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# Cultured Foods

# Antibiotics

There are times in our lives where supplementing our diet with cultured foods is not only beneficial but essential.

In our gut we have both good and bad bacteria. Both are required to do certain jobs, but they must be kept in balance.

When we get some sort of infection, and the doctor gives us antibiotics, the antibiotics are effective in that they will kill or stop the growth of the bad bacteria causing the infection, and help you to get well.

But like a shotgun, they kill everything within range, so they kill and stop the growth of the good bacteria, at the same time.

This is when consuming probiotics is essential to help balance out the flora in our gut again.

As much as possible it is better to consume natural foods that act just like an antibiotic, rather than resorting to the kind that come from the pharmaceutical companies. This is because natural foods come without the side affects... and antibiotics can trigger 'antibiotic-resistant bacteria' and makes it less effective, and the bacteria can become stronger against future treatment.



# What are Cultured Foods

Cultured foods or fermented foods are one and the same and they contain a lot of good and beneficial bacteria.

Now, please know that this is not referring to food that has gone off!

For countless centuries, people have been culturing foods both because it is a way of keeping food fresh, as well as providing a lot of good bacteria for the gut.

The person here is making some sauerkraut. After preparing the cabbage and brine of salt water, he will press it down and cause the liquid to rise above the cabbage. This keeps the oxygen away from the cabbage otherwise it will spoil.

After a number of days, the sauerkraut will be ready to consume and be filled with a lovely lot of probiotics willing and eager to work wonders in your gut.



# Types of Cultured Foods

There are many types of cultured foods made around the world. To name a few:

- Yoghurt
- Kefir
- Kombucha
- Sauerkraut
- Pickles
- Pickled eggs
- Tempeh
- Natto
- Kimchi
- Raw cheese
- Vegetables
- Sourdough bread
- Wine
- Beer
- Chocolate, Coffee & Tea
- Ginger Switchel



Image: [thisamericanbite.com](http://thisamericanbite.com)

As you can see there are many, many different ways of doing the same thing. By adding some beet juice, you can create these lovely looking pickled pink eggs.

# Types of Cultured Foods

A little visit to Wikipedia shows a list of about 147 different kinds of fermented or cultured foods from around the world.

If you are like me, you will be amazed at that information! I had no idea!

The list includes many products we are familiar with but often don't think of as being a fermented food or drink...such as beer, cocoa, coffee, tea, chocolate, vinegar, yoghurt and even salami.

But these days we need to be aware that many products do not go through the fermentation process and therefore contain all the beneficial bacteria that they should.

When buying regular pickles or tins of beetroot for example, they are not the type of 'culturing' or 'fermentation' I'm referring to. Most shop bought items have not been lacto-fermented or contain Lactobacillales which are lactic acid **bacteria**.

Lacto-fermentation is done by using a salt brine and keeping vegetables (or other) submerged in the brine. The salt in the brine kills off harmful bacteria allowing good bacteria from the air to flourish. They are essential for life itself.



