



Gut Shots

Feed your microbiome. Start fermenting at home.

5 Recipes inside!

by Cate Stillman



yogahealer

You Need Four Things to Make Gut Shots



BLENDER



SALT



CABBAGE



SPRING WATER



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The fastest fermented microbiome-building inflammation-eating concoction I've found is the gut shot. Think sauerkraut juice or pickled vegetable brine.

Either make them at home or find fine ferments in the organic refrigerated section. Big batch processed brands don't have the enzymes you are after. Small batch fermented foods have living cultures. And you want that living culture to digest your waste and feed your microbiome.

Fermented foods also kill the bad guys, from free radicals causing oxidative stress to digesting carcinogens, thus earning the following heavyweight titles:

1. Anti-oxidant
2. Anti-inflammatory
3. Anti-microbial
4. Anti-carcinogenic
5. Anti-fungal
6. Anti-diabetic
7. Anti-allergenic
8. Anti-atherosclerotic

Those eight anti-pathogenic effects point to exactly how fermented foods are beneficial to you, the host. As the host, your diversity of beneficial microbes from bacteria, viruses, to archaea makes you resilient to pathogens, and even cancer and disease at large. Poor microbiome populations and poor microbiome genetic diversity is the key indicator of poor health.

When you digest all the bad guys (**FAST**) and then feed all the food guys (**FERMENT**) you have an effective a regeneration strategy. You're nourishing the microbiomes which nourish human DNA cells.

cate stillman



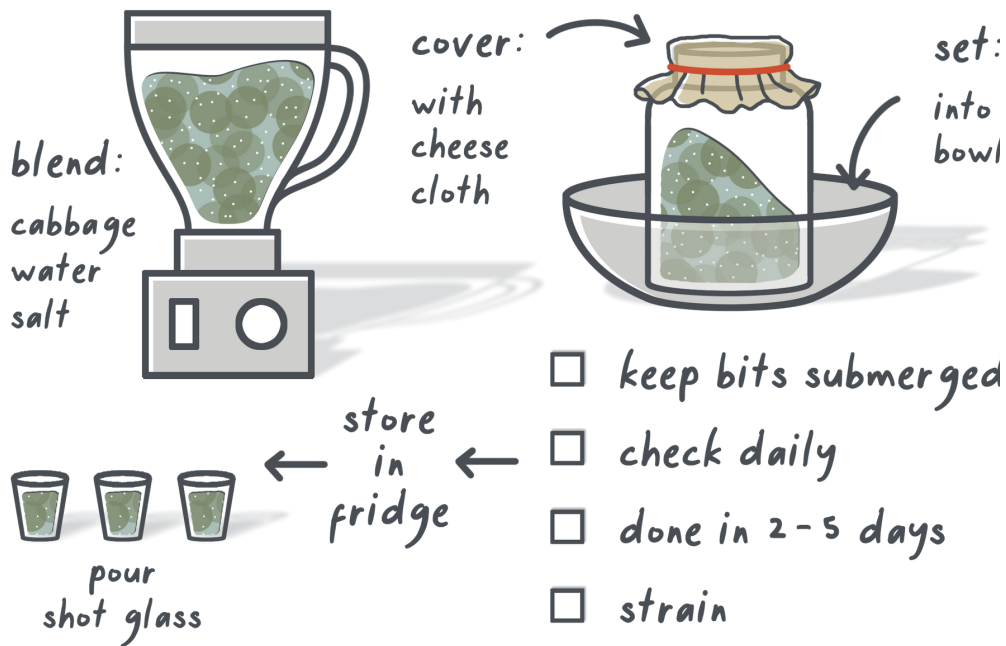
Optimizing Absorption

You mix cabbage into saltwater and in a few days, rather than ending up with something moldy, you have a more complex food with higher nutrient availability due to the enzymatic action of lactic acid bacteria which are naturally occurring on cabbage leaves, and that simply needed the anaerobic environment provided by the saltwater to grow. FERMENTED foods breed healthy gut microbes, which make up the genetic diversity of your microbiome.

