Fermented Foods & Vegetables that Can Heal Your Gut

Before the advent of modern day canning most of our American fore mothers understood the process of lacto-fermentation. They had crocks of real sauerkraut, lacto-fermented cucumber pickles and other treasures such as beets, onions or garlic waiting out the winter in the root cellar.

These and many more fermented foods have been proven to be good for you. See the full article and list of fermented foods below

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(Picture Credit: [puamelia])