



# *Health Perks* **FERMENTED FOODS**



**GUT HEALING**



# HEALTH PERKS OF FERMENTED FOODS

Fermentation involves using beneficial bacteria and yeast to break down food. These tiny micro-organisms do their magic, releasing probiotics and enzymes that support our digestion. Plus, it acts as a natural preservative, giving fermented foods a longer shelf life.

## Why Fermented Foods Are Good for You

**Smoother Digestion:** Imagine fermented foods as tiny superheroes packed with probiotics, the friendly bacteria aiding our digestive process. These probiotics break down food in your gut and release enzymes, smoothing digestion and enhancing nutrient absorption.

**Boosting Your Immune System:** Fermented foods are full of live probiotics that help your immune system by boosting white blood cell production. These cells are essential for protecting your body against infections and illnesses.

**Reducing Inflammation:** Some fermented foods, such as sauerkraut and kimchi, are loaded with anti-inflammatory compounds. These can help fight inflammation throughout the body, which is key in warding off many chronic diseases.

**Better Mental Health:** There is growing evidence of a strong link between gut health and mental well-being. Fermented foods, rich in probiotics, foster a healthier gut, which could contribute to improved mental health.

**Enhanced Nutrient Absorption:** Fermentation can unlock more nutrients in the foods we consume. For instance, during milk fermentation, lactose is broken down, making milk digestible for those who are lactose intolerant.

# TYPES OF FERMENTED FOODS



**Pickles:** These cucumbers, fermented in brine, transform into crunchy snacks rich in fibre and vitamin K. Their probiotics help keep your gut happy and healthy.

**Tempeh:** This Indonesian-origin fermented soybean cake has a nutty, earthy flavour and a firm texture. Tempeh is a nutritional powerhouse, rich in protein and fibre, with probiotics that benefit your digestive system.

**Kombucha:** This fizzy tea beverage from China is made by fermenting sweetened tea with a SCOBY (a symbiotic culture of bacteria and yeast). Kombucha is packed with antioxidants and probiotics that support a healthy gut.

**Miso:** Miso is a beloved Japanese seasoning made from fermented soybeans. Its salty, savoury flavour is versatile—ideal for soups, sauces, and marinades. Miso is high in protein and fibre and contains probiotics that are great for your gut.

**Yoghurt:** Yoghurt is created by fermenting milk with friendly bacteria such as *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. It's packed with calcium and protein and is a great source of probiotics that keep your digestion on track.

**Kefir:** Kefir is a tangy, fermented milk drink, usually made from cow's or goat's milk. The fermentation process with kefir grains—a mix of beneficial yeast and bacteria—loads kefir with probiotics that enhance your digestive health.

**Sauerkraut:** Sauerkraut is a tangy, fermented cabbage dish originating from Germany. It's made by shredding cabbage and fermenting it with salt and sometimes other veggies like carrots or onions. Sauerkraut is high in fibre and vitamin C, and its probiotics are excellent for gut health.



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