

Welcome!!!
Just hang On :o)
Our meeting will start soon.



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Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment!

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products. I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them...

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



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We Are Not Alone

On all surfaces of our body inside and out are Bacterium.... trillions of them... bacterium which are transitional, opportunistic and beneficial.

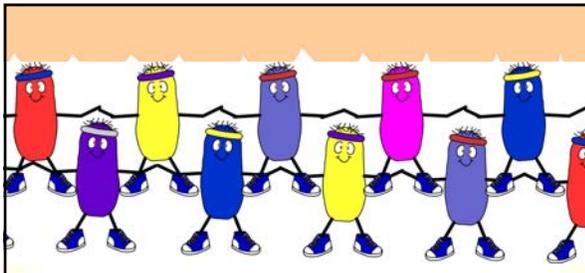
1. Transitional – contracted from our environment, by eating, drinking and breathing - typically eliminated when beneficial bacteria are abundant
2. Opportunistic – like staph, strep, etc. typically controlled by the beneficial bacteria



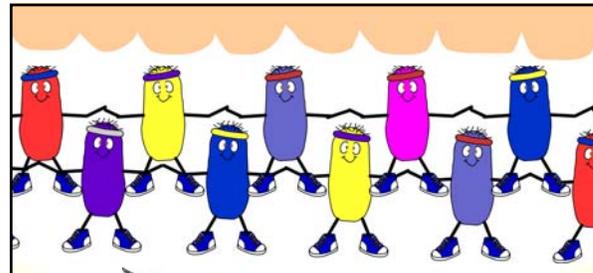
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3. Beneficial Bacterium – The Good Guys

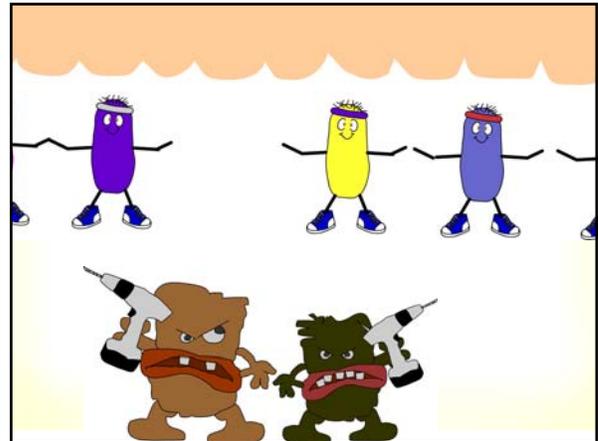
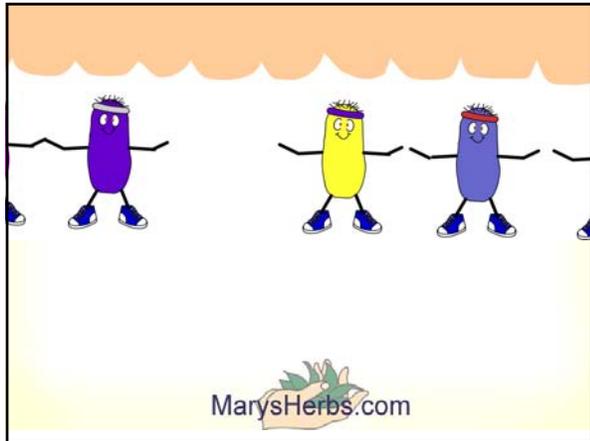
- There are over 500 good strains of bacterium
- Some live on the skin, eyes, respiratory system, etc.
- Most of them live in our digestive tract
- They provide nutrients, energy and protection for the intestine

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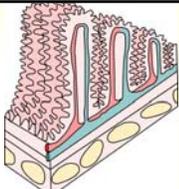


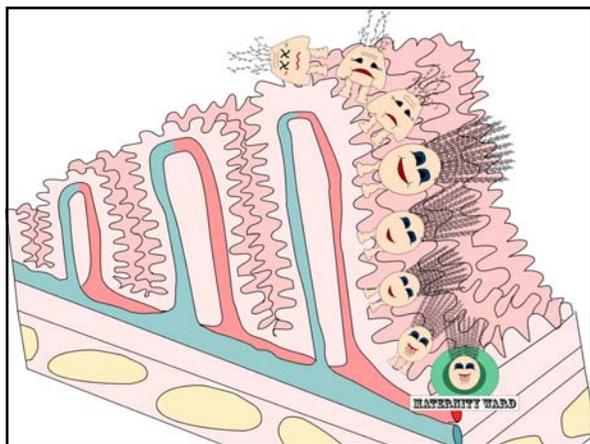

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Enterocytes

- Hairs on Enterocytes make up the microvilli
- They finish digestion & absorb the nutrients from food and feed it to the villi
- If there is an abundance of healthy bacteria, the enterocytes are born in the crypts and mature on their way up the villi.
- If the healthy bacteria are not present, the enterocytes journey is slowed down and the enterocytes die before reaching the top
- This leads to poor digestion, malabsorption of nutrients and allergies





That's Not All, Folks!!!

