



Why Eat Fermented Foods?

Fermented foods are incredibly healthy for you because they are full of good bacteria that proliferate and keep your gut healthy. Right now, you have more bacteria your body and gut than you have cells in your body. When balanced, these bacteria help you digest and absorb the nutrition out of your foods. They set your metabolism and synthesize the vitamins and minerals present in your diet. For example, fiber cannot be digested without good bacteria in your gut.

Outside of digestion and the benefits there, these good bacteria also help you to maintain your health and play a role in reversing chronic disease. The bacteria in the gut are responsible for 80% of immune function, from childhood through adulthood. Bacteria are also important in helping the body utilize hormones properly. Hormones have to be active to be used properly, and the gut bacteria are responsible for converting our hormones to active forms that can be used. These same hormones have a lot to do with fat burning and storage, meaning gut bacteria being imbalanced can be THE determining factor in whether we gain or lose weight because of their impact on hormone utilization.

Gut bacteria also control the inflammation cascade and whether we experience inflammation in the body. Inflammation is the dominant symptom in autoimmune disease and chronic pain.

Adding fermented foods to your diet provide one of the easiest and most effective ways to replenish and balance your gut bacteria so that your body works properly. Years of eating artificial and processed foods, taking medications like birth control and antibiotics, plus other environmental factors have whittled away at your gut bacteria. By taking probiotics and eating fermented foods, you can get this vital part of your health fixed quickly.

Fermented Vegetables Recipe – The Brine Method

What you will need:

- One wide-mouth, quart canning jar and a plastic lid. TIP: never use anything metal when fermenting.
- Enough organic vegetables to fill up a wide-mouth quart jar.
- 1 TBSP Himalayan pink salt
- 1 TBSP Organic, Unfiltered Apple Cider Vinegar
- 2 cups filtered water

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Spices to add for flavor:

Lemon
Garlic
Dill (adds a pickle flavor)
Caraway Seeds (German Style)
Ginger (grated)

Organic Vegetables to try:

Cauliflower
Okra
Green Beans
Radishes
Carrots
Beets
Cucumbers

Step 1 – Making The Brine

1. In a plastic bowl, combine the 2 cups of filtered water, Himalayan pink salt, and Apple Cider Vinegar.
2. Stir with a plastic or wooden spoon until salt dissolves.

Step 2 – Preparing the Vegetables

1. Add any spices to the bottom of the quart jar.
2. Pack your organic vegetables into the quart jar. You want them to be snug.

Step 3 – Adding The Brine

1. Stir the brine one last time and pour into the quart jar, covering the vegetables completely.
2. Put the plastic lid on loosely. You want just a little bit of wiggle room so the gas that is created during the fermentation process can escape.
3. Let the vegetables sit for 10 days, either in your pantry or on the counter. You will want to place the jar in a small dish just in case any liquid escapes.
4. After 10 days, screw the lid on tight and refrigerate.

NOTE ABOUT WHITE POWDERY MOLD: Often, especially during the warmer months, a white mold will develop on the top of the brine. Just stir it in with a plastic spoon or your finger every day or two. It will disappear, along with its scent, once refrigerated. **ENJOY!**