Probiotics for Inner and outer Beauty



From Health Ambition – www.healthambition.com

On week 255 we are sharing information on Probiotics and the immense benefits on our total wellbeing from the inside out we say this with great confidence, if you outbreaks on your skin we encourage you to consume a good source of probiotics, and with this said probiotics are an essential ingredient to keep your self in top shape, healthy gut healthy life.

We wish t o thank you all for your dedication and consistency visiting our Blog is many Blogs out there but this one is ours and we take any amount of time need it to share authority information with all of you, here we are introducing a great authority on many healthy subjects, please visit their Blog thank you for your time and interest.

Click here to visit: https://www.healthambition.com

Have you heard about kombucha yet? It’s one of the most fashionable beverages floating around the health scene at present. People are raving over the vast number of health benefits linked to this ancient chinese “immortal health elixir”.

With claims ranging from fighting cancer to preventing degenerative diseases, it’s no wonder so many are jumping on the kombucha bandwagon. But what are the kombucha tea health benefits? I’m going to share everything you need to know in this article.

What is Kombucha Tea?



In simple terms, kombucha is a fermented tea. Kombucha is made by mixing black or green tea with specific strains of bacteria, yeast and sugar. Over the course of about a week, the bacteria and yeasts digest components of the tea, giving it a more acidic flavor.

During this process, a small mushroom-like substance forms and floats on top of the liquid. The substance is a symbiotic colony of bacteria and yeast, or a SCOBY. This is what gives kombucha its nickname ‘mushroom tea’. The SCOBY can then be used to ferment new kombucha.

During fermentation, small trace levels of alcohol are formed alongside gasses and various acidic compounds which carbonate the liquid.

A lot of research into the health benefits of kombucha has been carried out in the first half of the 20th century. This was mainly as an attempt to find a cure for cancer.

In the 1990s kombucha made its first appearance in the US. Research here was scant as the pharmaceutical industry didn’t stand to benefit from something so cheaply made. However a lot of Russian and German research was made available in English and which sparked enormous interest in the beverage.

Kombucha is a powerhouse of health benefits – mainly due to fermentation and its raw ingredients. I think that the majority of people could can benefit positively from drinking kombucha on a regular basis. The following are just some of the effects it has on the body:

It’s Packed With Probiotics

Ah probiotics, my old friends. I’ve already written a number of articles on the magnitude of benefits probiotics have to offer. During kombucha fermentation, huge amounts of probiotics are produced (source).

Any type of probiotic food is a good thing to add to your diet. These healthy microorganisms do everything from aiding digestion to boosting immunity.

