

Power of Fermented Foods. 1hr 7mins

Sommer Bock is an herbalist fermenting, she teaches about macrobiotic power cleansing methods. She claims that we consume too acidic foods, sugar, alcohol, meat, grains/beans, and caffeine. So, her plan is plant-based and more alkaline. She also adds fermented foods during detox treatment.

For rebuilding the gut microflora she incorporates chelated minerals, herbal tinctures, vitamin D and magnesium, and herbal adaptogens.

Fermented foods such as kimchi, kefir, yogurt are beneficial for rebuilding gut health.

Histamine is increased in leftover foods. Fish and shelf-dish doubles after killing. So, consuming histamine-containing foods will negatively affect gut health. So, during cleansing, Sommer Bock suggests lowering foods lower in histamine or eliminating them.

Rebuilding the gut microflora helps better digest and absorb food. Reducing stress is a key, because stress disrupts growth of the good microbiome.

Improving gut health lowers many chronic diseases, improves mental health, sleep, and overall well-being.

Sommer Bock's cleansing methods are interesting and I have learned more about restoring or rebuilding the good microflora of the gut.

I would use it in my future practice.

