So let’s talk about how to really eat dirt and heal your microbiome. For so many of us, I know that myself, when I was a kid, I got put on rounds and rounds and rounds of antibiotics and had my probiotics completely depleted and my gut lining damaged because of being on antibiotics and consuming so much gluten and having other things that I shouldn’t have been eating that I ate as a kid.

And so what I’m going to go through in this segment is my favorite probiotic and prebiotic foods. We know probiotics are going to help replenish that flora. We know prebiotics help feed the probiotics and helping them grow. And so remember, if you’re going to heal your gut, probiotics are a key player as well as prebiotic-based foods. They make a huge difference in your health.

And my first superfood I want to mention, number one, wins the gold medal for the number one probiotic-rich food, is goat’s milk kefir. What I do is I go to my local farmer’s market, buy goat’s milk kefir, drink that during the week. If you know you don’t tolerate dairy well, you might have to skip that. But for most people, goat’s milk kefir contains more probiotics. I’m talking about billions and billions of probiotics, more than any other product I’m going to show you here today.

So again, number one is goat’s milk kefir and homemade yogurt. This is 24-to-30-hour fermented yogurt yourself, or a product like amasi, but doing a true fermented dairy product, typically from a grass-fed cow, or an A2 cow, or a goat. Now, typically goat’s milk is easier to digest, which is why people tend to do goat milk as well.

Another thing you can do, again, as we’re talking about yogurt and kefir, is raw cheeses. Similar thing is a raw goat’s cheese. This is a raw sheep milk cheese that I bought here at my local Whole Foods store. So these can be used instead. Again, typically in moderation. You don’t want to go overboard. But again, doing a little bit of cheese. Most people do well with it. But again, if you know you don’t do well with dairy, you may need to stay away from those dairy probiotics.

A few other probiotic-rich foods I love, my number two favorite is sauerkraut or fermented vegetables. This is a brand, USDA-certified organic. And again, you don’t want to just buy . . . typically, if you’re going to a conventional grocery store, there’s sauerkraut there. It may not be the best. This is one I picked up in a health food store. And you can easily buy these things online today as well or make your own.
Making homemade sauerkraut is probably the easiest thing in the world. All you need is a glass mason jar, some cabbage, salt, and water. Bam. You got sauerkraut. It is that easy to make it. And if you want to learn how to make it, simply you can do a Google search online, on YouTube, “How to make sauerkraut,” and there are so many training videos on the simplicity and ease of making sauerkraut. And I also walk you through it as part of my Healing Leaky Gut Program. I actually go through in-depth where I make it in the kitchen. So again, sauerkraut, a great superfood.

Now, let me jump back to yogurt and kefir. Those contain typically between anywhere from 5 to 15 different types and strains of probiotics, so lots of different species. And you want diversity. It is important. So again, that’s why kefir and yogurt are typically the best.

The next best, again, as I mentioned, are fermented vegetables. They contain a species called lactobacillus plantarum, which has been proven medically to help support the immune system, to help with candida and a number of other issues. And so that’s another reason I like this is it contains a strain, lactobacillus plantarum, that also tends to be a little bit more resistant to certain things.

Another one here I love is kimchi. You can see here on the top it says probiotic. As you can see, there are probiotics there. So this is kimchi. This is a mild kimchi. So typically, what you’re going to find in this is not just cabbage, but also carrots, sometimes peppers, ginger, sometimes scallions, like onions. So this is kimchi, one of my favorites as well. So very similar benefits you’re going to have there to the sauerkraut.

Now, my brother actually, Jordan, owns a kombucha company called Krazy Kombucha. He just dropped this off for me here. This is a kombucha. Kombucha actually is, it comes from a SCOBY. It’s fermented. It’s a beneficial yeast. So this also is going to contain probiotics.

Now, if you have candida gut or candida issues, you typically actually want to stay away from kombucha. And if you don’t have major digestive issues, or if you have mild leaky gut, you can drink kombucha. But I typically only recommend a half a glass. Many of the brands have more sugar than they let on. But again, a little bit of kombucha for some people does well.

And this is a simple water kefir or a coconut water kefir I picked up locally. Another very easy thing to make. This is made from mango juice, okay? So it’s fermented mango juice.
It’s a water kefir, another great form of a probiotic.

And there are other great things. Miso is great. You can make a miso mushroom soup, which is fantastic. Those contain probiotics.

