

HOW TO OVERCOME SUGAR CRAVINGS AND REPAIR YOUR INNER ECOSYSTEM

By Roxsanne Bochman, MMFC Member



Goodbye, sugar cravings! And candida, belly bloat, and fatigue for that matter. Who knew healing these imbalances could start with a

single jar of cultured vegetables...

These jars of shredded vegetables (see photo page 13) look innocent enough, until you find out that they are packed with some of the most powerful healing tools on the planet: beneficial microbiata.

Beneficial microbiata are the healthy bacteria and yeast that live in your intestines. Today, they are popularly known as probiotics. And if you want the best probiotics, you can get them in a jar of

raw cultured vegetables.

Microbiata are one of the keys to creating balance in your body, mind and your life. Your intestines are meant to be teeming with these healthy, invisible little guys, but unfortunately most of us don't have enough of them. If you don't have enough healthy microbiata, it is more difficult to overcome cravings, digest foods, absorb vitamins, build your inner ecosystem and stay healthy.

Healthy microbiata create balance by boosting your immunity, creating energy, aiding digestion and reducing or eliminating cravings for sugar and carbs.

They provide vitamins and minerals that are multiplied in their nutritional power.

Did you know that almost all civilizations in the world have some history with fermented foods like cultured vegetables?

In essence, they are our ancestor's health and beauty secret. But somewhere along the line, with refrigeration, pasteurization and modernization, we lost our connection to these healing foods. Today's processed foods and overabundance of stress and

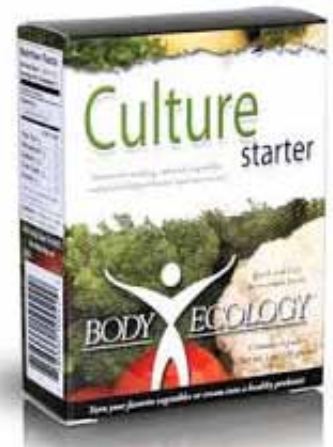
sugar actually kill off the good microbiata that once kept us so healthy and strong.

Missing microbiata are a key reason why we are experiencing so many health epidemics like obesity, diabetes, autism, and

vitamin and mineral deficiencies.

For best results it is important to introduce the right strains of beneficial bacteria into your intestinal tract. Cultured vegetables contain these beneficial bacteria and saccharomyces boulardii which is a probiotic yeast strain that survives passage through the stomach acid. It delivers healing benefits to the intestinal tract and helps restore normal microbiata. Candida overgrowth competes with good bacteria for space in the intestinal tract, but thankfully Saccharomyces boulardii has been found to reduce levels of candida.

When you take some time in the



kitchen to culture your summer garden vegetables it will allow you to magnify their nutrients and enjoy them long after summer is gone. To get the most out of your fermented foods be sure to ...continues on page 13.

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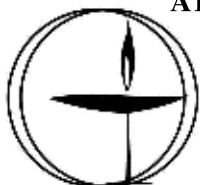
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...continued from page 12.



human digestive tract. Wild ferments may not be tolerated by individuals with candida overgrowth and gut disorders. When you choose a starter with specific strains of yeast and bacteria, you are choosing what grows and

flourishes in your ecosystem.

use a culture starter designed to establish good bacteria native to the intestinal tract. Menomonie Market carries Body Ecology culture starters in Aisle 4. Each box includes six culture packets, easy to follow instructions, and a few basic recipes.

Fermenting foods without a starter is considered 'wild fermentation.' These airborne yeast can be unpredictable to work with and may not be native to the

There is nothing that teaches us balance better than nature. While our modern medical system has many life-saving benefits, it is our journey back to nature and a balanced life that holds the key to wellness. Overcoming sugar cravings and repairing your inner ecosystem is certainly part of this balance.

Here are some of my favorite summer-

time vegetable combinations for creating your very own jars of cultured vegetables. Use these ingredients, or combinations of your own, and follow the instructions inside the Body Ecology culture starter box.

RED SALSA

- 3 heads red cabbage
- 2 medium red pepper
- 1 bunch fresh cilantro
- 2 red onions
- 4 - 6 cloves garlic
- Poblano pepper (seeds left in determine how hot)
- 2 carrots, diced

ONION AND FENNEL

- 3 heads of green cabbage
- 1 large bunch kale
- 1 large fennel bulb
- 1 large bunch of fresh mint
- 2 yellow or sweet onions
- Brine: Use Sweet Enriched Brine

DILLY GREEN

- 3 heads green cabbage
- 3 large cucumbers
- Bunch fresh dill
- Bunch fresh cilantro
- 2 yellow or sweet onions
- 4 cloves garlic (optional)
- 1/4 cup (dried) cut wakame (soaked in water for 10 minutes to soften)
- Brine: See Sweet Enriched Brine

SWEET ENRICHED BRINE

- 2 red apples
- 2 tsp. Celtic sea salt
- 1 packet of Body Ecology Culture Starter
- 4 cups water

Roxsanne Bochman combines her expertise in a customized healing and wellness program for her clients. She offers classes on healing food preparation and creating balance in your body and your life. Roxsanne is also available for individual consultations, (715) 379-8965 or www.RoxsanneBochman.com.



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