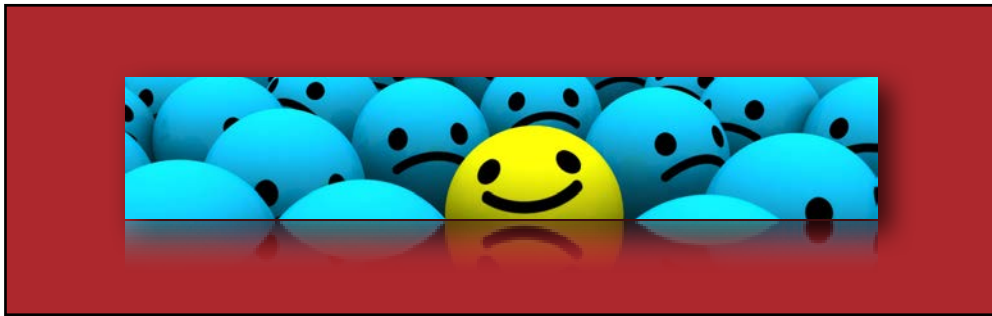


Grow your own Dudes

How to Ferment your own foods and drinks.



Fermented Foods used to be a standard part of our eating habits. It was a way to preserve foods, without the use of a refrigerator. When we eat fermented foods or drink fermented drinks, it is like drinking the best probiotics for our bodies. They contain lots of good strain bacteria which fight off any bad bacteria that might be lurking in our digestive tract. They also ensure everything is absorbed, flushed out and moves out as it should!

The benefits of Fermented Foods are amazing!

- Break down many potentially harmful elements within foods like lectins, glutens, lactose, phytates, tannins, sugars and excess estrogens.
- Bring out additional nutrients including K2.
- Make nutrients more bioavailable
- Help digestion which inherently builds our immune system
- These type of foods are cheap to make and last a long time without going off!

Getting Comfortable

When I first mention cultured foods to friends or family, they often squirm at the idea of drinking or eating live bacteria. The fact is, many of us actually consume a form of this type of cultured food, in yoghurt. Yoghurt is perhaps one of the few fermented foods we still have in our culture. Though Yoghurt is one that most of us feel comfortable with, it contains cultures which are not able to colonize in our digestive tract. We want this colonization process to occur to avoid any overgrowths such as Candida.

Yoghurt also only contains four strains of live bacteria compared to an amazing 30 beneficial bacteria found in home-made cultures.

Many of us who have had issues with our digestion, also tend to use probiotics or prebiotics. These are simply tablets which contain these different bacteria. Probiotics and prebiotics can be incredibly expensive and one has to consider that the cultures are often frozen and dried and have to be “awoken” in our bodies to be beneficial. By making your own and consuming them, you are getting live, active strains and heaps of them.

I am sure if you look back over the history of your own culture, you will discover some form of fermented foods - hopefully from your own grand parents! [Here is a list of fermented foods on Wikipedia.](#)

The trick with fermented drinks and foods is just to try it and experiment! If it goes bad or doesn't look good, try again! This is a fun experiment - you are growing your own dudes!

Lets Play!

Making your own probiotics is really fun. You are growing your own dudes and these guys provide so much good stuff for your body. It is super powerful to be able to make something so healing!

A few tips when making Fermented Foods & Drinks:

- It is important to make sure you thoroughly sterilize every jar and utensil you use. You should use the boiling method to sterilize and not any harsh chemicals. Simply boil your jars and use tongs to get them out.
- Use only wooden or plastic spoons and tools to handle her fermented grains, kefirs and foods. Silver and metals tend to react with the bacteria.
- Always use your sense of smell to determine if your drink or food has fermented properly. You will know if it is not right as it will smell off. A fermented drink or food naturally has a slightly sour smell. The intensity of the sour smell will vary according to what you are making. The best way to describe fermented drinks and foods, is a slightly soury, zingy smell.
- Make sure you date your foods and drinks as we can often lose track of when we made them. Depending on what you are making, depends on how long they will last.
- To slow fermentation or stop it completely, you can use cold temperatures. This could be in a fridge or cellar.
- To speed up fermentation we use warmth. Don't use full sun. If you are trying to create ferments in winter, you can leave them near a heater or wrap them in a towel. I usually have mine live close to the oven as we tend to cook heaps of oven baked dishes in winter anyway. Like in the cupboard just below or next to the oven.

