



Healthy4life.ca Newsletter - August 2017

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

Hello, Friends!

Can Fermented Foods Make You More Sociable?

It may seem farfetched but, apparently, it's not.

I like this topic or information as my whole being functions better when my microbiome is healthy. Not just my body, my mind works better as well making it easier to concentrate and for a longer period of time.

In a recent study looking at young adults, an association was found between eating fermented foods and a reduction in social anxiety.

Researchers found that among students who were prone to being anxious and hyper, those who ate fermented foods were less anxious overall and that included social circumstances. Less anxiety = more sociable. Who knew it could be that simple?

To be fair, this research backs up previous research that indicated better gut health with a healthy composition of good bacteria also lowered anxiety in both mice and human studies. In one study from McMaster University, mice treated with antibiotics became more antisocial. Once their normal intestinal good bacteria levels returned, their behavior returned to normal. I bet you never thought of mice as being social but apparently, they like each other a lot.

It is also interesting to note that people who suffer from IBS, also often suffer from



anxiety and depression and we now know that IBS is a condition where sufferers have lower good bacteria levels.

In another mouse study, researchers used germ-free mice who were genetically were less social and gave them bacteria from highly social mice. The mice became more active and daring.

If you suffer from social anxiety, maybe instead of medication, you need a good poop transplant from someone who is much more of a social butterfly. Yes, in case you did not know, there really are poop transplants and they are extremely popular, showing a lot of promise for a number of conditions.

Now if you are looking for something less messy and less complicated to help anxiety, then fermented foods could be an easy and far more appealing option. The benefits have been linked to the fact that fermented foods contain probiotics (good bacteria) and previously, studies have found that probiotics (in the form of supplements) have also been helpful with anxiety and depression.

Supplements are good but food is more fun. And I love the recipes I have created using fermented foods. A good recipe has a combination of flavours that the fermented food enhances. Many good quality fermented foods such as sauerkraut, kefir, miso, kimchi and yogurt are available in health food and grocery stores. Always look for them in the refrigerator section. Please note that any fermented food that is found on a shelf has been pasteurized, which means the beneficial bacteria and enzymes are dead.

References

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Beet Kvass

1 500 ml (pint) canning jar

1 medium organic beet

$\frac{3}{4}$ 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 $\frac{1}{2}$ 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.

**Be healthy 4 life,
Cathy Ferren RHN**

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