

A collection of glass jars filled with various fermented foods, including sauerkraut, kimchi, and pickles, arranged on a wooden surface. The jars are sealed with metal clasp lids. The background is a soft, out-of-focus green, suggesting an outdoor setting.

Fermentation Health
Benefits

Lynn Steen

Fermentation Health Benefits – Lynn Steen

An alphabet of health concerns + the benefits of fermented food.

From acid reflux, disease prevention, leaky gut, rosacea, sex hormones, toxic waste, urinary tract infection, yeasts.

- ♥ Fermentation can create new vitamins, particularly B-vitamins and vitamin K2.
- ♥ Fermented foods are full of good bacteria (probiotics).
- ♥ The lactic acid produced during fermentation encourages the growth of healthy bacteria already living in our intestinal tract.
- ♥ Fermenting grains can neutralize the anti-nutrient phytic acid naturally present in grains, making them less damaging to the body.
- ♥ Fermented foods can help boost our immune systems.
- ♥ Fermented foods can curb cravings for sweets and other overly processed foods. In fact, if you add fermented foods to your diet daily, your sugar cravings may go away completely! It takes time, but it does happen.
- ♥ 1/3-cup serving of fermented vegetables can contain around 10 trillion good bacteria.
- ♥ Eating probiotic foods can help decrease bad breath and flatulence (Well, isn't that a great benefit?)
- ♥ And, of course, fermentation preserves food. There is no healthier way to "put up" your summer garden harvest!

Healing and sealing the gut lining will allow your body to build a strong immune system and produce the right amount of neurotransmitters for the best 'gut feeling' ... to be well again.♥



- **Acid reflux**, heartburn, GERD (helps the food digest so it does not ferment and bubble up causing burning and helps control a bacteria, H. Pylori, that is one cause)
- **Acne**, psoriasis and eczema (help control)
- **Allergy** / food sensitivity (by keeping the gut lining healthy, substances that do not belong in the blood stream are prevented from being absorbed and causing sensitivity).
- **Antioxidant** benefits (reduce free radicals)
- **Arthritis**, asthma, diabetes, HIV/AIDS (patients use to enhance quality of life)

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- **Bloating** (stops the fermentation that causes gas)
 - **Bone** density (two ways it helps: making vitamin K and by improving absorption of minerals)
 - **Circulatory** system (helps maintain healthy function)
 - **Cholesterol** triglycerides (help maintain blood fats at healthy levels)
 - **Constipation** with tummy pain and straining (helps with regular complete bowel movements)
 - **Depression** (the good bacteria release the amino acid, L-tryptophan, a natural antidepressant)
 - **Diarrhea** (fights and crowds out the harmful organisms that cause it)
 - **Digestion** of foods (helps with fats, protein and carbs)
 - **Dis-ease** prevention (slow down the growth of pathogenic organisms)
 - **Energy** (increases energy naturally)
 - **Essential** Fats (the bacteria make them from fiber)
 - **Gum** disease (gum disease is caused by harmful bacteria reduced by the good bacteria)
 - **Glaucoma** (helps prevent by controlling the bacteria H. Pylori)
 - **Immune** system (boosts body's natural ability to fight)
 - **Inflammatory** bowel disease and colitis (eases in many ways, e.g. by reducing inflammation and * "leaky gut")
 - **Intestinal** lining (kept healthy by creation of substances to benefit cells of the lining)
 - **Liver** function (reduces the load on the liver by detoxifying in the gut)
- *"Leaky gut"**
- means instead of foods being broken down, absorbed, and eliminated, partially digested foods can cross through the damaged area of the intestinal lining and enter the blood stream directly.
- **Migraine** (helps by suppressing H. Pylori bacteria that are also a cause of cluster headaches.)
 - **Morning sickness** (again caused in part by H. Pylori, so the good guys help control.)
 - **Oxygen** uptake (improves it)
 - **PH** (acid/alkaline balance maintained in healthy range)
 - **Rosacea** (a red skin condition thought to be caused by H. Pylori a harmful bacteria controlled by the friendly bugs.)
 - **Regularity** (adds bulk to the stool and makes intestinal tract healthier and more alive)
 - **Sex** hormones (help balance by detoxifying surplus hormones)

