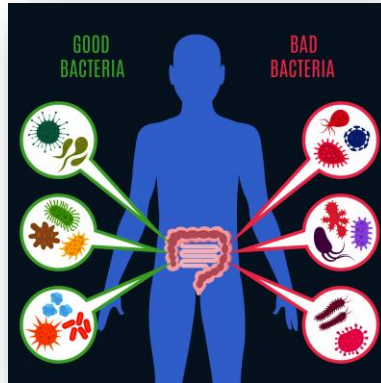


CHECK UP & TUNE IN

THE POWER OF FERMENTED FOOD

MORE THAN HALF OF YOU IS NOT HUMAN!

Did you know that there are, on average, 30 to 50 trillion bacteria living in your body? The majority of this volume is housed in the gut and is referred to as your **microbiome**.



microbiome *noun*

: a community of microorganisms (such as bacteria, fungi, and viruses) that inhabit a particular environment and especially the collection of microorganisms living in or on the human body.

These bacteria contribute to and regulate the systems of human metabolism, digestion, physiology, cognition, and immune function. They are an interesting topic of research and are a vastly underrated contributor to human health. We know that if the gut is not properly nourished, gastrointestinal symptoms may develop such as bloating, cramping, heartburn, reflux, nausea, diarrhea, and constipation. New research, however, implicates an imbalanced microbiome leads to an increased risk of almost every chronic disease: heart disease, diabetes, autoimmune diseases like fibromyalgia and MS, autism/ADHD, obesity, allergies, and Parkinson's Disease.

Our microbiome is the most unique component of our existence. It's influenced by genetics, diet, lifestyle, and geography. Every day we are exposed to factors that either support the beneficial microbes or the pathogenic ones.

Think of your gut as a delicate ecosystem – like an aquarium filled with different species of aquatic life. Fish, algae eaters, and plants make up a complex network, each with their specific roles. Plants filter the water, snails control algae levels, larger fish act as predators. All work to protect and balance their environment and compete for survival. When a threat disrupts its balance, the community shifts. The person responsible for the aquarium must ensure that every facet of this ecosystem has the food and resources required to survive. When anything seems off-balance, adjustments are made and monitored until homeostasis returns.

DID YOU KNOW? The same thing is happening in your gut at this very moment. **YOU** are the caretaker. One of the greatest influencers in the healthy balance of your microbiome is the addition of fermented foods.



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FAVOURITE FERMENTED FOODS

Unsweetened Yogurt. Make your own or purchase a high-quality Greek yogurt for the most benefit.

Raw Sauerkraut. Raw cabbage in a salt brine.

Kimchi. A Korean dish made from cabbage and spices like ginger, garlic and pepper.

Kombucha. Fermented tea using sugar and yeast.

Miso and Tempeh. Traditional Asian foods made from fermented soybean.

Raw Cheese. Cheese that is unpasteurized and aged for 6 months or more.

Apple Cider Vinegar. Unpasteurized and contains “the mother,” a complex structure of beneficial acids.

Kvass. Fermented drink made from sourdough rye bread and yeast.

Kefir. Fermented milk using yeast and lactic acid to create a thin, yogurt-like drink.

Pickles. Not the grocery store variety. Pickle vegetables by placing them in a salt brine to ferment over time.

DIY Healthy Fermented Vegetables!

Ingredients

3-4 cups chopped vegetables such as carrots, cauliflower, green beans
3 cloves garlic
½ tsp red pepper flakes or black pepper
2 tbsp of sea salt
1-quart filtered water
Optional seasonings such as dill, rosemary, oregano, basil, cumin, etc.



Directions

- 1) Choose a clean, wide-mouth jar. Layer the vegetables, pressing down as you go to ensure a tight fit. Leave a 1-2-inch space at the top.
- 2) Add any seasonings you wish such as dill, basil, cumin, and celery seed.
- 3) Dissolve the sea salt in water and pour into the jar until the vegetables are just covered. Run a spatula around the sides of the jar to release any bubbles.
- 4) Use a cabbage core or thick slice of apple as a weight at the top to keep the vegetables under the brine. Seal with a tight lid.
- 5) Let sit to ferment at room temperature for about 5 days. Taste to find your desired flavour. Burp the jar 1-2 times a day to release excess pressure.
- 6) After the 5 days, move to the refrigerator to stop the fermenting process and allow the flavours to further develop.



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