

Are You Getting Enough Good Bacteria?

Are you getting fermented foods daily? Many cultures eat a little bit in every meal. These are packed full of good bacteria and probiotics. Some examples are apple cider vinegar with the mother, pickles, sour kraut, yogurt with live cultures, kimchi, kefir, kombucha tea, etc. These are particularly important if you have been on anti-biotics which deplete your immune system of good and bad bacteria. Your digestive system will thank you. In addition, the vitamins in this type of food are multiplied many times over. I start the day with 2 tablespoons of apple cider vinegar with the mother made by Braggs in a glass of water with lemon. Making your own fermented vegetables is not hard. The only equipment needed are a mason jar, distilled water and 1 to 3 tablespoons of pink himilayan sea salt if using a large mason jar. Let me know if you would like more information on how to do this!

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