But probiotics, again, those are going to help replenish the good bacteria in your gut. And probiotics don’t just help with digestion. They help you absorb vitamins and minerals better. Actually, when you have more probiotics, your body produces certain vitamins and minerals, like vitamin K2, fatty acids light butyric acid, and a number of other vitamins and minerals, including B vitamins. And so, again, it’s really important that we’re getting probiotic foods in our diet.

Now, let’s talk prebiotic foods. Prebiotics contain typically soluble fiber, certain types of sugar that helps probiotics grow in your system. And so starting off here, shiitake mushrooms. Now, shiitake mushrooms are known as an adaptogen. These are famous in Chinese medicine for helping your body deal with stress. So not only are these great for your gut bacteria, they’re also great for your hormones.

So buying shiitake mushrooms, adding those in with burgers or chicken dishes, Italian dishes. I throw them in the Crockpot. Shiitake mushrooms contain certain types of what are called polysaccharides and probiotics.

Another surprising prebiotic-rich food is pure, raw, local honey. So again, raw, local honey. One tablespoon a day contains certain things that help probiotics grow.

The most prebiotic-rich foods today, one of the number one, if not number one, would be artichokes. Now, typically I buy a full artichoke heart. You can also buy it canned. I just get them in water. It should just say, “artichokes, water, sea salt.” That’s all it says on this label. Very, very simple ingredient list. Artichokes are packed with fiber. It may be the most fiber-rich food on the planet.

Also what’s great is asparagus. Asparagus not only contains soluble fiber, it also contains certain nutrients that increase glutathione in the body, known as your body’s master antioxidant. This is great for detoxification and great for supporting the liver as well in detoxification.

These are grains. Now, this specifically is called rapini or broccoli rabe. You can see
these greens here. But dandelion greens are the highest in prebiotic fiber. If we’re doing any type of green, whether it’s a turnip green, or some broccoli right here, or the end of beets, beet greens, or dandelion greens, all great forms of prebiotics.

Onions and garlic are a great prebiotic fiber. They also contain allicin, which kills off bad bacteria in your gut. So if you struggle with candida, this might be your best form of a prebiotic fiber. Berries, like blueberries, avocados are loaded with prebiotic fiber. Flaxseeds are also loaded, if you want to do some more fiber there.

And then the next thing I want to talk about here. We talked about probiotics and fermentation. Fermentation is turning cabbage into sauerkraut or goat’s milk into goat’s milk kefir, or yogurt, and loading up on those bacteria.

Another thing you want to make sure you’re doing, if you’re buying and using grain products, I’ve mentioned this before, it’s buy sprouted grains. This is from a company Sprouted Flour Company. Yeah, but this is a blue corn flour. So if you ever see blue corn chips, this is a blue corn flour. So I make blue pancakes and things like that that are great for that with this flour. And also you can get sprouted brown rice, sprouted quinoa and things like that if you’re going to do sprouted.

What a lot of people don’t realize, one of the big issues with grains is they contain phytic acids, so all the minerals are bound up. So if you’re eating just, say, regular oatmeal today, it may say on the label, “Contains 50% your daily amount of folate,” but you’re not digesting it. You might be digesting 1% to 5% of it. So almost none of it you’re getting when you’re consuming most grains versus if it’s sprouted.

What sprouting is basically where you’re taking something like a brown rice, you’re soaking it, and then letting it dry, like Ezekiel bread, like these different foods we’ve heard throughout centuries of sprouted grains and Ezekiel bread. And that’s why they’re healthier is they’ve been properly prepared to where it kills off phytic acids.

So imagine, it’s unlocking now the zinc and the vitamin B12 and the magnesium. So now, you actually are absorbing all the nutrients. So on here, it’s saying you’re getting so much folate. You’re actually getting all of the folate and all the nutrients there. So again, when you buy grains, they should always be sprouted. And again, start looking for probiotic rich foods, prebiotic rich foods.
And listen, when you’re going and buying produce, don’t buy the things that are shiny and clean. Ideally, go to your local farmer’s market. Get something with a little bit of dirt on it still. Those are called soil-based probiotics. Soil-based probiotics is known as the king of probiotics. They can help transform your digestive system. So again, anytime you can buy at your local farmer’s market produce or even fermented foods, that’s the best, followed by your local health food store.

Hey, I hope you’ve enjoyed this video on how to transform your microbiome by getting more sprouted foods, prebiotic foods, and probiotic foods in your diet.