- By-products of good bacteria are B vitamins
- Bad bacteria consume large amounts of iron often causing anemia. Taking Iron pills can often make anemia worse because it causes these bad bacteria to populate.
- The gut comprises approx 80%-85% of our immune capabilities!



- The Good Bacteria helps digestion and improve absorption of nutrients
- The Good Bacteria digests yeast and other bad bacteria and excretes B Vitamins
- Neurotransmitters, such as Serotonin, are produced by the neurons in the brain, but even more so by the intestines (approx 95% total serotonin)
- The Good Bacteria helps prevent Leaky Gut which allows toxins, acids and ammonia into the blood stream
- These toxins burden the liver, effecting liver function such as, digestion of fats needed for the brain and nervous system and it also lowers the effectiveness of cholesterol production

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Intestinal Symptoms

- Pale whitish stools
- Foul smelling stools
- Foamy and loose stools
- Acidic stools
- Floating stools
- Constipation
- Gassiness and bloating
- Alternating diarrhea and constipation
- Undigested food in stools
- Chronic abdominal discomfort

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Psychological Symptoms

- Autism
- Schizophrenia
- ADD
- ADHD
- Depression
- Dyspraxia – lack of oral muscle tone
- Depression
- Learning and behavior problems
- Eating disorders
- Bi-polar
- OCD
- Dyslexia

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Physical Symptoms of Leaky Gut

- Allergies
- Asthma
- Eczema
- Auto Immune
- Swollen lymph nodes (especially in the intestines)



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The Reason We Crave What We Are Allergic to:

- In the stomach, milk's casein is broken down into Casomorphines
- In the stomach, wheat's gluten is broken down into Gluteomorphines
- In a normal gut both of these are further broken down by enzymes & by the microvilli of the enterocytes
- In an abnormal gut the process of digestion is incomplete and the person becomes addicted to the morphines

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The Auto-Immune Connection

- When toxins are able to leak out of the intestinal wall into the blood stream or surrounding tissue, the body's immune system attacks that tissue
- When the acid and by-products from undigested food are absorbed by the micro-villi to be used as the raw material for cells, the immune system attacks the acid in those cells
- Therefore a lack of good bacteria can contribute to auto-immune diseases

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How most Bacterium are introduced into our Gut

- As the Baby goes through the birth canal, some bacterium are ingested & populated
- But much of the bacterium comes from the mother's breast milk. Mother's gut health is essential in order to pass on to baby
- If the bacterium is not well established in the first 20 days after birth, the baby's immune system is dramatically compromised

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So what compromises the friendly bacterium?

- Antibiotic –prescription & from food supply
- Anti-fungals
- Drugs/Pain Killers
- Steroids
- The Pill
- Diet/Sweeteners and Simple Carbs
- Stress
- Disease
- Environmental toxins
- Radiation

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So what can I do?

Probiotics contain 1,3,7 or 11 strains of bacillus but is at a therapeutic dose
Fermented food contain infinitely more strains but is more of a maintenance dose of bacillus

If you have an active yeast infection, we suggest adding probiotics until the yeast is under control and they use the fermented food to maintain your levels.

Dr. Mercola wrote on his website: Here's a case in point: It's unusual to find a probiotic supplement containing more than 10 billion colony-forming units. But when my team actually tested fermented vegetables produced by probiotic starter cultures, they had 10 trillion colony-forming units of bacteria. Literally, one serving of vegetables was equal to an entire bottle of a high potency probiotic! Fermented foods also give you a wider variety of beneficial bacteria, so all in all, it's your most cost effective alternative.

http://articles.mercola.com/sites/articles/archive/2012/06/27/probiotics-gut-health-impact.aspx?fb_action_ids=463750630301792&fb_action_types=og.likes&fb_source=other_multiline

