



GLOBAL  
BIOHACKERS

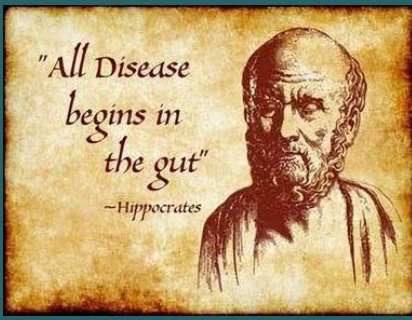
# IMMUNE WELLNESS

5 DAYS 5 WAYS TO SUPPORT YOUR  
IMMUNE SYSTEM AND STAY WELL



## *Gut Health*





## 5 Signs That Your Gut Needs a Little TLC

1. Digestive upset - stomach aches, gas, bloating, heartburn.
2. Brain Fog
3. Bad Mood
4. Food Cravings/ Stubborn Weight
5. Poor Sleep

# Immunity & Gut Health

Our happy hormone, serotonin is made in the gut and it speaks to our happy hormones in our brain (dopamine) through neurotransmitters, this is why our gut is called our second brain, because they impact each other so much!!

Have you ever noticed a negative change in your mood after eating or drinking specific foods? This is a sure sign that what you have just eaten may not be the best thing for you, which is why those clever neurotransmitters have told the brain the message that they don't like it!

Eating low nutrient foods, too much alcohol, foods that are inflammatory, high sugar or high GI carbs etc ALL impact gut bacteria and gut wall barrier and cause high levels of free radicals leading to inflammation which affects immunity and leads to health conditions or disease.!!

What about feeling queasy in the stomach in a stressful situation? Most people think of their job, or maybe an emotional family or relationship situation as the reason for stress and some low level stress can actually be beneficial to us, but long term or chronic stress can have damaging effects on the body and immunity.

Stress impacts on the development of our intestinal barrier and can increase gut permeability, letting the body control what material it will allow to pass through gut wall lining and into the bloodstream, which can determine gut dysbiosis (imbalance of good and bad bacteria) and food intolerances.

The more we support the beneficial gut bacteria, the stronger immunity we have! We do this by eating more plants, more fibre, nuts, seeds, fruits, fermented foods and a really good high quality probiotic and being consciously aware listening to our bodies to know what foods we may have sensitivities or intolerances to.

70-80% of the bodies immune cells are found in the gut!!! So it makes sense to be proactive with gut health, right! That's more than half of our immunity being impacted by gut health (good or bad).

So let's look at building or supporting strong gut health by eating the right foods, eating those beautiful fermented foods and drinks (kimchi, sauerkraut, kombucha, broth's, cultured yoghurts and kefir) that feed good bacteria to the gut. investing in a really good, high quality probiotic and keeping stress levels low.

# Fermented Foods

Many foods can be fermented, some of which we are more familiar than others.

“Fermentation happens when microorganisms (natural bacteria and yeasts) feed on the sugar and starch in food, converting them into lactic acid in a process known as lacto-fermentation.”

There are many processes of fermentation, but lacto-fermentation provides the most health benefits..... \*

“Grains, pulses, vegetables, fruits and milk.... can be transformed by fungus and bacteria, using very ancient procedures, in such a way as to confer on them qualities they initially lacked, as well as to preserve them without the aid of modern industrial processes.”\*\*

“Sourdough bacteria helps digest all ‘phytic acids’, a naturally occurring substance..... This acid inhibits the minerals in the bran to be absorbed by the body.” \*\*\*

“Sourdough fermentation partly pre-digests gluten, allowing some people who are sensitive to gluten enjoy properly fermented sourdough breads.” \*\*\*

Source:

\* Fermented foods for health, Deidre Rawlings, Ph.D., N.D

\*\*Nourishing traditions, Sally Fallon, p103 Wild

Sourdough, Yoke Mardewi

## Sauerkraut Recipe

1 head of cabbage, approx. volleyball size  
¼ cup sea salt  
*Optional* – juniper berries, caraway or fennel seed

1. Slice a quarter of the cabbage very finely by hand or machine.
2. Place into a big bowl and sprinkle some of the salt over it.
3. Massage thoroughly until the cabbage softens.
4. Add the next quarter, some more salt and continue in this way until all is used up.
5. Sterilise a big jar, or several smaller ones, and press the salted cabbage into them.
6. Leave an inch of space at the top to prevent overflow.
7. Place a weight on top of the cabbage so it stays submerged in its own juice and leave at room temperature for 7-10 days.
8. Check after 6-7 days to see if it is sour.
9. Once sour, cover and refrigerate.



