

Healthy4life.ca Newsletter - January 2020

Holistic nutrition includes body, mind and spirit. Articles will address each area.



Vitamin B12 Cobalamin #7 in a series on B vitamins.

B12 is the only vitamin that contains cobalt, an essential mineral. It requires a mucoprotein enzyme (intrinsic factor) made in the stomach in order to be absorbed in the last part of the small intestine. Hydrochloric acid helps absorption. The body stores B12. Deficiency can cause pernicious anemia, malformed myelin sheath on nerves, low energy, fatigue and it also stunts growth. Cobalamin is required for metabolism of nerve tissue. It is one of the most difficult vitamins to get from the diet.

B12 is found in animal protein including organ meats, fermented foods, oily fish, shellfish, egg yolk, and cow dairy-especially kefir and live culture yogurt.

B12 from Fermented Beet Kvass

- 1 500 ml canning jar
- 1 medium organic beet
- ¾ tsp (3 ml) sea salt
- Spring water to fill the jar

Cube beets and place in jar. Add sea salt and fill jar with spring water leaving 1 inch (25 mm) space at the top of the jar. Place the lid on top and ferment for 7 days. You can speed up the process by adding 1-1/2 to 3 tsp (8-15 ml) whey or 1/2 to 1 tsp (3-5 ml) vegetable starter and it will be ready in 3 days. To improve the flavour if you do not like beets, do a mixture of cabbage, beets, and onions or use celery instead of cabbage. Try yellow beets.



B12 from Fermented Cauliflower

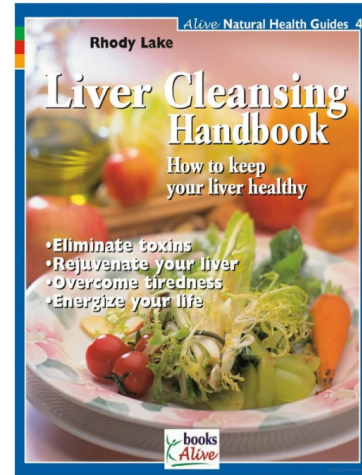
- 1 one litre (quart) canning jar
- 3 cups cauliflower cut in small pieces
- 1-1/2 tbsp (22 ml) curry powder
- 3 cloves chopped garlic
- 3 tbsp (45 ml) sea salt
- 1 litre (quart) water

Make the brine by dissolving the sea salt in the water. Stir until no grains of salt are visible. If using warm water, let it cool to room temperature before using. Cut cauliflower. Place chopped garlic in the bottom of the canning jar. Add curry powder, then add cauliflower. Pour brine over the cauliflower until it is totally covered. Leave about 1-1/2 inches (38 mm) of head space above the brine. Cover with jar lid and shake well to dissolve the curry powder. Cover the jar and let it ferment on the kitchen counter for 3 to 7 days. Open the jar on days 3 and 5 (burp it) to let out any gas and immediately re-tighten the lid. Store the finished ferment in a cool space like a basement pantry or in the refrigerator.

Thinking of a New Year's Liver Cleanse?

The Liver Cleansing Handbook by Rhody Lake, published by Alive Books is a Canadian, good read with easy to follow recipes.

Alive has both kidney and liver cleanse information written by Zolton P. Rona MD MSc at <https://www.alive.com/health/liver-kidney-cleansing/>



**Be healthy 4 llfe,
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