



Benefits of Fermenting Foods

Understanding Fermentation

- Traditional preservation technique
- There are many health benefits to fermented food
- There are a combination of factors in place in order to preserve
- Learning these is the key to successfully teaching clients how to make them
- Start by teaching them the benefits so they are motivated to make them.



What Do They Do

- Fermented foods are loaded with billions of good bacteria strains
- Good bacteria aids digestion and having a sufficient amount in our body helps prevent digestive and intestinal ailments
- It not only improves the digestion of the fermented food but also assists digestion of the whole meal



But Fermented Food Also

- Plays a role in preventing many other health conditions in the body such as heart disease, arthritis, cancer, depression, dementia, diabetes and many more
- So not only do we want to build our own levels – we want to consume foods with good bacteria that will aid the body as well



So what is it about fermented foods?

- They really are quite unique in the food world
- Fermented foods do not go bad – this ancient preservation technique allows a food to stay preserved until you open the jar
- Even after it is open can still keep for sometime especially in the fridge



The Reason?

- They can do this because they are antimicrobial
- Not only do they inhibit pathogens in the food – they inhibit pathogens in you



Also

- They are anti-inflammatories
- Fermented foods help inhibit inflammation in the body
- How? Good bacteria, both the kind that is native to you and the kind found in fermented foods and probiotic supplements helps regulate inflammatory chemicals in the body



Benefits

- Each fermented food has its own unique benefits
- Kimchi contains *Bacillus pumilus*, a strain of bacteria that helps detox out Bisphenol A – the substance in plastic that is estrogenic and linked to cancer.



As for other fermented foods

- Sauerkraut can help prevent ulcers
- Sourdough bread can stabilize blood sugar in the meal where you consume it and the next meal
- Milk kefir can aid lactose intolerance inhibit tumour growth.



Benefits

- Nutrients such as vitamins and minerals are made more bioavailable when you ferment the foods
- Phytonutrients – powerful chemicals found in foods are also potentiated – meaning they become more powerful



Better Phytonutrient Value

- In the fermented food, good bacteria does this by creating specialty enzymes that help the absorption of nutrients effectively
- The fermentation also process can actually create smaller metabolites to create new novel by-products that have even more benefits



For Example:

- Flaxseeds contain lignans that can be fermented to produce two phytoestrogens: enterolactone and enterodiol which help inhibit tumour growth in estrogen-related cancers such as breast and prostate



These Chemicals

- Would not exist if it were not for microorganisms
- This is just one example – all foods, when fermented create new by-products that have many benefits to us
- This is major area of research right now
- So much so, supplement companies are using the new info to create supplements



Benefits

- Fermented foods help remove anti-nutrients found in foods,
- They can also remove toxins the you may ingest as well as heavy metals such as mercury
- This is an important role because if we prevent toxic elements or detrimental metals from entering into our body – we can prevent the damage they may cause



So think about this

- Fermented foods can:
- Eliminate toxins
- Aid digestion and absorption
- Help protect us from pathogens
- Increase the bioavailability of nutrients
- Create new beneficial products from our food
- Help prevent other conditions from developing in our body
- And deliver to us all the benefits the food had before it was fermented



Why wouldn't anyone want to consume them?

- Just so you know, we should try to consume at least one fermented food a day
- And at least three different types per week



The downside?

- Well, if you buy them they are expensive
- The taste and quality can be such that you do not like it
- There are certain foods that you could easily ferment yourself that are not available in the store
- This is why teaching clients to make their own is helpful



Types:

- Milk Kefir – made with Russian Kefir Grains has 32 strains of good bacteria and yeast - anaerobic
- Water Kefir – made with water kefir grains – has 9 strain od good bacteria plus yeast strains - anaerobic
- Kombucha – made with a scoby which is a rubbery mass that is a combination of good bacteria and yeast - aerobic
- Sauerkraut – no yeast just good bacteria strains – anaerobic
- Made with cabbage in a brine of it's own juices and salt



Types

- Kimchi – cabbage, daikon, onions, carrots, cabbage, ginger, garlic - can be made with fish powder and/or red pepper powder
- Made in a salt water brine – anaerobic
- Beet Kvass – beverage from beets fermented in a salt water brine - anaerobic
- Culture Vegetables - Made in a salt water brine – anaerobic
- Sourdough – fermented grains - aerobic yeast and good bacteria present



The Is Important Because...

- Whether a fermented food is made with anaerobic or aerobic process is key to understanding the proper technique to ensure proper preparation
- There are simple rules for each process.
- Following the rules will ensure that you can prepare and teach clients to prepare fermented food correctly each time

