

The History and Health Benefits of Kimchi

History

- Kimchi is from Korea, where foods have been fermented as far back as 57 BC
- Kimchi dates back to 918 AD with different regions developing different recipes
- Colder climates use fermentation for preserving foods in winter
- Ingredients at this time included garlic, fish and salt but no cabbage

History

- The early kimchi was made with radish and were fermented in either brine or soybean paste
- Other vegetables were added including the Chinese cabbage (napa)
- Red pepper powder that makes it hot came later
- Kimchi was eaten grains to help digest them – millet and barley then later rice

Health Benefits

- Kimchi is a combination of vegetables and flavours such as napa cabbage, daikon radish, carrot, onions, garlic and ginger and sometimes fish and red pepper powder
- Numerous studies have been conducted and found a number of benefits
- The benefits are found in the good bacteria strain plus the benefits of nutrients in the vegetables are boosted by the fermentation process

Health Benefits

- Kimchi helps carbohydrate metabolism and the capsaicin in the red pepper powder boost the body's metabolism
- The cabbage and radish contain phytonutrients such as isocyanate and sulfide helpful in detoxifying heavy metals found in the liver, small intestine and kidney.
- Isocyanate may also help prevent stomach cancer

Health Benefits

- Kimchi causes immune cells to be more active and antibodies to be more abundant
- A high cholesterol diet and kimchi can increase immune activity better than a normal diet alone or a high cholesterol diet alone
- Garlic and red pepper powder help prevent gastritis and peptic ulcer by inhibiting H. Pylori

Health Benefits

- Lowers homocysteine in blood that causes blood vessel diseases and is a factor in developing heart disease and Alzheimer's
- People who eat kimchi twice or three times a day had lower chances of having a heart attack
- Prevent aging of the skin and is a major antioxidant with nutrients such as beta carotene and selenium

Health Benefits

- *Bacillus pumilus*, found in kimchi helped detox carcinogen and xenoestrogen Bisphenol A (found in plastic)
- Kimchi with added mustard leaf, Korean Mistletoe and Chinese pepper inhibited human colon cancer cells 62-80 % (in a lab)
- 3 or 6 g of freeze dried kimchi capsules daily taking by obese women decreased body weight significantly

Health Benefits

- 1 g of well-fermented kimchi produces more than 8 hundred million lactobacilli (4 X the amount of lactobacilli in yogurt)
- Like all fermented foods, it aids digestion of all the food in the meal
- It also has antimicrobial properties
- It aids intestinal health and helps prevent constipation

Health Benefits

- Help maintain blood sugar
- Aids brain health and may help prevent dementia
- Currently it is being studied for its anti-cancer potential
- Kimchi is unique as it contains so many health ingredients and it is fermented so it will make a wonderful addition to your diet

References

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