# Fermented Foods

Oats are a wonderful source of fibre, nutrients and antioxidants, but sadly for some, they can be a little difficult to digest. If your gut isn't in tip top shape, you may find that oats leave you feeling bloated and uncomfortable. This can be due to a couple of reasons:

- you may have some dysbiosis going on making it difficult to digest oats and other grains and fibres
- oats contain anti-nutrients (an inbuilt pesticide) making it harsh on your gut many oats today are contaminated with gluten, and studies show that gluten is not our friend

Oats themselves don't contain gluten though, but as they are grown in the same fields as gluten containing grains (wheat is often harvested one season then oats are grown in the same soil), they generally contain traces of gluten which can be problematic for some.

So, if you are dreaming of a nice bowl of creamy porridge or a yummy Anzac biscuit again, my first tip is to find oats that are gluten free!

Can you guess what my second tip is? I'll give you a minute ...

## FERMENT THEM!

Fermenting your oats is a great way to remove any of the anti-nutrients that grains often contain which improves digestibility and it also reduces the carbohydrate content. I don't know why I didn't think of this years ago! Give them a try and let me know what you think!

## Fermented ANZAC Biscuits

### Ingredients

- 1 cup oats, fermented\*
- 200g almond meal
- 75g desiccated coconut
- 120g melted butter
- 80-100g rapadura sugar
- 1 tbsp molasses
- 1/2 tsp bicarb soda

\* To ferment your oats, add them to a clean jar with 1/4 cup Kultured Wellness Coconut Kefir, cover with water, place airtight lid on and allow to ferment on the bench for 24-48 hrs.

### Method

1. Preheat your oven to 175 degrees Celsius and line your baking trays.
2. Strain your fermented oats and while they are draining, place all ingredients into a mixing bowl and mix until combined.
3. Stir through the drained oats and mix again until combined.
4. Place spoonfuls of the mixture onto your baking tray, leaving a gap between each one.
5. Place into the oven and bake for approximately 15-25 mins until golden.
6. Remove from the oven and allow to cool on the tray.
7. Enjoy!



# Gut Loving Grains That Are Good For You

Have you ever had that discomfort from grains? Bloating, gas, a heaviness, even brain fog?

There is a lot of info out there and quite a lot of negativity around grains and how bad they are for us!

But are they really?

Certain grains can take up to 18 hours to digest (how crazy is that)!!!! This means they are beginning to rot in our gut, causing major digestive issues.....YUK!

It takes a lot of effort for our digestive system to break down grains, especially highly processed, mainstream grains.

Rice, oats, wheat, Corn (yes corn is a grain, not a vegetable), barley etc are all the popular grains that are often highly processed, genetically modified, and/or sprayed with horrible chemicals (pesticides, arsenic etc) – if you consume these types of grains, try and find Organic brands that you can trust!

Other options include, ancient grains including, Quinoa, buckwheat, amaranth, spelt etc. These grains have been around for many centuries and are full of amazing nutrients, which is why they are becoming more popular. Again, be vigilant in choosing only organic brands.



## Soaked & Sprouted Grains



Have you heard of soaked or sprouted grains? Soaking transforms something that is dormant and indigestible to something that is more digestible while at the same time unlocking enzymes, minerals and nutrients.

By soaking and sprouting grains, it helps to:

- Digest grains faster.
- Reduce the gluten.
- Break down sugars/carbs.
- Neutralise Phytic Acid (an natural anti-nutrient that all grains have, that is difficult to digest).
- Increase the vitamins your body can absorb from them and so much more!