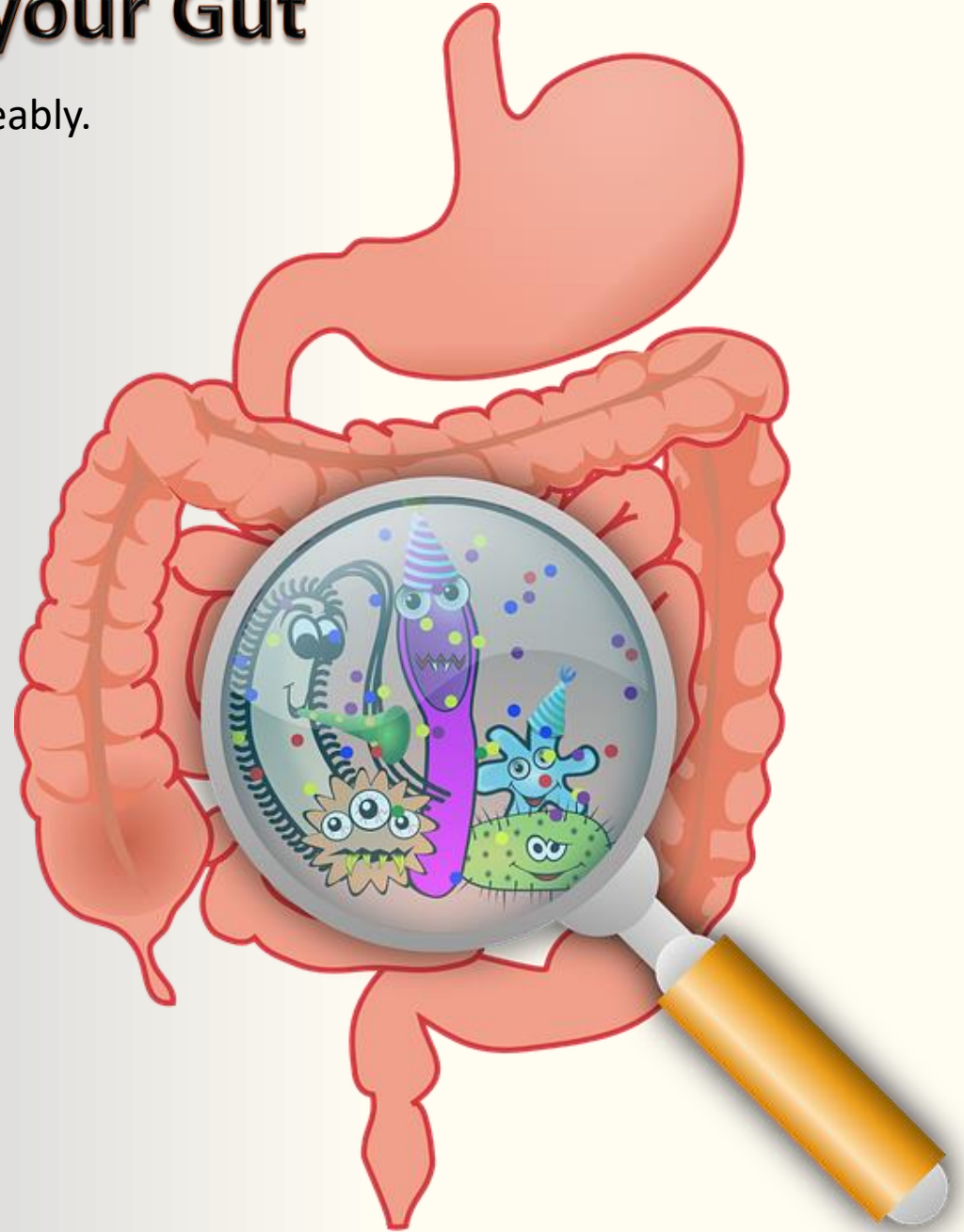
# Benefits of Bugs in your Gut

Please note we use the word '*Cultured*' or '*Lacto-Fermented*' interchangeably.

We already have a lot of these guys in our intestines, but eating or drinking foods containing more helps to keep us healthy.

**Within the body cultured foods come with some pretty amazing benefits such as:**

- Antioxidant
- Antiseptic
- Disinfectant
- Rehydration
- Anti-cancer effects
- Improves digestion
- Makes nutrients available to your body
- Source of energy
- Improves intestinal flora
- Great for skin and hair
- ... and a whole lot more.



# Some Best Lacto-Fermented Foods

**SAUERKRAUT**



Image: dishmaps.com



**KIM CHI**

**FERMENTED  
VEGETABLES**



**PICKLED EGGS**

Image: foodpreserving.org

# Some Best Lacto-Fermented Drinks

**KOMBUCHA**



**WATER KEFIR**



**MILK KEFIR**



**GINGER SWITCHEL**

