensure they are locked away while people are arriving or leaving).

EXAMPLE LUNCHES

We will provide a simple vegetarian lunch. Here is a sample menu:
MONDAY
Seasonal soup and 10-minute sourdough
TUESDAY
Dal and flatbreads
WEDNESDAY
Lunch out
THURSDAY
Cheese and 10-minute focaccia
FRIDAY
The ultimate sandwich – hummus, cheese and pickles

Vegan options: If you are vegan, please let us know more about your food principles so that we can accommodate you: for example, some vegans who have attended in the past have preferred not to eat processed vegan cheese or butter. A quick conversation in advance of the Workshop will mean we can make sure there is delicious food throughout the week that you can enjoy.

FIRST AID & ALLERGIES

We are not a nut-free environment. We respectfully ask that students bring medication if they have serious allergies or are allergic to animals.

I am a trained St Johns Ambulance first-aider.

Please let me know of any other medical conditions we should know about if they are not detailed on the booking form.

ACCOMMODATION

We have a full **Accommodation List** on the website, but the closest accommodation to the School is **Sedgebrook Hall**, where Sourdough School students are eligible for a 10% discount. It is a conference centre, and is clean, comfortable and functional. However, if you are making a holiday of the week, there are many beautiful rural properties on Airbnb.

PHOTOGRAPHY

You will be sent photographic release forms to sign before you attend the Workshop, as we love to celebrate our Workshops and share beautiful photos on social media. We tend to avoid focusing on an individual, but occasionally we make live videos to share tips and information with others, and we often take pictures of people's hands when photographing the bread. We are sensitive to both those who love social media and those who don't, so please be respectful of each other's preferences. Photos of me are absolutely fine, but please ask me first – and let me have a moment to make sure my eyes are open and my mouth is closed! Photos of the School and garden are fine too, but not of our personal living space. Please do not take photos of other students without permission, and please do not photograph my children unless I expressly give permission. Please be respectful of these guidelines so that we can all connect, share, celebrate and enjoy.

PRAYER AND MEDITATION

We have people travelling to attend the School from all over the world, and take care to make time and space for our students' religious and spiritual needs, so please let us know if you need anything specific. We have a small library that can be made available to you if you require a quiet, private space for prayer or meditation during your visit.

ALCOHOL

We are very respectful of different cultures' approaches to alcohol. My family own a vineyard one mile away from the School, so wine is sometimes served, but if we do serve any alcohol, we are able to provide a separate place to sit within the School if you require it.

WHAT SHOULD I WEAR?

All students are required to wear indoor shoes and an apron. Please don't wear any rings other than a simple wedding band. Please ensure long hair is tied back during baking sessions.

Over the years, we have noticed that most accidents tend to happen when things get cluttered. We have to clear the table several times through the day, and each student is responsible for making sure that their utensils, cups and bowls are washed and put away when finished with. On arrival, we are all allocated small jobs to make sure that the bakery stays shipshape throughout the day. This also makes you feel more at home. We have a very calm and comfortable space, so we ask you to make yourself at home, but also to be mindful of the working space.

ADDRESS

The Sourdough School
East Bank House
Moulton Road
Pitsford
Northampton
NN6 9AU

OTHER IMPORTANT INFORMATION

There is a detailed **Attending the School** and **Q&A section** on our website that covers everything you need to know before visiting the School.



'Vanessa won't just teach you to make sourdough bread; she will blow you away with how you can incorporate it into your everyday baking.' BAKER AND AUTHOR DAN LEPARD

APPLYING FOR COURSES

THE INTERVIEW

For all courses, we reserve the right to interview you. It is not necessarily a prerequisite for admission; however, there may be times when we feel it would be beneficial to talk with you directly before accepting with your application.

You will receive an email from us asking to book a timeslot to discuss your application. The structure of these interviews is an informal 5–10-minute conversation on the phone, or via Zoom or WhatsApp. This also gives you the opportunity to ask any specific queries that you have about attending the course. If, after our discussion, you feel this is not the right course for you, or indeed if we feel that this is not the best course for you, then we will issue a full refund. **Please see our Cancellations & Refunds Policy opposite.**

OUR DECISION

We aim to make decisions as quickly as possible, and in any event within one month of receipt of your application. Our decision is final. If for any reason we are not able to make a decision within a month, we will contact you to explain the situation. Please be aware that we often close for five weeks during the summer.

