



Wisdom for Healthy Living

WHY IS FERMENTED FOOD IMPORTANT IN YOUR DAILY DIET?

By Johan Jacobs - June 2021

HEALING STARTS IN THE GUT!

One key reason to heal one's intestinal gut and the delicate micro biome that in many cases become injured from:

1. not having or not enough breast milk for at least the first six months in your first year on this planet,
2. too many antibiotics due to a compromised immune system resulted from a faulty modern diet and
3. from a candida overgrowth due to, too many sugars and refined carbohydrates in the modern adulterated food chain.
4. There are many more modern/chemical reasons as explained in our book.

In our book GO NATURAL WISDOM for HEALTHY LIVING, you will see at the back of the book at "**Johan's RECOVERY PROTOCOL**" one of the many recipes, you will find it on page 466, the signs of a healthy gut and signs of an unhealthy gut. Do yourself a big favour and do the quick analysis to see if your gut is healthy.

Two of the most critical functions of the GUT

1. The GUT is the boundary between you and your FOOD. Under normal conditions, proper absorption and utilization of your food can only happen if your food ends up in your gut properly chewed as a milk like fluid and secondly if the gut is healthy with the proper spectrum of microbiota.
2. The GUT, on the other side is one of our primary elimination channels to expel impurities and waste out of our bodies. If one has a leaky gut, one reabsorbs expelled waste and toxins, polluting the body, furthermore the person can neither absorb all his available nutrients and could end up nutrient deficient. In parallel with constipation the patient has double trouble as he/she become overload with toxins that continually gets reabsorbed in the body that is overburdening the body's delicate systems. It is a vicious snow-ball effect.

It is now known by most natural health professionals that it is virtually impossible to help a "dis-eased" and sick person to recover if the gut is not first and foremost restored. Many a times people are so constipated, we first need to reopen the GUT and get it moving. We use the Vit C Flush recipe in our book to get the bowels and system to have a movement at least once a day. In parallel we introduce at least two portions of fermented foods per day and in many cases a broad spectrum pro biotic supplement depending on the case to repopulate a healthy microbiota.



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My experience is that a spread of different fermented foods will transform your life in many ways and benefits. One sure way to do it is to make your own fresh homemade probiotic rich sauerkraut. The recipe to make sauerkraut the traditional method can be found on page 418-420 in our Go Natural book. Fermented foods were a fundamental part of my recovery protocol.

Read what this world-renowned PhD food scientist is writing regarding fermented foods.

“Scientists today are mystified by the proliferation of new viruses – not only the deadly AIDS virus but the whole gamut of human viruses that seem to be associated to everything from chronic fatigue to cancer and arthritis. They are equally mystified by recent increases in the incidence of intestinal parasites and pathogenic yeasts, even among those whose sanitary practices are faultless. Could it be that in abandoning the ancient practice of lacto-fermentation and in our insistence on a diet in which everything has been pasteurized, we have compromised the health of our intestinal flora and made ourselves vulnerable to legions of pathogenic microorganisms. If so, the cure for these diseases will be found not in vaccinations, drugs or antibiotics but in a restored partnership with the many varieties of lactobacilli, our symbionts of the microscopic world” – Sally Fallon, *Nourishing Traditions*.

More REASONS why we should eat more fermented foods?

- It is another super healthy way **to store and preserve** a food source that is in season, not wasting or spoiling excess foods, especially vegetables, to be enjoyed throughout the year.
- It's a very **economical** way to preserve food. No heat source or preservative is required.
- **“The proliferation of *lactobacilli* in fermented vegetables **enhances their digestibility and increases vitamin levels**” – Sally Fallon, *Nourishing Traditions*.**
- **It prevents decay in the bowels.** “Lactic acid bacteria prevent decay not only in food products but in the bowels as well” – **Klaus Kaufmann and Annelies Schöneck, *Making Sauerkraut and Pickled Vegetables at Home*.**
- **Stimulates peristaltic movements of the intestines.** “Acetylcholine, which is produced during fermentation, stimulates peristaltic movement in the intestines” – **Klaus Kaufmann and Annelies Schöneck, *Making Sauerkraut and Pickled Vegetables at Home*.**
- **“It prevents constipation by promoting bowel movements” – Klaus Kaufmann and Annelies Schöneck, *Making Sauerkraut and Pickled Vegetables at Home*.**

It is clear that this kind of preparation and / or preservation of food was a traditional and vitally important skill, method, universal in practice. Modern man should learn from his mistakes and endeavour to reskill himself and his offspring to ensure healthy generations for the future years.

There are much to be said regarding GUT health and fermented foods, you can read more of that in our GO NATURAL book.

God Bless