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Disclaimer

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.



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Raw, Fermented Foods are Rich in Enzymes



- Only recently have fermented foods begun to disappear from our plate
- Modern pickles and sauerkraut are made with vinegar instead of the **traditional method of lacto-fermentation using salt**
- Bread and pasta are made with commercial yeast instead of being naturally leavened with wild yeast (sourdough)
- Wine, beer, and cheeses are being pasteurized, killing off all the good bacteria
- There are many advantages to the traditional ways of our ancestors, including fermented foods.



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Fermenting foods before we eat them is like partially digesting them before we consume them!!



- Culturing restores many of the enzymes destroyed during pasteurization
- Both the vitamin B and vitamin C content of milk increases during fermentation
- Regular consumption lowers cholesterol and protects against bone loss
- provide beneficial bacteria and lactic acid to the digestive tract
- They aid in the fullest possible digestion of all food we consume

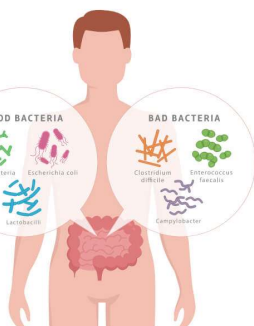
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Kefir
The probiotic
POWERHOUSE

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- Most bowel conditions have been linked to a lack of "good bacteria" in the gut
- The microorganisms in our gut are 80 percent of our support system
- They are our little friends that come to the aid of our body every day and keep us healthy
- Eat nutrient-dense food rich in enzymes found in fermented foods. Nothing can compare to fermented foods

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- Raw-milk cheese is made with milk that is unpasteurized.
- Since 1949, the U.S. government has forbidden the sale of cheeses made from unpasteurized milk unless the cheese is aged at least 60 days
- So you will not see any raw cheese sold retail that does not follow this law
- Some cheesemakers believe that using raw milk creates more flavorful and more healthful cheeses
- Many cheesemakers believe there is no reason to be fearful of raw milk and no reason to wait 60 days to eat cheese made from it.

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Lacto-Fermentation



- Lactic acid is a natural preservative that inhibits putrefying bacteria
- Starches and sugars in veggies and fruits are converted into lactic acid by the species of lactic-acid producing bacteria
- The proliferation of lactobacilli in fermented vegetables enhances their digestibility and increases vitamin levels
- Their byproduct, lactic acid, not only keeps vegetables and fruits in a state of perfect preservation but also promotes the growth of healthy flora throughout the intestine!
- Other byproducts of this process include hydrogen peroxide and small amounts of benzoic acid.

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Traditional Cultures use Ferments Daily

Europe—Sauerkraut, cucumbers, beets, turnips, pickled herbs, sorrel leaves, and grape leaves.

Russia & Poland—Pickled green tomatoes, peppers, and lettuce.

Asian (Japan, China, & Korea)— Pickled cabbage, turnip, eggplant, cucumber, onion, squash, and carrot.

Korean kimchi is cabbage with other vegetables and seasoning, eaten daily.

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Why Ferment Foods?



- Helps preserve foods for longer periods of time
- Fermenting food is inexpensive
- Fermenting food increases the flavor

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Shopping Tips for Dairy Products



Raw dairy products are superior to any other dairy, search for raw milk from your local farmer (p. 178), some of them make fresh raw cheese, yogurt and kefir

Vat-pasteurized dairy: low-heat method used so the dairy products can be sold in grocery stores

Imported cheeses—Most are quality, some are labeling them "unpasteurized"

Buy plain, organic whole milk yogurt and kefir- with fresh berries, nuts, and if needed, a minute amount of honey or another approved natural sweetener

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BOTTOM LINE: Delicious Fermented Foods

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Dairy Products: cultured milk, cheese, cultured cream cheese, yogurt, kefir, whey, cultured cream, cultured sour cream (can be made into a Finnish culture called piima), and cultured buttermilk (into European-style sour cream, crème fraîche)

Vegetables & Fruits: cabbage, carrots, onions, garlic, cucumbers, beets, turnips, daikon radishes, red peppers, ginger, corn, tomatoes, cherries, mint, pineapples, papayas, raisins, lemons, oranges, apricots, and berries. Eating fermented food helps us absorb the nutrients. You can ingest high amounts of nutrients, but unless your body actually absorbs them, they are useless.

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