

11 DIETARY
5
PRINCIPLES

**Enjoy lacto-fermented
condiments and beverages.**



Primitive and traditional diets contain a high content of food enzymes and beneficial bacteria from lacto-fermented vegetables, fruits, beverages, dairy products, meats and condiments.

Fifth Principle

All cultures consume fermented foods—there are no exceptions to this rule. From the fermented fish of the Inuit, to poi and similar foods in the South Pacific, to sour beers in Africa, to delicate pickles in the Asian diet, all traditional cultures took in plenty of healthy bacteria by eating these fermented foods. In recent years science has confirmed the role of beneficial bacteria in the gut, and lacto-fermented foods help replenish those bacteria every day. There are more beneficial bacteria in a spoonful of raw sauerkraut than in a whole bottle of probiotic pills!

In lacto-fermentation, bacteria convert the sugars in foods and beverages to lactic-acid; in alcoholic fermentation, yeasts convert the sugars in foods and beverages into alcohol. Both lactic acid and alcohol are preservatives—but lactic acid doesn't make you drunk! While it's not good to have lactic acid buildup in the muscles, which can occur during exercise, lactic acid in the digestive tract supports healthy bacteria and good digestion. Lacto-fermented foods also provide enzymes that help with digestion, sparing our own bodies from energy-intensive enzyme production. As much as 30 percent of all our energy goes into digestion, and anything that can reduce that energy load translates into more energy for us. The Inuit valued fermented foods for giving strength and stamina; the Africans drank lacto-fermented sorghum beer to give them more energy for working in the hot sun. The fact that fermented foods provide digestive enzymes explains why these fermented foods give more energy and stamina.

Typically, lacto-fermented foods and beverages are consumed with rich cooked foods—a glass of sour kombucha is delicious with a slice of quiche, and pickled gherkins go perfectly with pâté. Sour fermented foods help with digestion of fatty foods and also provide enzymes to make up for the enzymes lost in cooking. In fact, think of lacto-fermented foods as super-raw foods that more than compensate for any enzymes lost in cooked food.

It's easy to include lacto-fermented foods in the diet. Many brands of raw lacto-fermented sauerkraut and pickles are available today, as are probiotic drinks like kombucha and sparkling kefir beverages; these foods are also easy and fun to make. Raw cheese, traditionally made salami, yogurt and gravlax are other delicious lacto-fermented foods.

For further information:

Articles

- On fermented foods:
westonaprice.org/food-features/fermented-foods/
- On fermented drinks:
westonaprice.org/food-features/beverages/
- Are Kombucha and Other Fermented Foods Toxic Because of Their Aldehyde Content? by Chris Masterjohn, PhD:
westonaprice.org/are-kombucha-and-other-fermented-foods-toxic-because-of-their-aldehyde-content/
- Fermented Fish Foods by Alison Birks: westonaprice.org/health-topics/cod-liver-oil/fermented-fish-foods/

Wise Traditions Podcast westonaprice.org/podcast/

- Episode 44: Principle 5: Lacto-fermented Foods with Sally Fallon Morell
- Episode 247: What's So Good About Fermented Foods? with Sally Fallon Morell
- Episode 215: Kefir: A Unique Probiotic Drink with Victor Cozzetto
- Episode 202: What You Don't Know about Ferments with Monica Ford and Elaina Luther
- Episode 114: The Wild World of Fermentation with Sandor Katz
- Episode 73: Drink Your Bugs with Hannah Crum
- Episode 12: "Kombucha Mamma" Kombucha Craze with Hannah Crum

Videos

- Lacto-fermented foods and beverages:
westonaprice.org/category/video/lacto-fermented-foods-and-beverages/

Recipes

- Fermented foods: westonaprice.org/category/our-blogs/recipe-of-the-week/fermented-vegetables/
- Drinks: westonaprice.org/category/our-blogs/recipe-of-the-week/beverages/