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STREPTOCOCCI/LACTOCOCCI

- | | |
|---|--|
| <p>> LACTOBACILLI</p> <ul style="list-style-type: none"> > > Lactobacillus acidophilus > Lb. brevis [Possibly now Lb. kefir] > Lb. casei subsp. casei > Lb. casei subsp. rhamnosus > Lb. paracasei subsp. paracasei > Lb. fermentum > Lb. cellobiosus > Lb. delbrueckii subsp. bulgaricus > Lb. delbrueckii subsp. lactis > Lb. fructivorans > Lb. helveticus subsp. lactis > Lb. hilgardii > Lb. helveticus > Lb. kefir > Lb. kefirifaciens subsp. kefirgranum > Lb. kefirifaciens subsp. kefirifaciens > Lb. parakefir > Lb. plantarum | <ul style="list-style-type: none"> > Streptococcus thermophilus > St. paracitrovorus ^ > Lactococcus lactis subsp. lactis > Lc. lactis subsp. lactis biovar. diacetylactis > Lc. lactis subsp. cremoris > Enterococcus durans > Leuconostoc mesenteroides subsp. cremoris > Leuc. mesenteroides subsp. mesenteroides > Leuc. dextranicum ^ <p>>> Microbial Composition of Kefir at End of Fermentation [colony forming units/ml] **</p> <ul style="list-style-type: none"> > Lactococci : 1,000,000,000 > Leuconostocs : 100,000,000 > ACETOBACTER >Lactobacilli : 5,000,000 > 1,000,000 > Acetobacter : 100,000 <ul style="list-style-type: none"> > Acetobacter aceti > Acetobacter rasens |
|---|--|

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- | | |
|--|---|
| <ul style="list-style-type: none"> > > Dekkera anomala t/ Brettanomyces anomalus a > Kluyveromyces marxianus t/ Candida kefir a# > Pichia fermentans t/ C. firmetaria a > Yarrowia lipolytica t/ C. lipolytica a > Debaryomyces hansenii t/ C. famata a# > Deb. [Schwanniomyces] occidentalis > Issatchenkia orientalis t/ C. krusei a > Galactomyces geotrichum t/ Geotrichum candidum a > C. friedrichii > C. rancens > C. tenuis > C. humilis > C. inconspicua > C. maris > Cryptococcus humicolus > Kluyveromyces lactis var. lactis # > Kluyv. bulgaricus > Kluyv. lodderae > Saccharomyces cerevisiae # > Sacc. subsp. torulopsis holmii > Sacc. pastorianus > Sacc. humaticus > Sacc. unisporus > Sacc. exiguus > Sacc. turicensis sp. nov > Torulaspora delbrueckii t > Zygosaccharomyces rouxii | <p>Units Count of Microbes in Gram Stained Kefir Grains</p> <ul style="list-style-type: none"> > Bacilli [single cells, pair, chains] > Streptococci [pair, chains] > Yeast [single cells] <p>></p> <ul style="list-style-type: none"> > The Means Range > Bacilli 66, 62-69% > Streptococci 16, 11- 12% > Yeast 18, 16- 20% [11] <p>> Evolution Sequence among Genus Groups during Kefir Culture Cycle</p> <ul style="list-style-type: none"> > Lactococci >Lactobacilli > Leuconostoc > Yeast > Acetobacter |
|--|---|

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Why Doesn't Fermenting Foods Make You Sick?

- During the process, lactic acid is released from the fermenting food, thereby killing off the "bad" bacteria that would ordinarily render the food unfit for digesting
- Then gradually the good bacteria and enzymes develop

Gut Bacterium Repopulation

- Curds & Whey
- Homemade Yogurt
- Keifer
- Buttermilk
- Sauerkraut – stimulates stomach acid production. Drink juice or eat 15 min before meals
- Formental Veggies

Gut Lining Healer

Bone Broth & Meat Stock (Beef, Lamb, Pork, Game, Poultry and Fish – Rotate source to get the full spectrum of nutrients) Provides raw material to rebuild the lining of the intestines. Helps soothe the intestines. Extract the bone marrow and fat when warm. Consume broth all day between and with meals. Do NOT warm up in microwave.

Also helps replenish minerals



Where do I get started?

The easiest fermentation is Curds and Whey

1. Pour raw milk into a glass container (to prevent leaching during fermenting process)
2. Date it
3. Let it sit 2 to 4 days (Depending on room temperature – the hotter the faster it ferments)
4. When it looks well separated, (clear liquid on bottom which is the whey) drain through muslin into a large glass container about 2 days at room temperature - 75 degrees Can be stored in the refrigerator (will last 6 months)



For recipes go to:

<http://www.westonaprice.org/childrens-health/enjoying-little-miss-muffets-curds-and-whey>