We can naturally grow our own dudes from scratch but there are some where we can simply buy a starter online for a few dollars. (which is often easier and safer)

Coconut Kefir

Time to Create: 1-2 days

This is possibly my favorite kefir as it tastes really mild, transports well and you can easily maintain it without too much effort.

You will need:

- Tibicos Grains (see-through pop-corn shaped grains). Also called Tibicos. Use about 4 Tablespoons.
- Warm Coconut Water. Get a 1 liter bottle for top-up's.
- Glass bottle/jar with rubber seal (Sterilize before hand)

All you do is place about a tablespoon of Ginger Grains in the bottom of your glass bottle/jar. Add enough Coconut Water to fill about half the bottle.

Seal the bottle. Place your bottle in a warm space for about 24-48hrs. You will know when it is ready, when it lets out a huge hiss sound and has lots of bubbles.



The great benefit of Coconut Kefir is, once you get it going, you can use it and top it up continuously without much more effort. To do this only drink a maximum of half the amount of coconut kefir per day. Top up again with more Coconut Water and let it ferment again for 24hrs.

I usually have about 1/4 glass - 1 glass of Coconut Kefir in the morning. I then top up the bottle again and let it sit in the cupboard until the next morning. If you use more than this, it might need to sit for a longer time, like 48hrs but it is easy to tell if it is ready as it will bubble lots.

*You can add Juices to the mix to give your coconut kefir a different flavor. Watermelon makes a wonderful combination. Make sure it is home-made and not that store bought pasteurized juice though :)

If you need to go away or slow down the fermentation process, just place it in the fridge.

This is what the **Tibicos** look like.

The benefit of buying these and then growing them with coconut water, sugar or whatever medium you like (that has natural sugars) is that you can eventually separate them and grow more and more - eventually you will have so many, you will give them away!



You can easily buy them on Ebay or Amazon. Avoid the dry kefir as it won't continue to grow and will have a single use. You can also get them [free from this website.](#)

Water Kefir

Time to Create: 1-2 days

Water Kefir uses the same kefir grain (Tibicos) to ferment sugar water. You can use various wholesome sweeteners. The best ones are the ones with the most natural sources of sugar, such as brown sugar, muscovado, molasses or maple syrup.

You can add salt to give it some additional nutritional benefits

You will need:

- Tibicos Grains (see-through pop-corn shaped grains). Also called Tibicos. Use about 4 Tablespoons.
- Warm Spring Water.
- 1 quarter cup of brown sugar, muscovado, maple syrup or molasses.
- Glass bottle/jar with rubber seal (Sterilize before hand)
- Dash of sea salt

Put one cup of warm spring water in a glass bowl, stir in the sweetener of choice. Add the salt and stir in. Add the Tibicos Grains and water.

Place in a warm place for 24-48hrs. You will know it has fermented when it starts to bubble or when you open it, it releases gas.

If it hasn't done this, let it sit for a further 24-48hrs.

As with the Coconut Kefir, you can simply consume a portion and then top up again with sugar to keep it permanently active.

Kombucha

Time to Create: 1-4 weeks

Kombucha has been called the “tea of immortality” and was first recorded in China in 212 BC. Kombucha cultures contain more yeasts and acetobacter. They are excellent probiotics and health tonics. It has been used in many cultures and has been called Manchurian Mushroom, Tea Fungus, Japanese Sponge, Red Tea Mushroom (Japan) Wunderpilz (Germany), Elixir de Longue Vie (France), Tea Kvass (Russia) Vodga Spring, Kargosok Tea, Tschambucco, Spumonto, Embuya Orientalis and heaps of other names.



