

## New to Sauerkraut

If you are eating sauerkraut for the first time I would advise you to follow these guide lines. Note they are guide lines; if you are in any doubt please do contact me to talk about your individual requirements. You can email me at [alison.marsden22@gmail.com](mailto:alison.marsden22@gmail.com).

Initially use white sauerkraut (people are sometimes put off with the colour of red cabbage) or use a combination of white cabbage and carrot. White cabbage also has far more liquid in.

**Level 1** - Drink the liquid only (1 teaspoon a day) before breakfast away from food. If you do not like the taste it can be drunk with fruit juice. Monitor your bowels. If your bowels get too loose or windy reduce the quantity.

**Level 2** - If your bowels are OK with Level 1 gradually increase the quantity up to 3 teaspoons of liquid a day ***before*** food. Do this for 3 days monitoring your bowels. You may need to go back to step 1 again if your bowels are too loose or windy. If all OK go to level 3.

**Level 3** - start eating 1 teaspoon of the solids per day with your normal meals. Again monitor your bowels. Reduce if necessary.

**Level 4** - Once you are OK with the solid part of the sauerkraut you can eat up to half a mug 3 times a day. Use it as a condiment instead of mayonnaise, tomato sauce, vinegar etc. As you use it as a condiment you may like to progress to red cabbage to add a great colour to your meal.

People vary so much with their bowels. Some people can go to level 4 after only a few days, some people stay on level 1 for a year, and some people have it on its own as a snack between meals! Adjust accordingly to your change of environment, time of the month and season.

**Why do people's bowels vary so much?** Your micro flora is 'inherited' from your parents, via birth and the first few years of your life. Being vaginally born at home and breast fed by a mother who eats organic food, who has rarely had antibiotics and has a healthy diet will give you a good start to a healthy internal ecology. This varies dramatically from person to person as the other extreme is being born at hospital, given antibiotics within the first few days of birth, not being breast fed and having parents who have an unhealthy diet and an obsession with cleaning with disinfectants and chemicals. Getting to know the internal 'weather' of your micro flora can be a useful skill in cultivating your immune system. It can take a few years for your micro flora to be replenished if it is depleted. It takes 5 years for a soil to be certified organic as the chemicals are cleared away and the natural soil fertility develops. Thinking long term will give you a good investment into your own health.

### 6 benefits of sauerkraut:

**It is loaded with about 50 strains of good micro flora (making digestion easier), cleanses your gut whilst you are eating (helping you feel clean on the inside), has lots of vitamins (including the B group), is a good source of minerals (including iron, copper, sodium, magnesium, and calcium) is alkaline forming (helping you prevent cancer), it has also been proven to effect your mood for the better. Try it and see what you think.**