

Fermented foods improve digestibility and increase the absorption of vitamins, minerals, and nutrients.

The benefits of FERMENTED foods

—by Johan Jacobs



GOOD NEWS

There is hope! Not only is the fermentation of food a proven ancestral way to preserve and store in-season food, but fermented foods have many health and healing properties:

1. Improved gut health. Your gut microbiota is repopulated and recovered, thanks to the synergistic partnership and action between the many varieties of lactobacilli, plus the lactic acid bacteria – our symbionts of the microscopic world.
2. The proliferation of lactobacilli in fermented vegetables enhances their digestibility and increases vitamin levels.
3. It increases the absorption and utilisation of vitamins, minerals, and other nutrients
4. Lactic acid bacteria prevent decay, not only in food products but in the bowel as well.
5. Acetylcholine, which is produced during fermentation, stimulates peristaltic movement in the intestines.
6. It prevents constipation.
7. It helps to digest animal protein. "Ethnic groups that consume large amounts of cooked meat usually include fermented vegetables or condiments, such as sauerkraut, pickled carrots, cucumbers, and beets with their meals." – Sally Fallon of *Nourishing Traditions*



Today it is common knowledge that good health starts in the gut. Inside the gut there is an ecosystem called your microbiome, consisting of trillions of micro-organisms that help you to digest your food and assimilate the nutrients.

Damaged microbiome

A natural requirement for having a healthy microbiome is to be breast-fed for at least a year as a baby. Sadly, many of us were not breast-fed and already have a compromised microbiome. On top of that, most of us have used antibiotics, are drinking chlorinated water, and eat processed foods containing toxic chemical preservatives. This can disrupt the functioning of the microbiome and cause damage to the digestive system. This is why so many people have a leaky and irritable gut with devastating health consequences, such as:

- allergies, bloating, flatulence
- food intolerances
- a weakened immune system
- irritable bowel syndrome
- auto immune disease conditions
- leaky gut syndrome
- a compromised gut that causes poor nutrient assimilation
- candida overgrowth
- malnutrition



TYPICAL FERMENTED FOODS

There are many varieties of fermented foods, but most beneficial are the following:

1. KEFIR

Kefir is a fermented milk drink – one of the ultimate health drinks. "Kefir is a microbial-rich food that helps restore the inner ecology (in a symbiotic relationship). It contains strings of beneficial bacteria that give kefir antibiotic properties. It is therefore a natural antibiotic. The finished product is not unlike that of a drinking-yogurt, but kefir has a more tart, refreshing taste and contains completely different micro-organisms from yoghurt.

Kefir does not feed yeast, and does not bother people who are lactose-intolerant. That is because the friendly bacteria and the beneficial yeast growing on the kefir consume most of the lactose and provide very efficient enzymes for consuming whatever lactose is still left.

Kefir is mucus-forming, but the slightly mucus-forming quality is exactly what makes it beneficial. The mucus has a "clean" quality to it that coats the lining of the digestive tract, creating a conducive environment where beneficial bacteria can settle and colonise.

Even beneficial for those who are allergic to dairy products

In my testimony I share how I not only recovered from advanced multiple sclerosis, but also from

other diseases and allergies. I was highly allergic to all dairy products, but can now consume it since only using raw, unpasteurised, full cream milk that it is nutrient- and mineral-rich and contains no hormones, pesticides, or other chemicals. I consume it as fermented (pre-digested) milk using kefir cultures. It is such a blessing; I now enjoy milk products daily with no side effects. The Creator did not make a mistake when He talked about the land of milk and honey in 20 different scriptures in the Bible. It is the best gut medicine. I have used many probiotics during my health journey; kefir trumps them all.

2. SAUERKRAUT

In Europe, the principal lacto-fermented food is sauerkraut. Described in Roman texts, it was prized for both its delicious taste as well as its medicinal properties. The Chinese have been fermenting cabbage for thousands of years and prescribe sauerkraut juice for various physical ailments.

How do I produce these fermented foods?

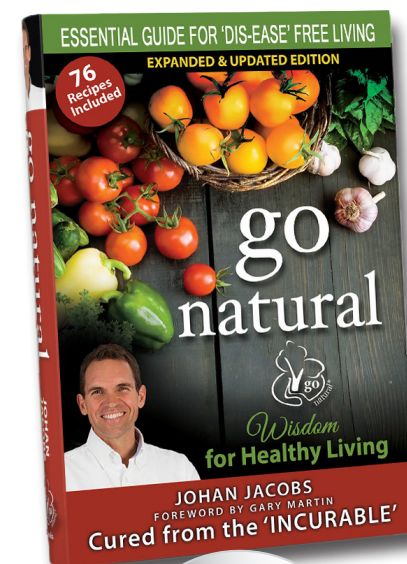
Sadly, the skill and knowledge of how to prepare and produce these fermented foods is disappearing. My book, *Go Natural: Wisdom for Healthy Living*, contains recipes and much more on how to produce both the top two fermented foods. ■



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021 852 2744

info@gonatural.co.za

gonatural.co.za