Kombucha typically uses a strain of cultures called SCOBY. They form globular strains that look similar to a mushroom. SCOPY stands for Symbiotic Colony of Bacteria and Yeast. It looks like a flattened mushroom.

If you feel like being experimental, you can [grow a SCOPY from an existing Kombucha drink](#) but many store bought Kombucha now contain a supplement which inhibits or makes it difficult to continue to grow new SCOBY from the original Kombucha strain.

It is far easier to buy an existing SCOBY.

You will need:

- Tea (Black, Green Tea, Oolong, White Tea)
- 1 Tablespoon of Sugar (White) per glass of tea
- Spring Water or Filtered Water
- Sterilized Glass Jar large enough to hold your tea and SCOBY
- SCOBY Culture

To make:

Make a cup of tea or a larger batch, depending on how large your storage jar is and add the sugar (work on a ratio of a 1 tablespoon of sugar per cup of tea) using spring water or filtered water.

Make sure your sugar is well dissolved in the tea. Let it stand to allow it to cool down to room temperature - you must be able to put your finger in it without it burning. Add your SCOBY. It will sit on the top of the tea. It will “eat” the sugar, so don’t worry about using white sugar. It just ensures an easy way to regulate the color.



You can gauge if your Kombucha is fermenting well by looking and smelling it. It will smell like a vinegar or yeast brewing but should not have mould growing and there should be bubbles forming underneath your SCOBY. The safest way to tell is to use PH test strips on day 4. The PH should be around 2.5-3.0 range.

Lets make the Kombucha Drink!

Once your Kombucha has fermented and a little bubbly, simply remove the SCOBY, keep about 1/4 of it's liquid and put aside to start a new batch.



1. Pour the rest of the Kombucha liquid into a sealable glass bottle. (should make up about 3/4 of the bottle.)
2. Make some additional sweet tea, allow to cool.
3. Top up the bottle with the sweetened tea.
4. Allow to ferment for 2-7 days.
5. Check on your Kombucha by opening the lid. If it is nice and fizzy, it is ready to drink! If not, leave for a few more days.



Lets make Fermented Soda!

You can make naturally fermented Soda's which have the same effervescence of those nasty sugar filled soda drinks! These drinks will give you health benefits, are low in sugar, give you probiotics and heaps of Vitamin B's!

You can experiment here and combine all sorts of flavors and tastes.

The best culture to use is the **Tibicos** culture. These guys adapt well to liquids with some kind of sugar content.

To make:

- Create a base fermented liquid using the instructions of the Water Kefir.
- Keep 1/4 and maintain for further use.
- Use 3/4 to make your new Soda Drink.
- Choose the flavour and drink you would like. (ideas below)
- Add to bottle
- Allow to ferment for 1-2 days.
- Check and release carbonated pressure.
- Enjoy your effervescent drink!

If your drink is not fizzy enough, just wait 1-2 days more days.

Soda Fountain Ideas!

Fruit Soda: Chop up about 1 cup of fruit of your choice. I personally love the red and blue fruits like cherries, blueberries and raspberries. Boil them up with some honey (about a tablespoon usually is enough), a few drops of vanilla essence, a squeeze of lemon.

Boil until the fruit is soft. Let it cool and it will become a syrup. Add in about a tablespoon to your base soda mix.

Ginger Ale: Chop up 3 knobs of ginger, add some honey and boil up with some water to make a syrup.

Healthy herb options: Boil up some of your favourite tea (my favorite is Chamomile) add some honey and let it stand to cool. Then add to the base fermented drink.

Ginseng Root Beer: Boil fresh or dried ginseng root in water and let it steep for several hours. If you want a super powerful drink, get some root Ginseng and blend it with water.

