



Workshop Session #2 Action Step Guide:  
Secrets to Healing Your Gut with  
Fermented Foods

with Summer Bock



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## **Workshop Session #2 Action Step Guide: Secrets to Healing Your Gut with Fermented Foods with Summer Bock**

The following are suggested action steps from Summer Bock's Heal Your Gut Workshop Session. I suggest that you print this guide and have it handy while you listen to her workshop session so you can learn more about the details of the suggested steps. To track your progress, check off each step as you complete it.

### **Eat Fermented Vegetables**

Summer's favorite fermented foods are fermented vegetables. They're a great option because they're not full of allergens, you can avoid dairy and grains—foods many people are sensitive to.

You can make sauerkraut, kimchi or other fermented veggies at home without a starter culture. It's called a "wild ferment." You can chop up some cabbage, put it in a jar, add salt and water and let it ferment for anywhere from 5 days to 3 months on your counter. It's a great way to make probiotics in your own kitchen. You can choose how long you ferment the vegetables. If you don't like as sour of a flavor you can add water and ferment it for a shorter period of time. Or you can adjust the spices you use.

### **Eat Kefir**

Summer's second favorite fermented foods are kefir—dairy or coconut. It's made using a starter culture. Dairy and coconut kefir have amazing probiotic profiles they're very good at strengthening the gut microbiome. In terms of probiotics and getting more good bacteria in the gut, fermented veggies and kefir are the top two choices.

### **Eat Fermented Foods at the *Beginning* of Your Meals**

Eating foods at the beginning of a meal helps stimulate digestion.

### **Avoid Unhealthy Fermented Foods**

Not all fermented foods are created equal. There's different probiotics in different fermented. Fermented foods like beer, wine, breads, and coffee don't have probiotics in them, even though they've been fermented.

Alcohol is a tolerable toxin. It's toxic for our body, our body has to process it, the liver has to use a lot of enzymes to break it down properly. In the process, some of the components created are very detrimental to our health—they can speed up aging and mess with normal liver functioning. It very small amounts it can increase gut microbiome diversity.



## **Buy Your Own Starter Cultures**

The easiest and best way to get starter cultures is to talk to people and get them passed down to you. They've been passed down for thousands of years. We don't make these started cultures. They were spontaneously created at some point in time and there's theories about how they were created to preserve milk to last longer. Friends, farmer's markets and even groups on Facebook are possible sources.

When buying a kefir starter grain, make sure it comes from a reputable source, ideally from someone that is making it themselves.

There's different starter cultures for different fermented foods. There's two different kinds of cultures:

1. Powdered cultures, which are made in a laboratory and can be used for different ferments.
2. Scobies, which are natural and have been passed down for thousands of years. They're gelatinous and need to be sent in a liquid so they don't dry out.

## **If You Have *Histamine Intolerance* Avoid Fermented Foods Until You Balance Your Microbiome**

With more complex digestive issues, sometimes ferments can make the situation worse until the whole microbiome has been balanced. For example, if someone has histamine intolerance, they'll have issues with ferments because they're high in histamine. (Histamine is made by bacteria.) People can produce histamine in excess in their gut if they have the wrong bacteria growing there.

Common histamine reactions to a ferment: Getting flushed, hives, and acid reflux. Those reactions might indicate that right now might not be the right time to eat ferments and you might need to do more work to heal your gut before you add ferments into your diet.

## **Get a Stool Analysis**

If you have complex gut issues, it's beneficial to have a stool analysis. The results can be used to determine what protocol (diet and probiotics/supplements) you need.

## **Be Careful Not to Overeat Fermented Foods**

Eating too many fermented foods can lead to an imbalance on the other end of things. Ferments have been primarily used as a condiment throughout history—they weren't eaten in massive quantities at every meal, every day.



### **Make Fermented Veggies At Least Once in Your Life**

Try to make fermented veggies at least once in your life. The whole process will help attune you to your senses. You need to smell it first and taste test it. It will change the way you interface with food. The best place to start making fermented foods is with making fermented veggies.

NOTE: As a special bonus for joining the Heal Your Gut Workshop, Summer is offering you free access to her free video training: How to Make Fermented Veggies from Home.

Here's the link to access her video training: <http://summerbock.com/bb50>

### **Buy the Best Quality Fermented Foods**

If you're too busy to make fermented foods, here are some tips for buying the best kinds:

1. Make sure it says it's *unpasteurized*.
2. Make sure it's refrigerated. (Legally, it has to be if it hasn't been pasteurized.)
3. It should not have vinegar added. Vinegar will kill off the probiotics if there's too high of a concentration of it.

You really want to make sure you're eating a naturally lacto-fermented vegetable. Vinegar is a by-product of fermentation, and it can be used to preserve vegetables and boost digestion, but it's not probiotic.

