

## **Luann's favorite Probiotic Rich Foods**

Below are my favorites dishes and not necessarily because I initially loved the tastes, but because they are simple to make and most importantly they make people well. As soon as I started making my own probiotic dishes, I felt amazing and my body told me how much it loved the tastes!

If you have an allergy to dairy, you will not want to make cow's milk yogurt but you will want to consider coconut milk, or almond milk. If you do not like onions or garlic, then you may wish to stick with straight sauerkraut as the kimchi will have the aforementioned additives. If you wish to get your probiotics from a drink, Kombucha is a great starter food but you will need to use caution if you may have some yeast overgrowth and sugar cravings as this can make those worsen. Beet Kvass is just the best drink on the planet, easy to make in 3-5 days, and everyone will think you are drinking red wine!

As you can see there are unlimited amounts of variations. The important thing will be to get started and try some and once you do, you will find many different ways to create probiotic rich foods that your body responds to and rebuilds your gut and your immune system.

1. **Yogurt** - Mesophilic (non-heated), Thermophilic (heated)
2. **Kimchi** - Non-spicy or Spicy
3. **Sauerkraut** - Plain, Spiced, add additional veggies or fruits
4. **Kombucha** - Plain, Spiced or Fruit additives
5. **Beet Kvass** - Plain, Mint, Spiced

You can visit the **Wisdom and Wellness Store** and find videos and extensive handbooks that will provide you with a library of **information to get started** with making and evaluating probiotic rich foods. You may also want to **see the article on how to purchase probiotic rich foods that are the best ones available at your market**. I personally believe the ones you can make at home are far superior in the results you will achieve for your health, however everyone needs to figure out how to best incorporate food in to your life!