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Basic Gut Shots



INGREDIENTS

- ½ head of a large cabbage (red or green)
- 7 cups water
- 2 tsp sea salt

TOOLS

- ½ gallon glass jar
- Fine mesh strainer or cheesecloth
- Sterilized glass bottles for storage: 3 16 oz. bottles with lids are preferable.

SUBMERGE + STIR

- Each day stir the brew with a wooden or plastic spoon. Stir out the bubbles.
- Scrape off any browned material from the top, and do a better job keeping the liquid covered so air doesn't get in.
- After day 3 taste daily until you like the strength. Ferment up to 7 days in a cold climate
- Strain the liquid (a nut milk bag is the best).
- Pour through a funnel into glass jars. Store in fridge.

Gut Shot Recipes



VATA

(Deep red color for Autumn + Early Winter)

Vata's need more salt, spice and warming vegetables - like carrots and beets.

1/2 large red cabbage
 7 cups water
 2 tsp. sea salt
 1/2 c. chopped beets
 2 tbsp grated ginger
 1 tbsp grated turmeric



PITTA

(Cool green color for Summer)

1/2 large green cabbage
 7 cups water
 1 tsp sea salt
 1 cup cilantro
 1 tbsp grated lemongrass
 2 tbsp fresh mint leaves



KAPHA

(Golden fresh color and spicy flavor color for Late Winter and Early Spring)

1/2 large green cabbage
 3 radishes
 7 cups water
 1/2 tsp sea salt
 1 tbsp grated turmeric
 2 tbsp fresh basil leaves
 1/2 tbsp fresh jalapeno or another hot pepper

Or 2 tbsp of kimchi to your basic gut shot recipe

GOURMET

3 cups mixed vegetables (cabbage, carrots, beets, dandelions, burdock, asparagus, celery)
 1-2 fresh spices (peppers, turmeric, ginger, chives, cilantro, basil, lemongrass)
 1-2 dried spices (caraway, cinnamon, bay leaf, cloves, peppers, turmeric, ginger, cardamom, fennel, etc.)
 Blender full of water
 Blend on low
 Store in 1/2 gallon glass jar with a loose plastic lid.



WILD WEED

2 cups cabbage
 1-2 invasive weeds (dandelion, thistle, chickweed)
 Blender full of water
 Blend on low
 Store in 1/2 gallon glass jar with a loose plastic lid.

Invasive weeds are nutrient dense. These gut shots taste is as deeply nutritive as bone broth.

Use young thistle greens, dandelion greens or roots, chickweed, or other invasives around your home that are not sprayed with petrochemicals. Add spices as desired according to constitution gut shohts.

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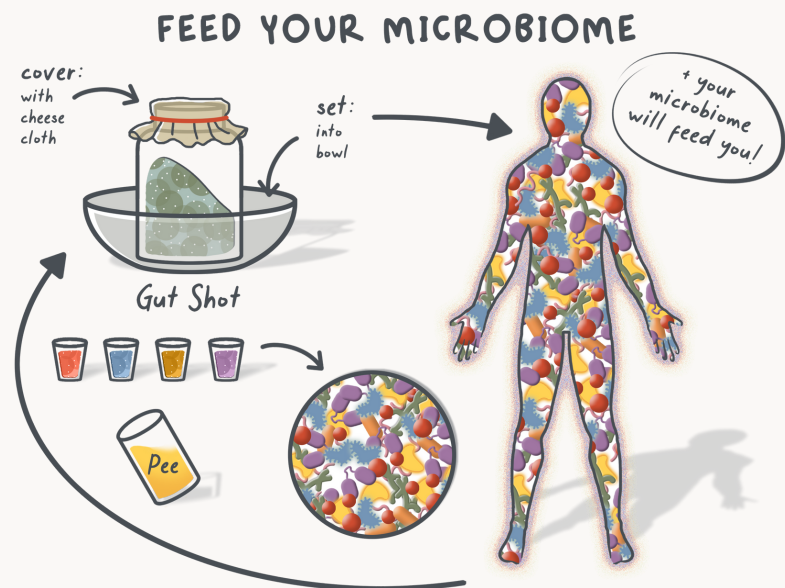


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Wild fermentation is the opposite of homogenization and uniformity, a small antidote you can undertake in your home, using the extremely localized populations of microbial cultures present there to produce your own unique fermented foods.