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- **Skin** (helps maintain in radiant, healthy state)
- **Toxic waste** (helps reduce at the cellular level and avoids the re-absorption and production of new toxins by reducing constipation)
- **Ulcers** (suppress the bacteria H. Pylori that cause the ulcers)
- **Urinary** tract / vaginal infections (fights and crowds out the harmful organisms—the root cause)
- **Vitamins** (probiotics actually manufacture many vitamins = A, B1, B2, B3, B6, B12, K and Biotin. Vitamin K is important for strong bones)
- **Yeasts** (protect against the overgrowth of organisms like Candida that cause dozens of symptoms) Again, this is what friendly flora are supposed to do, but most supplemental products don't deliver the benefits because they are not the correct blend of strains and/or are not made with enough care. Many retail products have tested with 0 (zero) bacteria alive. Properly made fermented food is full of many strains of live bacteria. We are talking food that is alive.

Looking to

- Control Type 2 diabetes with simple changes?
- Reduce in size? ... Permanent Weight Loss
- Say goodbye to bloat?
- Desire food? ... Sustain Life?
- Improve digestion?
- Eliminate toxins?
- Restore a healthy balance of good bacteria in your gut?
- Reduce cravings of sugars and carbs?
- Alkalize and cleanse your body?
- Improve heart health & decrease inflammation?
- Improve energy, anxiety, aches and pains?
- Improve skin problems?
- Improve fertility? •Sleep well?

4 R's

1)Remove, 2) Repair, 3) Restore, and 4) Replace

A huge part of the equation lies in your digestive system, or gut! Everyone's microbiome is unique.

Your digestive system is everything from your mouth out the other end and more often than not, there is a big imbalance between the good and bad bacteria in your gut microbiome! In a healthy gut there is a diverse array of organisms, Mostly bacteria, along with viruses, fungi and other microbes as well. In a not so healthy gut, there's much less diversity, with an increase of bacteria associated with dis-Ease

Happy gut = Happy mind 80% of our immune function is in our gut and 90% of serotonin your happy hormone is created there. Gut health has been linked to anxiety and depression, and to neurological conditions like schizophrenia and dementia.

Emotional stress can affect gut health. Scientists refer to the the "gut - brain axis", a pathway where signals from the gut can affect neurotransmitters in the brain.

Fermentation Health Benefits – Linnie Stein

And then we have the important sleep ... the majority of your melatonin (your sleep hormone) is made in the gut!

Some bacteria fight inflammation, whilst others promote it. With the gut working as it should, the good guys keep each other in check. However, when the balance gets skewed, inflammatory bacteria take hold – producing metabolites that pass through the lining of the gut and into the bloodstream, spreading inflammation to other parts of your body.

Some bad bacteria can lower your immune function, others to greater risk of asthma and allergies, and further to chronic illness like diabetes, heart disease, multiple sclerosis, Parkinson's and some cancers.

Over-use of antibiotics, painkillers and drugs used to treat acid reflux, diabetes and psychiatric conditions, all have been linked to microbiome changes. Antibiotics are necessary in certain cases, but they are designed to kill harmful bacteria, they also wipe out the good bacteria.

Antibiotics should be prescribed when required to fight bacterial infections, but do be careful of overuse.

The makeup of gut bacteria also varies between thin and fluffy people. Suggesting it may play a role in causing obesity in the first place.

Our gut bacteria sends signals about the kind of food they want us to eat. So next time you crave that big chunk of chocolate cake – blame your bacteria!

When we eat, the bacteria are fed first. By consuming fermented foods and starving out the carb-loving bacteria over time, the bacteria that thrive on low carb food would flourish and we won't be controlled by high carb and sweetness cravings. So, resisting the cake, is not about denying ourselves. It's about denying our bacteria. That just might make walking away from the cakes, a bit easier!

All addiction pathways are the same no matter what the chemical. As long as you feel rewarded you reinforce the behavior to get the reward. It can be difficult to change our craving in full, however, we can change the nature of what we crave. By adding more from the sour food camp, it will make it a lot easier.

The food we eat, how we were born (passing through the birth canal – gives us our first dose of the good beasties!), the environment we grew up in – all is a factor in the health of our microbiome.

As a society we have become too sterile. More exposure to germs and bacteria, within reason, can strengthen our microbiomes.

What do you think?

Go outside and dig in the soil, play with animals — its all gut loving good.

The proven step-by-step process to a healthy gut

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The Keys to Success for Building a Strong Immune System