



<https://youtu.be/iqwWeww6JyQ>

## Why should you eat Fermented & pickled food?

Transcript: People have enjoyed fermented food for about 10,000 years without knowing the health benefits they provide. In our own parent's homes, there was always a bottle of pickled onions with chillies on the dining table to serve with rice and curry, but today was more likely replaced by a chilli sauce.

People down the ages fermented foods to preserve them.

Today other than the homemade pickles, you could start with fermented foods such as Greek yoghurt, kefir, sourdough bread, and drinks like kombucha in the supermarkets.

These fermented foods contain specific strains of good bacteria and yeast naturally found, but you could add these cultures to other foods.

In your large bowel, there are trillions of good bacteria looking after your health and wellbeing and harmful bacteria that can harm you. Eating fermented and pickled foods as a supplement to your rice and curry will help balance good and bad bacteria in your gut and contribute to the population and diversity of your gut microbiome.

Such supplementation of foods can boost overall health in ways that science has just started to uncover.

The large gut is also referred to as the second brain because of its powerful influence on your health, from mood and behaviour to appetite and even your immune system due to the presence of these good bacteria.

Do you know that plain yoghurt is linked to lower blood sugar and metabolic syndrome due to good gut bacteria?

So, those having type 2 diabetes should eat a few tablespoons of plain yoghurt daily is advised. Choose the one that has rich probiotics over regular kinds.

Solving obesity problem

Studies have shown that the gut microbiota of lean people is very different from those with obesity. Eating fermented foods can improve healthy gut bacteria and help manage obesity.

Besides fermented dairy like yoghurt, two popular Korean foods may help you get healthy gut microbes and reduce weight gain: green vegetable-based kimchi (usually made from Napa cabbage) and chungkookjang, a type of fermented soybean.

Eating fermented foods can lower your blood pressure for those with high blood pressure. They help block an enzyme that has a connection to raising blood pressure. Eating fermented foods regularly can help a few points off the systolic and diastolic readings if your blood pressure is already high.

Fermented dairy products are associated with lower heart disease risk

A study in Finland found that people who eat low-fat fermented dairy -- less than 3.5% fat -- had a much lower chance than those who ate other types of dairy or high-fat fermented foods. Research from Sweden and the Netherlands also found this benefit.

New research suggests that consumption of fermented dairy products such as cheese, yoghurt, quark and kefir could lower the risk of coronary heart disease.

### **Fermented food lowers bladder cancer risk.**

The same studies done in the Netherlands and Sweden that found heart benefits from fermented dairy foods also reported a link to a lower risk for bladder cancer. Again, these benefits weren't seen with regular dairy.

Fermented foods can offer some protection against asthma, eczema and atopic dermatitis.

### **Choosing Fermented Foods in your supermarket**

It is not known how well the helpful bacteria survive digestion, so it is difficult to say how much to eat.

Different fermented foods have different strains, so it is best to choose a variety.

Look for foods with active types of lactic acid bacteria, among the best strains for the gut.

But know that not all fermented foods have helpful bacteria. For instance, the beer loses them during processing. Baking and canning foods can also make them inactive.

I hope this video presentation was helpful. The message you take home is that eating various fermented foods daily for good health and boosting your immunity and well-being is exemplary.

Stay safe and suitable blue for now.