



Fermented Kimchi Improves Digestion

Fermented foods such as kimchi help to support our intestinal flora and overall health. Cooking foods like cabbage and other vegetables and herbs, kills many of the vitamins and minerals and certainly most of the enzymes. When you ferment these vegetables, though, your body can absorb more essential nutrients (*and* they're easier to digest). Fermented foods provide probiotics (good bacteria) that help our bodies fight off disease, boost our immune system and aid in good health.

It's **surprisingly easy to preserve food by pickling**