Russian Kvass made with Beetroot

Time to Create: 1-4 days

This drink was traditionally made with Rye bread but can also be made with Beetroot which has amazing healing powers on the liver. It is a great blood tonic and aids digestion.

You will need:

- 1-2 wide-mouth mason jars
 - 2 Well cleaned Beetroots. Cut up Beetroot into bite sized chunks.
 - 1 knob of Ginger. You can also add Garlic and Bay Leaves for extra flavor.
 - 1 Tablespoon sea salt
 - Filtered or Spring water
1. Fill your Mason Jar with the cut up veggies and other ingredients. You want to fill it only till about 3/4 full.
 2. Add sea salt.
 3. Fill up with water, ensuring you cover the veggies.
 4. Screw on the cap and shake it up a little, to dissolve the salt.
 5. Remove the cap.
 6. Cover the jars with a teatowel or something to prevent bugs from landing in it but still has space to breathe :)
 7. Let it ferment until ready. It should taste sour, not sweet. Discard if any mould has grown and start again.
 8. Strain and keep 1/4 for the next batch.
 9. You can use this as a Salad Dressing or simply put the bottle in the fridge and enjoy a 1/2 glass each morning.

Sauerkraut

Time to Create: 1-2 weeks

Sauerkraut has amazing probiotic cultures in it and is a great way to digest any proteins with your meal.

What you will need:

- Approximately three or four 1 litre wide-mouth canning jars. You can usually find these at thrift stores, or packs of 12 at a grocery store.
- Sea salt
- 2 large cabbages – green, purple, whatever you fancy. I prefer the red cabbages as the taste is slightly milder.

Optional: Carrots, dill, and caraway seeds, or any other veggies and spices you want to throw in there. Kraut can be creative!

- A large pot or bowl to mix it in
- Some kind of weight – I personally used a washed pebble or rock. Sterilize in hot water to make sure it is clean.



How to make it:

1. Get your cabbages, and remove the very outer leaf, and throw it away. Then rinse your cabbage under some cool water, shake it out, and then take off 3 or 4 more of the large outer leafs and put them aside for later.
2. Start chopping your cabbage. Because the lactobacillus bacteria needed for fermenting are found inside of the leaves, you want to chop it as finely as possible in order to get the most surface area. Put your chopped cabbage in a large bowl or pot.
3. Chop up anything else you want to put in the kraut. I grated 2 or 3 large carrots, and chopped up two bunches of fresh dill, and added a couple tablespoons of caraway seeds.

4. Add your sea salt to the mix. Salt does two things – draws the juice out of the cabbage, and also inhibits unfriendly microbes from growing in your ferment. The rule is 3 tablespoons per 5 pounds of cabbage. So... maybe weigh your cabbage at the store before you buy it and find out exactly how much they weigh? I estimate that two large cabbages is approximately 5 or 6 pounds, so start with 3 tablespoons.

Taste a little bit of it to make sure that it's a bit salty, but not ... like.... disgusting salty.

5. This is the fun part! Wash your hands really well, and get down and dirty! Stick your hands in your huge pot of cabbage and squish and mash the scheisse out of it! The aim for this squishing and mashing stuff is to work the salt throughout and get the cabbage to release it's magical juices. Keep doing it for 15 minutes at least, until there's a decent amount of brine.

6. Sterilize your jars in hot water and then begin stuffing your cabbage into them, stopping a couple inches before the top of the jar. You really want to make sure you pack the cabbage as tight as possible as to get all air pockets out of it. Hopefully the brine has now risen above the cabbage.

7. Take the large cabbage leaves that you had put aside and fold them up and place them into the top of the jars, as sort of a blankety cover for the shredded kraut. You may need to break it apart to get it in there, just as long as it sort of covers everything.

8. Wash your rock/pebble and place it on top of your folded up cabbage leaves. Now, seal the jar. The brine needs to cover the Sauerkraut!

