
Fermented Foods

Improve digestion, boost immunity and more.

What are Fermented Foods?

Although most of us have been advised to eat more vegetables, it is very rare to hear a recommendation to include more fermented foods in the diet. Yet, Probiotics have been associated with a variety of health benefits, including improved digestion, better immunity, total wellness and even increased weight loss.

Fermentation is one of the oldest ways to preserve food. When you *ferment* a food, you allow beneficial bacteria and yeast to colonize and feed on the food. The process is still used today to produce foods like wine, cheese, sauerkraut, yogurt, and kombucha.

When raw, cruciferous vegetables or dairy are fermented, the nutrients in these foods are enhanced and more available to the body for use. Fermenting vegetables or dairy makes the food even more nutritious and readily available for use in the body.

Fermentation also promotes the growth of beneficial bacteria, known as probiotics. Probiotics have been shown to improve immune function as well as digestive and heart health.



Why do I need to eat more fermented foods?

Enhance digestion and your overall health. Fermentation can help increase both the shelf life and health benefits of many different foods.

Fermented foods are pre-digested. This means that bacteria have already done some of the digestive work for you.

Fermented foods are full of friendly bacteria that can provide support for constipation, diarrhea, allergies, urinary tract infections, respiratory infections, and more.

What are the Benefits of Fermented Foods?

- Improves Digestive Health
- Boosts Your Immune System
- Makes Food Easier to Digest

What Are Some Examples of Good Fermented Foods?

- Cultured milk and yoghurt - High in nutrients and could help reduce body weight, lower blood pressure, and improve bone health.
- Kefir - may improve lactose digestion, decrease inflammation, and boost bone health.
- Cider.
- Tempeh - It's high in probiotics and contains compounds that may act as antioxidants and help improve heart health.
- Miso - improved heart health
- Kimchi - may help reduce insulin resistance and blood cholesterol.
- Sauerkraut - It's high in antioxidants that are important for eye health
- Kombucha - it could help protect the liver, decrease blood sugar, and reduce levels of cholesterol and triglycerides.

Let us know how did you feel after breaking your fast with fermented foods.