



October 2022

Driftless Holistic Wellness

*"Let food be thy
medicine and medicine
be thy food"*

-Hippocrates

Driftless Holistic Wellness is
sharing office space on
Wednesdays with [O'Brien
Physical Therapy](#)!

For in-person Nutrition
Response testing, ionic detox
foot baths, [Bemer therapy](#)
sessions, or picking up
supplements,
you can visit
3208 State Road
La Crosse, WI

-by appointment only -

Welcome to Driftless Holistic Wellness! Here we focus on finding root causes for our symptoms and nourishing our bodies into more optimal health. This month we focus on our digestive health, the power of living (probiotic) foods, and how improving our gut health positively impacts many other aspects of our body's functioning.

Plentiful Probiotics

Our gut should contain 3 to 4 pounds (yes, pounds) of normal healthy bacteria and yeast that play a crucial role in our digestion, immune function, and mental/emotional state. Fermented foods are great sources of probiotics and include: raw sauerkraut, kimchi, yogurt, kefir, kvass, tempeh, raw cheeses, traditionally fermented salami, kombucha, raw apple cider vinegar, [shrub](#), pickles and other lacto-fermented veggies.



*To experience a
[festival celebrating
fermentation](#), check
out Sauk City October
1-10th 2022 and learn
the art of fermentation*

It's not only important to increase the quantity of healthy bacteria and yeast in our guts, but to also increase the diversity of healthy organisms in the gut. The microbiome diversity is key to crowding out/starving unhealthy varieties. This is best achieved with raw, living probiotic foods (fermented) or choosing a probiotic nutritional supplement containing numerous varieties of bacterial strains.

Recipes

Fermented Carrot Sticks

Ingredients:

- *Whole carrots (peeled if non-organic) sliced into ¼ inch sticks
- *Salt brine (1tsp non-iodized salt/ 1 cup non-chlorinated water)
- *Whey (optional)
- *Additional add-ins: raw garlic, onion, dill, jalapeños, ginger, red pepper flakes, mustard seed, bay leaf



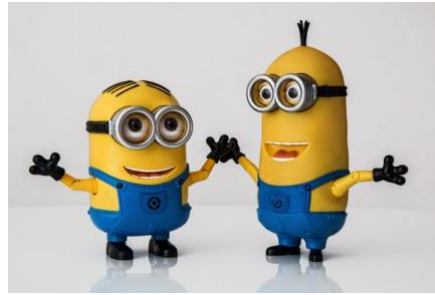
Instructions:

Mix your brine. Put the add -ins into the bottoms of glass pint-sized Mason jars. Cut the carrot sticks to reach ½ inch below the top of the jar, and fill the jar with the sliced carrot sticks, packing them tightly. Pour ½ tsp of whey into each pint jar (optional) and then fill the jar with the brine so that the carrots are completely submerged. Add a glass pickling weight to keep the carrots submerged or continue to add brine through the fermentation process. Cover the jar with a coffee filter and rubber band and let sit for 3-5 days on the counter, out of direct sunlight. Bubbling should occur, and a white cloudiness will develop as the yeast and bacteria begin to ferment the carrots.

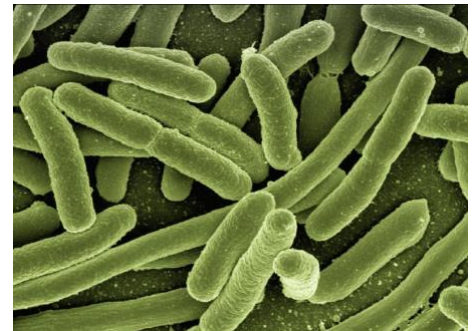
Once carrots have become effervescent and have a mild fermented taste, they can be enjoyed and stored in the fridge, covered with an airtight lid.