The purpose of the weight is to make sure that the cabbage stays packed and is not exposed to the air. You see, the awesome lacto-fermentation process that is happening to transform your salty cabbage into probiotic magic takes place in an anaerobic environment – one without oxygen. Bad microbes and bacteria that will spoil your food can only grow in an aerobic environment – in other words, in the presence of oxygen.

You can see the liquid above the Sauerkraut in this picture.

So if your cabbage is weighted down and safely submerged under the brine, it's safe and can't go bad. This is why you also want to make sure you packed your cabbage in there really good to get rid of any air pockets in which bad microbes could grow.

9. Let them ferment in a dark cupboard for about 2 weeks. Be sure to check on it every few days and release some of the gases or you might have an overflow! This has happened to me a few times :)

10. Taste it! It should taste kind of alive and tangy – something more than just salty cabbage. The taste will continue to improve and get stronger as time goes on, but you can tell how you like it and when you think it's done. Don't forget that every time you take kraut out of the jar to pack your kraut back down to get any air bubbles out.

11. When you have it tasting good, you can move it into the fridge to slow the fermentation way down. I moved mine in after 5 days, but fermentation is fairly dependent on the room temperature. It's nice and pleasantly warm here, so it fermented fast. If your house is a bit colder, it might take longer. Probably a week to a week and a half. When you move it to the fridge, the brine will probably go way down, but you can top it up with a little salty water. It will keep in the fridge for at least a few months!

12. Add a spoonful to your meal, each evening. Hey, this stuff improves your sex life too :)

You can use the same process with any kind of vegetable. You may need to add an [additional vegetable starter](#) to get things going but feel free to combine a variety of vegetables to make more fermented foods.

Kimchi

Time to Create: 5-10days

Kimchi is a more spicy version of Sauerkraut and adds a lovely flavor to fish dishes.

You will need:

- 1 head napa cabbage
- 1/4 cup sea salt
- Spring or Filtered Water
- 1 tablespoon grated garlic (about 5-6 cloves)
- 1 teaspoon grated ginger
- 1 teaspoon sugar
- 1 teaspoon of finely chopped Nori flakes
- 1-5 tablespoons Korean red pepper flakes
- 8 ounces Korean radish or daikon, peeled and cut into matchsticks
- 4 scallions, trimmed and cut into 1-inch pieces



How to make it:

1. Cut the cabbage. Cut the cabbage lengthwise into quarters and remove the cores. Cut each quarter crosswise into 2-inch-wide strips.
2. Salt the cabbage. Place the cabbage and salt in a large bowl. Using your hands (gloves optional), massage the salt into the cabbage until it starts to soften a bit, then add water to cover the cabbage. Put a plate on top and weigh it down with something heavy, like a jar or can of beans. Let stand for 1-2 hours.
3. Rinse and drain the cabbage. Rinse the cabbage under cold water 3 times and drain in a colander for 15-20 minutes. Rinse and dry the bowl you used for salting, and set it aside to use in step 5.
4. Make the paste. Meanwhile, combine the garlic, ginger, sugar, and Nori flakes in a small bowl and mix to form a smooth paste. Mix in the Korean red pepper flakes, using 1 tablespoon for mild and up to 5 tablespoons for spicy.

5.Combine the vegetables and paste. Gently squeeze any remaining water from the cabbage and return it to the bowl along with the radish, scallions, and seasoning paste.

6.Mix thoroughly. Using your hands, gently work the paste into the vegetables until they are thoroughly coated. The gloves are optional here but highly recommended to protect your hands from stings, stains, and smells!

7.Pack the kimchi into the jar. Pack the kimchi into the jar, pressing down on it until the brine rises to cover the vegetables. Leave at least 1-inch of headspace. Use stone or weight to ensure it is submerged in brine. Seal the jar with a lid.

8.Let it ferment. Let the jar stand at room temperature for 5 -10 days. You may see bubbles inside the jar and brine may seep out of the lid; place a bowl or plate under the jar to help catch any overflow.