4. Bonus tip: Make sure they were made in either stainless steel or ceramic food grade crocks. These are two important materials that interact with the acids in fermented foods in a healthy manner. Most conventional fermented foods are fermented and stored in plastic containers. Plastic contains many different kinds of endocrine disruptors.

Someone struggling with hormonal issues, fibromyalgia, or MS has to take extra precautions, so it's important to ask the people making the ferments how they are making it—what kinds of containers are they fermenting it in? In this situation, it's best to make your own so you know exactly how the veggies are fermented.



## **If You Don't Like Fermented Veggies, Try Kombucha**

If you don't like fermented veggies or you're not sure, start out with kombucha, which you can buy at Whole Foods or a local health food store. Kevita is a good brand. Read the different brands and labels and see which one sounds good to you and try it. If you don't like it—try another one.

NOTE: Most kombucha comes in a 16-ounce bottle. A big misconception is that you're supposed to drink the whole bottle at once—it's not. It's really meant to be consumed in 1-4 ounce shots. It does contain a little bit of alcohol, but not enough to be considered an alcoholic beverage. It also contains some caffeine, sugar and lactic acid.

Kombucha is a fermented black tea beverage that is made using a scoby, like kefir. (Summer explains the process of how it is made.) Due to the sugar content, Kombucha is NOT great for someone with candida or diabetes.

It lasts a long time after you open it. It's meant to be left out without refrigeration. You will lose the carbonation over time.

In general, Kombucha is not inherently probiotic. When you buy it at the grocery store *bacillus coagulans* have been added. It's one of the most common bacteria that has been studied and it's patented. There's lots of studies that show it's effective against antibiotic use, it helps restore gut function, it works against diarrhea and stomach aches etc. So food companies add it to claim it's probiotic. But in the wild, only 30% of kombucha scobies have the lacto-bacillus species present and the rest of them don't.

## **Choose Kefir over Yogurt**

The difference between kefir and yogurt—yogurt does have probiotics in it, but it's one of Summer's least favorite ferments.

Here's a few issues with yogurt:

It's made with a bacteria starter culture that's made in a lab. This starter culture is a dehydrated powder. After it's added to the milk, by the time it's eaten up all the milk sugar (lactose) and it produces lactic acid, you end up with a food product that doesn't have a lot of probiotics left in it. The probiotic that is added gets used up once all the lactose is gone.

This is why so many companies add different bacteria to the yogurts as a vehicle for probiotics. They're adding *lactobacillus acidophilus* and *lactobacillus bifidus* as "premier probiotics," but these are just the most studied probiotics that we know about. When you're looking at an ecosystem of bacteria you should have a minimum of 200 different species of bacteria in your gut. With yogurt there's only 1-3 different species.



Unlike yogurt (which is made from a more industrial process), kefir is made from scobies that have been passed down for thousands of years. On their own, their ecosystems contain a multitude of bacteria and some probiotic yeasts that are growing in symbiosis in the little scoby. When you put the scoby in milk and let it turn into kefir, and you drink the kefir, you're getting a more robust probiotic profile. And you're only fermenting it for 24 hours, so you're getting at the peak when all probiotics are at their maximum amount.

The benefits of kefir are widely studied. Sick babies, who couldn't be breast fed, have been shown to benefit from kefir. It has anti-tumor properties and helps the immune system get in sync with the gut microbiome.

When you're getting yogurt from a local farm you're getting a much fresher yogurt, so you're getting when the probiotic numbers are high. This is the difference between what you might buy at the store. In terms of pure probiotic benefit, yogurt is not the best choice. It's more of delicious food snack.

### **Embrace Your Gut Issues as a Valuable Learning Experience**

A lot of reasons people get sick has so much to do with what they believe, what they think and actions they take each day based on those beliefs. Disease is not someone's fault, but every disease and every disease is a learning experience to gain new awareness. Every now and then you backslide and things get wonky, but you learn from it.

### **DECIDE To Heal Your Body No Matter What**

The first step in your healing journey is deciding. You decide that you're going to do *whatever* it takes to heal your body. And you have to make the decision 100,000 more times. You have to make the decision again, even after failing. You can't let anything that comes up be an excuse to stop making this decision.

You're going to first start out with a clear decision of what you're going to do. Second, you're going to be committed to the fact that you're going to re-make that decision time and again. You're not giving up.

You have to believe somewhere deep within you that you're worthy of being healthy, that you deserve to be happy and have fun, and realize that pain doesn't have to be a part of your life. You need to be optimistic and hopeful.

### **Heal Yourself First**

Heal yourself first, then move onto your family, then your community, then the world. The world is desperately sick. The only way to get less focused on yourself is to heal your body.