Power of Probiotics

Benefits of building up our probiotic consumption



- **Improved mood-** Our gut flora plays a role in the creation of hormones and neurotransmitters, specifically serotonin, dopamine, and tryptophan. These are key for emotion and mood regulation. A 2015 study of 710 young adults found an association between increased frequency of fermented food consumption and lower social anxiety.
- **Lower inflammation-** A more diverse gut microbiome has been shown to decrease inflammatory markers. A 10 week dietary interventional [study](#) published in 2021 showed a decrease in 19 different inflammatory markers for those eating a highly fermented food diet. Lower inflammation can benefit those with autoimmune or inflammatory disorders, like Crohn's disease/ulcerative colitis, rheumatoid arthritis, fibromyalgia, IBD/IBS, lupus, gout, diabetes, and cardiovascular disease.
- **Fewer infections-** [Studies](#) show healthy amounts of specific strains of good bacteria can decrease incidence of *H. pylori* infections that contribute to gastric ulcers, decrease incidence of SIBO (small intestinal bacterial overgrowth), *C. difficile* gut infections, genitourinary tract infections (UTIs and yeast infections), dental caries and gingivitis, as well as decreasing additional gastrointestinal infections.
- **Decreased cancer risk-** Healthy gut flora contribute to the production of butyric acids which help mitigate the effects of dietary carcinogens. Lactic acid bacteria may inhibit colon cancer by improving immune function, changing metabolic processes to help digest or break down carcinogens, producing antimutagenic substances, as well as improving the physiochemical environment of the intestines making cancer growth less likely.
- **Additional benefits-** Healthy gut flora also decrease the incidence of allergies, lower blood pressure, lower cholesterol levels, decrease lactose sensitivity, as well as increasing the vitamin and cofactor production in our intestines, which exponentially improve our absorption of B, C, and K vitamins.



Prebiotics (Fiber)



Consuming vegetables and fruits with high amounts of fiber is important in feeding your gut microbiome. This provides a variety of soluble and insoluble fibers that the helpful bacteria need to thrive. Various forms of these fibers include:

- Inulin
- Fructooligosaccharides or FOS's
- Resistant starches

Powerhouse options for prebiotics include artichokes, asparagus, onions, garlic, chicory root, dandelion root, Jerusalem artichokes, flaxseeds, and other various root vegetables (radishes, rutabaga, parsnips).

Easy Fermented Salsa

Ingredients:

2-3 cups organic raw tomatoes, chopped (2-3 medium sized tomatoes)

½ small onion, chopped

½ cup chopped peppers (your choice of sweet or hot peppers- seeded or non- seeded based on your taste preferences)

1 -2 cloves of garlic, minced

2 Tbsp chopped cilantro (optional)

1 tsp fresh lime juice or raw apple cider vinegar

2 tsp non-iodized salt (pink Himalayan, sea salt, Redmond's Real Salt)



Instructions:

Mix all chopped vegetables and seasonings together and fill a glass Mason jar. Mash the salsa slightly to allow juices to submerge the vegetables. Cover with a coffee filter or fermenting lid to allow air flow into the jar. Store salsa on the counter top at room temp for 1-2, days stirring once daily. Once the salsa becomes bubbly and has a light fermented taste, feel free to enjoy and then store with an airtight lid in the refrigerator.

Further Forms of Fiber

More creative ways to increase your fiber intake include:

- Adding roasted chicory to your coffee, drinking dandelion root tea or using an alternative coffee brand (Tecchino, Café Du Monde/French Market, Dandy Brew)
- Using psyllium husk, ground flaxseed, or greens powders in smoothies/shakes (greens powder examples: [Bodyhealth](#), NutriDyn Fruits and Greens powders)
- Drinking a tasty, low sugar, digestive tonic soda like [Olipop](#) -contains a surprising 9 grams of fiber without any thick or heavy mouth feel!



Protecting our Gut Flora

Avoid the following to prevent disruption of our gut flora:

- Antacids and heart burn medications (Tums, famotidine, omeprazole, ranitidine)
- Alcohol consumption
- Processed foods containing sugar, inflammatory oils, preservatives, and pesticides
- Repeated antibiotic use
- Lack of sleep
- Excessive stress
- Cigarette smoking
- Lack of fiber and low food diversity

Supplementation

If needing additional support during a course of antibiotics or if you are struggling to incorporate the above foods, you can always supplement with a probiotic capsule. A few quality options include: [Flora Synergy](#), [Flora 12+](#), [ProSynbiotic](#), [Lact Enz](#), [CT Biotic](#), [BodyHealth Probiotic](#), and [Lactic Acid Yeast](#). Additional fiber supplementation can include: [SP Green Food](#), [Gastro- fiber](#), [Whole Food Fiber](#), and [SP Complete](#).

The last few years have brought about fun fermentation experiments in the Wiedenbeck household. We've enjoyed making kefir, water kefir, kombucha, sourdough, salsa, pickled eggs, carrot sticks, sauerkraut, and kimchi. Our most recent experiment is homemade apple scrap or apple cider vinegar. We had picked a bunch of organic apples from our local farm store and had wanted to find a way to use the peelings and cores left over from making fresh applesauce. It's one of the longest fermentation projects we've done, as it takes over a week to ferment into alcohol, and then an additional two weeks for the alcohol to ferment into vinegar. We're looking forward to enjoying this homemade vinegar for our salad dressings, homemade mayo, making fermented salsa or before our meals to aid in digesting protein-heavy dishes.

-Kay Wiedenbeck RN, BSN, OCN, NRT

