



The NEED for FERMENTED food

By Johan Jacobs - October 2021

Today it is common knowledge that your health start in the gut.

Inside the gut there is an ecosystem called your microbiome consisting of a vast variety of trillions of microorganisms that help you to digest and assimilate your food.

A natural requirement for having a healthy microbiome is to be a full term (\pm one year at least) breast-fed baby. But, sadly, many of us were not breast fed and those individuals already have a compromised GUT microbiome. On top of that most of us have used antibiotics, drinking chlorinated water, or sterile processed foods containing chemical toxic preservatives in the past, the mentioned variables could have highly disrupted the microbiome and possibly injured the gut and now many have a leaky and irritable gut with devastating health consequences, i.e.

- Allergies
- Food intolerances
- A weakened immune system
- IBS – irritable bowel syndrome
- Auto immune disease conditions
- Leaky Gut syndrome
- A compromised gut that causes poor nutrient assimilation
- Candida overgrowth
- Nutrient deprived.

GOOD NEWS

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

1. Improved gut health

The repopulation and recovery of your gut microbiota, due 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. It prevents decay in the bowels. Lactic acid bacteria prevent decay not only in food products but in the bowels as well.
5. Stimulates peristaltic movements of the intestines. Acetylcholine, which is produced during fermentation, stimulates peristaltic movement in the intestines.
6. It prevents constipation by promoting bowel movements.
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, Nourishing Traditions

Typical types of fermented foods



There are many varieties of fermented foods but, arguable the two most beneficial in my experience is the following two fermented foods.

1. Kefir

Kefir is a fermented milk drink, **surely one of the ultimate health drinks.**

“Kefir is a cultured and microbial-rich food that helps restore the inner ecology. It contains strings of beneficial bacteria (in a symbiotic relationship) that give kefir antibiotic properties. A natural antibiotic – and it is made from milk. The finished product is not unlike that of a drink-style yogurt, but kefir has a more tart, refreshing taste and contains completely different microorganisms ... Kefir does not feed yeast, and it usually does not even 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 (lactase) for consuming whatever lactose is still left after the culturing process ... Kefir is mucus-forming, but ...the slightly mucus-forming quality is exactly what makes it work for us. The mucus has a ‘clean’ quality to it that coats the lining of the digestive tract, creating a sort of nest where beneficial bacteria can settle and colonize.

Kefir is made from gelatinous white particles called ‘grains’. The grains contain the bacteria/yeast mixture clumped together with casein (milk proteins) and polysaccharides (complex sugars). They look like pieces of coral or small clumps of cauliflower and range from the size of a grain of wheat to that of a hazelnut ...No other milk culture forms grains ...making kefir truly unique. Once the grains ferment the milk by incorporating their friendly organisms into the final product, you remove these grains with a strainer before drinking the kefir. The grains are then added to a new batch of milk, and the process continues indefinitely. – Donna Gates, *The Body Ecology Diet*”
Nourishing Traditions Sally Fallon

In my testimony of how I recovered from not only advanced MS, but in parallel suffered from many more “dis-eases” and allergies. I was highly allergic to all dairy products. However, today, since using only:

1. Raw unpasteurised,
2. Whole milk, full cream,
3. Organic and pasture reared, ensuring that it is nutrient and mineral-rich containing no hormones, pesticides or other chemicals,
4. Fermented (pre-digested) 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 at 20 different SCRIPTURES in the BIBLE. Kefir helped my gut to function properly again. Kefir is your number one GUT medicine. I’ve used many probiotics during my health journey; kefir trumps them all by miles. Kefir is also delicious, it is healing, it is nutritious and it is a must for anybody who can obtain raw, full cream and organic milk from pasture-reared cows, goats, sheep, or camels.



Wisdom for Healthy Living

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.” – Sally Fallon, Nourishing Traditions

“The Chinese have been fermenting cabbage for thousands of years and prescribe sauerkraut juice for various physical ailments. One story has it that lactic acid fermentation was discovered accidentally during the building of the Great Wall of China.” **Klaus Kaufmann and Annelies Schöneck, Making Sauerkraut and Pickled Vegetables at Home**

How to produce these fermented foods?

Sadly, the skill and knowledge of how to prepare and produce these fermented foods is a lost skill. However, all is not lost; our GO NATURAL Wisdom for Healthy Living book contains the recipes and much more on how to produce both the top two fermented foods.
Blessed regards and in HIS service

Johan