9.Taste a little and make sure it is ready. When the kimchi tastes ripe enough for your liking, transfer the jar to the refrigerator. You may eat it right away, but it's best after another week or two.

Kimchi tastes fabulous wrapped in lettuce leaves as a lunch time option.

Coconut Yoghurt

Time to Create: 1-2 days

To avoid dairy yoghurt and still enjoy the texture and many uses we have found in our culture for yoghurt, here is a coconut yoghurt. It tastes creamy and delicious and makes a great addition to morning breakfasts or those tasty raw dessert recipes.

You will need:

- Meat of Young Coconut. You can find the meat of coconuts in the frozen section of asian grocers. To get the real deal, make sure your Coconut is fresh (shake it to ensure there is plenty of liquid in it)
- 1/2 cup of Coconut Water (get more to add more if you want to make your Yoghurt runnier later)
- 1 Kefir Starter (you can use a [powdered Kefir Starter](#)) This is much easier than trying to use Milk Starters.

How to make it:

1. If you have bought your Coconut, you need to cut it open and scrape out the meat. The younger the coconut, the easier it is to scrape the meat off. You can use an Avocado scraper to get the meat out.
2. Blend the Coconut meat with the coconut liquid. It should be runny but not too runny (you can pour it though)
3. Strain the mixture twice, using a Spatula to get it through the strainer. (this makes it super creamy.
4. Mix in your Kefir Starter (powdered or Milk Kefir Grains)
5. Cover with Kitchen Towel
6. Allow to ferment for 7-10hrs
7. Place in the fridge once it has fermented to slow the fermentation process.
8. Consume only after 24hrs in the fridge

Great to use in Smoothies, Puddings and just as a topping on fruits.

Apple Cider Vinegar

Time to Create: 6-8 weeks

This is truly an amazing health food and aids in digestion and weight loss.

You will need:

- 5-10 Organic Peeled and Cored Apples. We will be using these, not the fruit. (you can make a juice or something else with the fruit)
- Filtered or Spring Water
- 1/2 cup of sugar (optional, depending on how sweet your apples are)



How to make:

1. Place the peels and cores in a large glass or stoneware bowl and cover with water by an inch or so. (Optional to help the fermentation/ yeast process work faster – add ¼ Cup of sugar for each quart of water you used and stir to mix thoroughly.)
2. Cover the bowl with a heavy plate. The apple scraps need to be completely submersed in the water. Cover the whole thing with a clean kitchen towel and let sit for a week in a cool dark location. The mixture will begin to bubble and foam as yeast forms.
3. When the week is up, spoon off any black mold that has grown. That's also okay and will occur if the mixture isn't kept cool enough, but if you keep the bowl in a cool spot you shouldn't have any mold.
4. Strain out the apple solids and pour the liquid into sterilized canning jars, leaving about an inch of head room and discard the solids. Cover each canning jar with a square of doubled cheesecloth and screw just the ring part of the top on. (Hang onto the flat parts of the lids, you'll need them later) This allows the yeast to 'breathe' and prevents the metal from corroding.
5. Store the jars on a shelf in your pantry and wait about six weeks. A film should start forming on the top. This is the '**mother**'. You can open up the jars and stir or swirl them so the mother settles on the bottom and more will grow on top.

6. At about a month, the liquid is cloudy but still fairly light without a distinct 'vinegar' smell. After a month, the color has deepened and there is some residue settling on the bottom.
7. After six weeks, replace the cheesecloth with the flat part of the lid and screw the ring back on. There is a distinct 'vinegar' smell now and jellyfish-like masses floating in the jar.
8. Stored in a cool, dark place, the apple cider vinegar will last indefinitely. By this point the yeast will have eaten all the available sugars and you will be left with a 'shelf-stable' vinegar. The flavor will develop and evolve over time.

Switchel (extension of Apple Cider Vinegar)

Time to Create: Overnight

Dating back to the early American colonies and possibly the Caribbean before that, this vinegar and ginger drink became known as haymaker's punch in the 19th century, when it was served to quench farmers' thirst during the hay harvest. It's a fun recipe to tinker with and a charming alternative to aggressively sweet modern day drinks.

