

Learn How to Quickly and Easily Restore Gut Health Without Wasting Tons of Time and Money

Rick Porter September 12, 2014



OpenDoors Nutrition has created a free recipe book featuring natural probiotic rich fermented foods to restore bacteria levels in the digestive tract to healthy levels.

([NewsWire.net](#) -- September 4, 2014) -- More research than ever is being conducted on the health benefits of adding probiotics to a diet or daily routine. Due to current lifestyle factors and modern food preparations many of the foods people consume are actually contributing to the destruction of their digestive tracts. Often the beneficial bacteria, known as probiotics, are removed from the fresh fruit, vegetables, and milk products as a result of the processing and preparation methods. This is likely a contributing factor to the increase of digestive issues people are experiencing at an increased rate. Frequent indigestion, diarrhea, gas, nausea, and constipation are all warning signs that a person is already experiencing an imbalance of bacteria levels. Low probiotic levels could be causing these issues and there are many studies linking more than one hundred and seventy diseases with low probiotic levels. Fermented foods can help restore probiotic levels to adequate levels and making these foods can be a quick and easy task to enrich a diet.

OpenDoors Nutrition has created a new eBook featuring the seven best fermented food recipes for a healthy gut. Fermented foods undergo the process of lacto-fermentation which creates the [beneficial strains of probiotics](#). Additionally, the natural fermentation process preserves nutrients and breaks food down into a more digestible form. These are all contributing factors to the reason these foods help with digestion but there are many other health benefits associated with consuming probiotic rich foods. Various studies have concluded that probiotics can help develop a stronger immune system, aid in weight loss, and help people heal from leaky gut and IBS. That being said there are more reasons to eat fermented foods than just for their probiotic content.

As an inexpensive healthy food source probiotics can be added to any diet for just a few dollars. The two main ingredients are sea salt and whey which both can be purchased at a low price or the whey can even be made at home also. Furthermore, these foods last for a long time and often have shelf lives that exceed a few months while still retaining its nutritional value. People often associate fermented foods with an overpowering taste and smell but more often than not the final product is tangy, crunchy, and delicious. This process can be used on any raw vegetable so people can start with vegetables they enjoy until they are brave enough to try others. Finally, fermented foods are extremely safe for consumption and have been eaten since before refrigeration was a common household novelty. Seventy percent of the immune system resides in the digestive tract so it is advantageous to add probiotics to a diet to support overall health.

Anyone who has been adding fermented or probiotic rich foods to their diets but still experience digestive issues would benefit from looking into probiotic supplements. People should know [How to Choose a Good Probiotic Supplement](#) before they buy a cheap ineffective product and should start to see relief almost immediately. However, many experts recommend taking a probiotic supplement for a minimum of two weeks for the full benefits.

The fermented foods recipe book is available for free and can be accessed and downloaded at <http://opendoorsnutrition.com/fermented-food-recipes>.

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