

## Fermented Foods

People often ask why I love Fermented Foods such as Sauerkraut, Kimchi, Carrots and Beets, etc. It's wonderful for gut health, and a healthy gut is a healthier you. I like to eat a small forkful before meals, and before bed if I have eaten out and my digestive system is not happy with me. You are adding beneficial bacteria and enzymes to your overall intestinal flora, increasing the health of your gut microbiome and digestive system, and enhancing the immune system. I find this pretty amazing.

In the USA, because we are such a mixture of food cultures and we have borrowed a little from each, we have usually left out the Fermented Foods that most food cultures have. Fermented foods can bolster the gut microbiome, creating a healthier mix of microbes and strengthening the walls of the intestines to keep them from leaking. As a result, fermented foods provide many health benefits such as antioxidant, anti-microbial, anti-fungal, anti-inflammatory, anti-diabetic and anti-atherosclerotic activity.

FYI, Apple Cider Vinegar and Pickles are not the same as the Fermented Foods and benefits as described above. There are Fermented Pickles, but they are labeled as Fermented.