Sauerkraut and fermented vegetables

1. Fermenting crock – it has a gutter on top which prevents anything from getting in but let the gasses escape – OR Mason Jar – watch for molding
2. Cut and Bruise cabbage – put in thin pillow case enclose with rubber band and beat with large meat tenderizer (TARA take picture)
3. Add to crock with salt (or whey) 1 med head of cabbage add 1 tablespoon sea salt and 4 tablespoons of whey or use 2 tablespoon of salt
4. Add any spices you like for example caraway seeds, dill, etc.
5. Pack firmly and add water till cabbage is covered by 1 inch
6. Leave space (at least 1 inch) on top for gasses and expansion (if using mason jar)
7. If using the crock leave room on top for stones (which will weight cabbage down below liquid)
8. IMPORTANT.... Put in extra water and salt... if cabbage is above liquid it will mold
9. Let sit for 3 weeks at room temperature (skim off mold or scum if necessary)
10. Put into mason jars... they will self seal. (again make sure liquid is above the cabbage by at least 1 inch
11. Will last 6 months to 1 year in pantry ... if refrigerated will last for way over 1 year



Steps

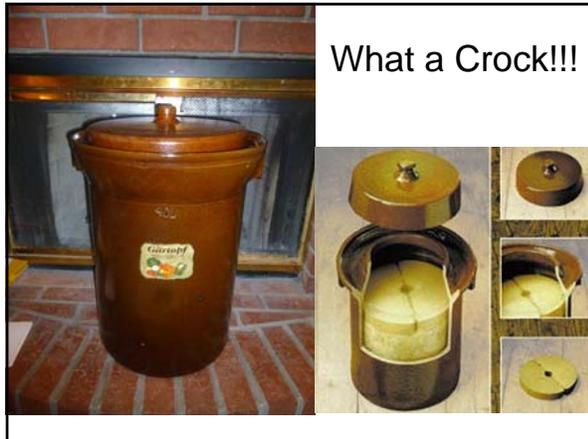
- Steps:
- 1. Cut or shred your vegetables, cabbage is a good base (if using cabbage save a few leaves to cover vegetables.
- 2. If using a cultured for the first time open packet and dissolve in 1/2 cup of water with a tablespoon of sugar to wake it up. (Do not let it set for more than 5 to 10 minutes). The sugar will be consumed quickly by the bacteria cultures, so no need to be concerned about added sugar.
- 3. If you are using the juice from an old batch of fermented foods then use 1/4 cup for your new batch.
- 4. Now that you have your veggies shredded or cut transfer to a large bowl. Take about 1 to 2 cups of the veggies; put them into the Vita-Mix or a blender to make brine, adding a little water. Blend the mixture (brine) it should be more on the thick side but not too thick (you will notice it will be a little foamy), now you can add your culture to blender and mix.
- 5. Pour this mixture over the vegetables and mix with your hands or spoon.
- 6. Gather your container (one big one or several jars) with airtight lids and begin to spoon the vegetables into the jar or jars, making sure to pack down firmly, take the reserve cabbage leaves place on top, and now fill the rest of the container with water until it covers the vegetables.
- 7. Important to make sure the vegetables stay submerged, if not the air will mold the part that is exposed, the rest of the veggies are fine, just remove the molded parts. Here is something that was recommended, I haven't done it: take a zippered plastic bag filled with water and use as a weight to keep the veggies submerged.
- Be sure to leave about 2 inches of space at the top of your jar, because your veggies will be releasing water in the brine and if you don't your jar will run over.
- 8. Basically, letting it sit out for 6 days minimum is fine, I did that in the beginning but now
- I let it ferment for at least 2 weeks, it makes it stronger.

Recipes

Broccoli, Zucchini, Onion, Carrots, Beets, and an Apple

I ferment in this large container and transfer to 16 oz. mason jars, I can get about 5 1/2 jars from this container. This will last me about 11 1/2 days that the 5 1/2 jars would provide at 8oz. a day. The juice from the 5 jars is reusable many times over, so when the veggies are gone keep the juice and ferment more vegetables, can use for months. Start with the culture package, after you have fermented your vegetables you only need to use 1/4 cup of the juice from your original batch large batch.





What a Crock!!!