OUR INVITATION TO THE COURSE

We are committed to making offers that are appropriate to each applicant, and therefore we may formulate and vary the courses offered at our discretion. We only make offers to students who we believe are capable of benefiting from, and successfully completing, our courses. All offers are subject to our terms and conditions.

CANCELLATIONS AND REFUNDS POLICY

We are a small business, and a great deal of care is put into making sure that each course is successful. This involves a significant amount of administration, and direct costs are incurred for each booking a long time before you even begin learning online or arrive at the School.

We invest in the infrastructure, prepare the research, record the lectures, plan the schedule, photograph the lessons and recipes, and prepare food if you are attending in person (and some of our fermented foods are prepared well in advance). We also spend time communicating with and preparing for our students. Your course begins long before you attend, either online or in person, and so we do not offer refunds once your application has been accepted. Many courses are booked with a 12-month lead time, so it is just not possible to fill in cancellations – especially for the Advanced Nutrition & Digestibility Diploma and the Teaching Bread for Health Diploma, as they are part of the course you have already started on. For this reason, we make our cancellations and refunds policy highly visible, as we are unable to offer refunds on any courses once booked. **CLICK HERE** to read our terms and conditions carefully before booking.

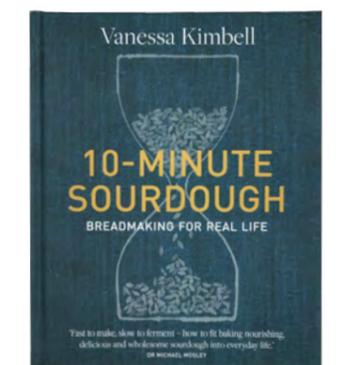
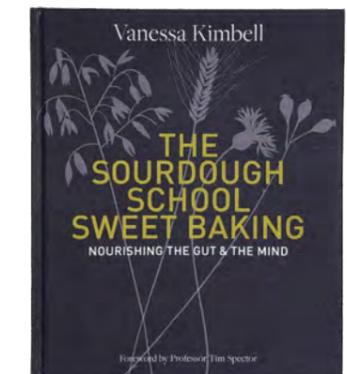
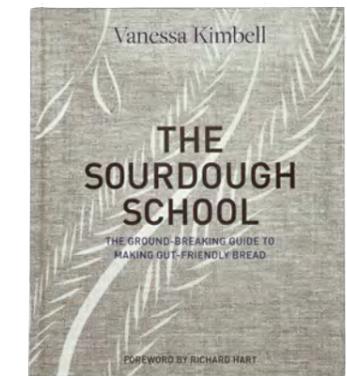
Photography by Vanessa Kimbell and Georgia de Lotz. All photographs in this prospectus have been used with the consent and legal permission from the students and teachers.

‘She’s an enthusiast, a delighter in life’s most civilised pleasure, and a grown-up who’s retained a child-like wonder at the mysteries of the world.’

SHEILA DILLON, BBC RADIO 4 FOOD PROGRAMME

‘It is impossible to read this book without wanting to scuttle off into the kitchen.’

NIGELLA LAWSON



[CLICK HERE TO BUY](#)



BAKING FOR CHANGE

The Sourdough School is a social enterprise with a mission to bring knowledge and practical skills to people who would not otherwise have access to this essential information. The fees for the courses listed in this prospectus cover the School's essential running costs and are invested back into delivering what we do to those who need it. As a student of the School, you become part of this enterprise, and are encouraged to share your knowledge and support others in accessing it.

Healthcare professionals who complete the Diploma in Prescribing Baking as Lifestyle Medicine can apply for a Practitioners' Prescription, enabling them to prescribe their patients a free course with the School, and The Sourdough School's discretionary Flour Fund (UK and USA) has been set up to ensure those in need have access to flour for baking.



'I passionately believe that fresh air, clean water and bread that nourishes are basic human rights.'
VANESSA KIMBELL



‘This is a journey. And these aren’t just courses. Kimbell wants to change the bread we eat, one loaf at a time. She’s the real deal: a total inspiration.’ DIANA HENRY, THE TELEGRAPH

The Sourdough School specialises in teaching courses on the Nutrition & Digestibility of Bread. We help bakers & healthcare professionals understand and apply nutritional, medical & lifestyle evidence in order to bake & prescribe bread that supports gut health & has a positive impact on both physical & mental health.

bookings@sourdough.co.uk

 01601 881274

www.thesourdoughschool.com

www.thesourdoughclub.com

 @sourdoughschool @sourdoughclub