~ Sandor Katz,
Wild
Fermentation

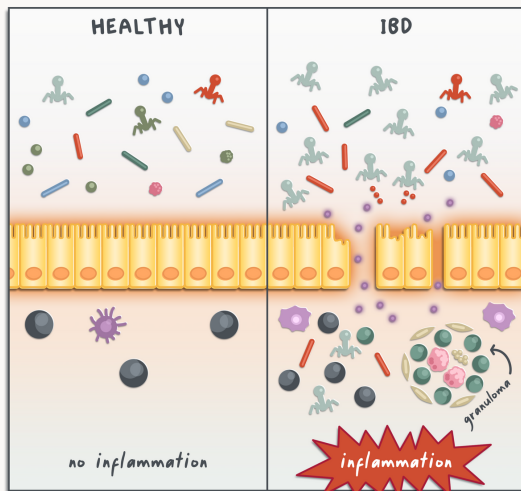


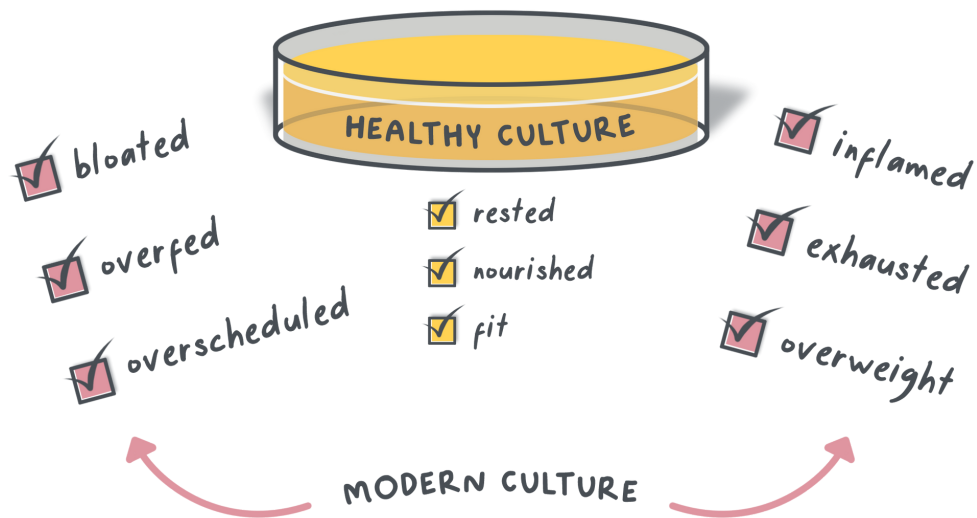
In 1907, German chemist Eduard Buechner won the Nobel Prize for his discovery that fermentation is caused by enzymes produced by microorganisms. During fermentation, "good" bacteria synthesize vitamins and minerals, producing biologically active peptides with enzymes that nourish tissue development while removing non-nutrients.

Enzymes mean leavening or sparking an action.

Enzymes are proteins that metabolize by digesting nutrients, breaking down and removing toxicity, purifying the blood, delivering hormones, balancing cholesterol and triglycerides levels, energizing the brain, building protein into muscle, and feeding and fortifying the endocrine system.

Enzymes are digestion. Enzyme deficiency leads first to digestive discomfort and then to disease. First, it feels like this: constipation, gas, heartburn, bloating, and stool problems, which look like this at the micro-level across the gut/blood barrier:





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Members of BODY THRIVE say this about Cate Stillman



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