What you will need:

- 2 Tablespoons of Apple Cider Vinegar
- 4 teaspoons of honey (Manuka adds a lovely depth)
- 1 teaspoon grated ginger knob
- 1 cup of filtered or spring water

How to make:

- Combine ingredients in a sterilized glass bottle.
- Pour into glass jars with sealable lids.
- Allow to ferment in a dark space overnight.
- Open in the morning, strain and pour into glass bottle. It might be fizzy when you open it as it has allowed to ferment again.
- Drink cold.

Zingy Ginger Carrot

Time to Create: 3-5days

Carrots are a naturally sweet vegetable. They have heaps of Beta-Carotene which is a good antioxidant but is also good for the eyes and liver.

Ginger is an excellent blood purifier and adds a wonderful “zing” to this fermented addition.



What you will need:

- 4 Cups of Grated Carrots
- 1 Tablespoon of freshly grated ginger (make sure you peel the skin off well)
- 1 Tablespoon of Sea Salt

How to make:

- Get a silver bowl or plastic bowl and mix all the ingredients.
- You can use your hands to scrunch the ingredients and get the liquid out or use a wooden pounder (used to pound meat).
- Make sure you have sufficient liquid to be able to cover the carrots in a glass jar.
- Once you have massaged or pounded enough (usually takes about 15minutes) then place the carrots in a sterilized glass jar.

- Pour the remaining liquid over the top.
- Place a weight (a sterilized pebble works well) on top of the carrot/ginger mixture.
- Label your jar with the date and contents.
- Place in warm space for 3-5days.

Garlic Pickled Cucumbers

Time to Create: 3-5days

Pickled Cucumbers are great as an addition to a salad, as a side with Salmon.

You will need:

- 10-12 Pickling Cucumbers (these are the fatter, warty, stumpier variety)
- 1 Tablespoon of Mustard Seeds
- 2 Tablespoons of fresh dill, finely chopped
- 4-6 Garlic Cloves. Peeled and cut in half.
- 1 Tablespoon of Sea Salt
- 1 cup of Filtered/Spring Water

How to make:

- Sterilize large enough jars to fit the cucumbers inside.
- Place 1 Tablespoon and 3 Garlic Cloves in the Jar first.
- Place the Cucumbers in the jar.
- Mix the remaining ingredients in a separate bowl.
- Pour over the Cucumbers.
- You need to ensure the Cucumbers are covered. Add more water if necessary.
- Shake the jar.
- Allow to ferment for 3-5 days. You can leave them for longer if you prefer a more pickled flavour.

Most Fermented Vegetables can be used and you can play with different ideas and combinations. The key ingredient is salt, which acts to preserve the food and also draws out the liquids found inside.

What interesting combinations can you create?

All you really need:

- A vegetable that contains sufficient liquid which can be extracted with salt.
- Salt
- Flavours to add to the combination



What you need to know

When you initially start incorporating fermented foods, it is possible that your digestive system may appear to be getting worse. What is happening is that the good bacteria from your fermented foods, will be working to kick out the bad bacteria. This initially will create some rumblings or internal “wars” inside your digestive system.

Go easy with the quantities initially and get used to them. I initially started with just a tablespoon of Coconut Kefir in the morning. I then gradually added 1/2 a cup and eventually can manage to eat Fermented Foods with most meals.

Your ultimate goal is to eat Fermented Foods/Drinks after or with each meal. They do an incredibly job of breaking down your food for you and you will suddenly notice that your digestion is much better.

No more of these:

- Flatulence
- Blenching
- Stomach Acid
- Stomach Reflux
- IBS
- Soft Stools
- Constipation

Without good digestion, you simply won't absorb all that good stuff you are eating!

Just start and play! It is heaps of fun...

Growing your own Dudes!