Kefir

2 cups of raw whole milk
 ½ cup good quality cream (optional)
 1 tbs kefir grains (or 1 pk kefir powder but it will not be a starter for the next batch)
 Use a quart size mason jar with wide mouth
 Poor room temperature milk in jar
 Add kefir grains and stir well
 Cover with one layer of muslin

Let ferment for ½ to 2 days at 65 to 76 degrees
 From time to time, agitate grains by stirring with wooden spoon
 Each time taste the kefir.... Allow time to develop desired taste
 Strain kefir to remove grains and store in refrigerator
 Place grains in a small jar with ½ cup filtered water. The grains will last several weeks in the refrigerator or sever months in the freezer



Yogurt

½ cup commercial plain yogurt
 1 qt raw milk

Heat up 1 qt of raw milk to 110 degrees, preferably in a double boiler (using a Candy thermometer to measure the heat)

After removing 2 tablespoons of the warmed milk add 1 tablespoon of yogurt (either from a previous patch or bought yogurt)

Mix well. Transfer to a quart size, wide mouth, Mason jar. Add a further 2 tablespoons and 2 teaspoons of yogurt and mix thoroughly.

Place lid on tightly. Keep at a steady at 100 degrees for 8 hours in an oven with door open and a thermometer inside or dehydrator.

Store in the refrigerator.



Bone Broth & Meat Stock

It is commonly believed that by removing grains and other offenders, that the gut will heal on its own, however this is NOT true.

By removing the offenders you stop additional damage from occurring, but you need to give the intestines what it needs to heal.

Now that the bowel contains the proper bacterium you can begin healing the intestine by using homemade bone broth.

Being dense in nutrients and in liquid form, it is easily digested and allows the nutrients to quickly reach the gut so it can heal.

Fats, found in the broth, are especially vital for this healing process.



Beef Stock

STEP #1

- Take 6 to 8 good size meat bones put in a glass pyrex dish and cook in the oven for 1 hour at 450 degrees

STEP #2

- Use bone marrow bones, hooves, joints and any bone structure of cattle
- Fill 12 quart stock pot ½ full with water
- Put in all the bones
- Add 1 cup of vinegar
- Add 5 to 10 pepper corns
- Let simmer at medium heat

STEP #3

- When meat bones are done, including all drippings (rinsing the pyrex dish with water to get maximum amount of drippings) add to pot
- Add water until all meat and bones are completely submerged by 1 inch. Leaving room for expansion, bring pot to a rolling boil

STEP #4

- IMPORTANT.... As soon as it boils....Skim the scum which develops on top This step will make or break the taste of the broth
- Simmer for 3 or 4 days at low heat to get maximum amount of nutrients from the bones

Chicken or Turkey Broth

STEP #1

- Use the whole chicken carcass
- Put in 12 quart stock pot... fill until 1 or 2 inches from rim, but totally covering the bird
- Add 2 tbs of vinegar

STEP #2

- Bring pot to a rolling boil

STEP #3

- IMPORTANT.... As soon as it boils....Skim the scum which develops on top This step will make or break the taste of the broth
- Simmer for 1 or 2 days at low heat to get maximum amount of nutrients from the bones

STEP #4

- You can add veggies before eating

- Often you can reuse the bones until bones are soft. Some people add water as they use the broth. Might not be as flavorful but will still be packed with nutrients



Making it Easy

Take heart, although it seems a little involved, the more you make these, the easier it becomes.



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Questions

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http://www.culturesforhealth.com/how-to-ferment-honey?trk_msg=GD8HK5EFL1FKL544R1CRINDBEC&trk_contact=V7MHMSCQ3S558334D371BKQJ78&utm_source=Listrak&utm_medium=Email&utm_term= fermenting+Honey&utm_campaign=5_13_15+Newsletter&utm_content= Newsletter

- In order for honey to ferment it needs a moisture content of at least 19%. Most honey contains less moisture than this and as such will need water in order to ferment.
- **Mead**
- Because of the high sugar content of honey, it is easily fermented into alcoholic beverages honey wine, known as mead.
- Mead in its most simple form is made from honey and water. Like grape wine, mead can be made dry or sweet, depending on the amount of honey used. When making five gallons of mead at a time, dry mead would contain 9 to 12 pounds of honey whereas sweet mead would contain more like 16 to 22 pounds of honey, with the remainder of the volume consisting of water.
- **Lacto-fermented Honey**
- You can also ferment honey into a lactic acid bacteria-containing beverage or condiment. This can be done in a number of ways. For example, you can use honey as the sweetener in **kombucha**.
- **Won't Raw Honey Kill The Beneficial Organisms?**
- Many people argue that you cannot use raw honey in the fermentation process because raw honey is known to have anti-bacterial agents. Their concern is that it would kill the mother culture such as kombucha.
- Honey is anti-microbial in nature, but it kills microbes primarily by suffocation, so mixed with water, its antimicrobial properties are somewhat diminished and it becomes a happy home and food source for airborne yeasts and organisms to feast on and produce a traditional fermented product.
- So, find yourself a source for high-quality local raw honey and enjoy your fermentation experiments.