Culture for Health how to make Kombucha from:click below link

http://www.culturesforhealth.com/learn/kombucha/how-to-make-kombucha/

Recipes for making Kombucha

from:Kombucha camp

Kombucha Recipe – 1-Gallon

Scale up or down depending on the size of your vessel

Supplies

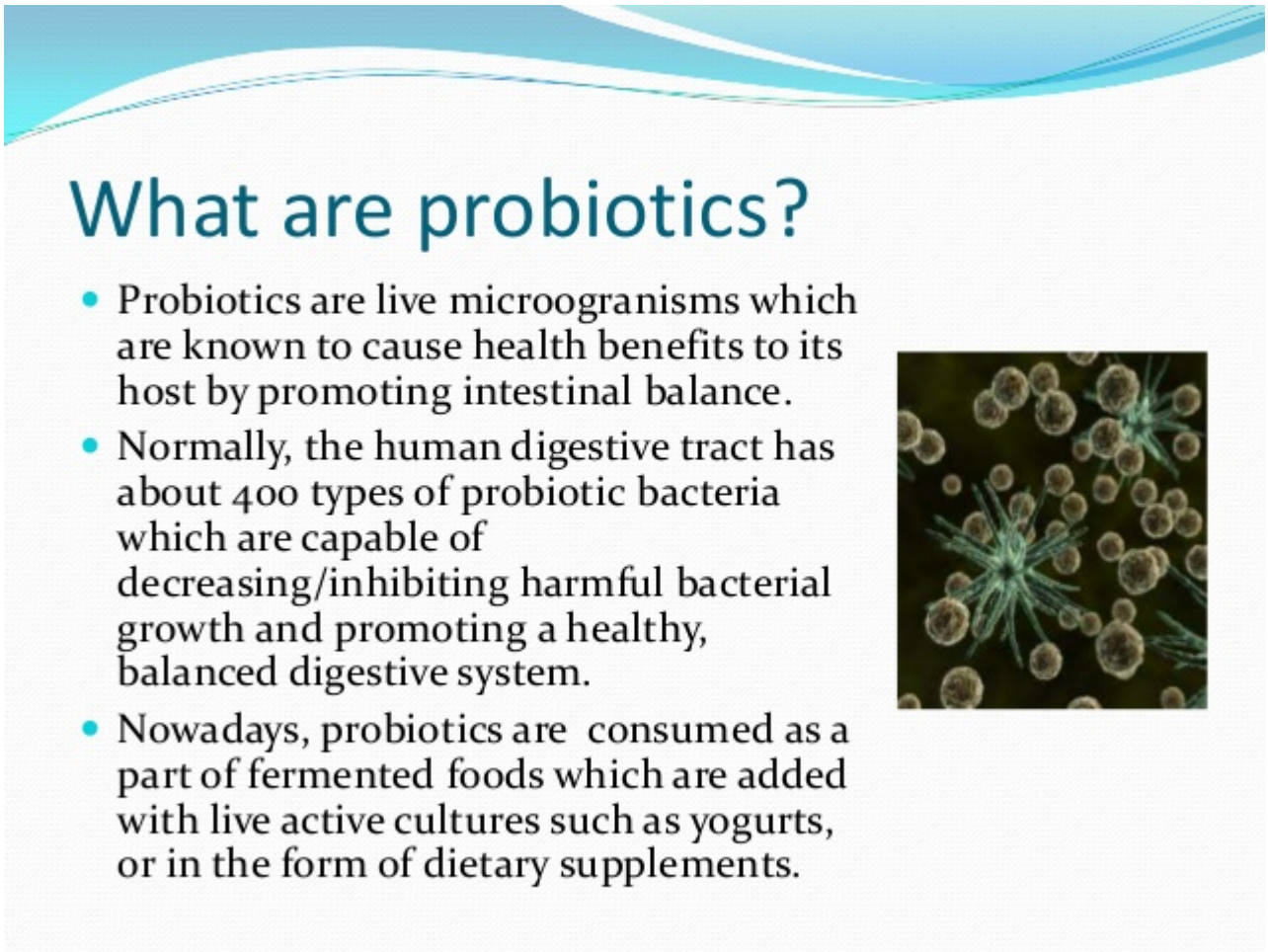
- 1 cup sugar
- 4-6 bags tea – for loose leaf, 1 bag of tea = 1 tsp
- Kombucha Starter Culture – SCOBY
- 1 cup starter liquid
- purified/bottled water
- tea kettle
- brewing vessel
- cloth cover
- rubber band

Steps

1. Boil 4 cups of water.
2. Add hot water & tea bags to pot or brewing vessel.
3. Steep 5-7 minutes, then remove tea bags.
4. Add sugar and stir to dissolve.
5. Fill vessel most of the way with purified water, leaving just 1-2 inches from the top for breathing room with purified cold water.
6. Add SCOBY and starter liquid.
7. Cover with cloth cover and secure with the rubber band.
8. Say a prayer, send good vibes, commune with your culture (optional but recommended).
9. Set in a warm location out of direct sunlight (unless vessel is opaque).
10. Do not disturb for 7 days.

- After 7 days, or when you are ready to taste your KT, gently insert a straw beneath the SCOBY and take a sip. If too tart, then reduce your brewing cycle next time. If too sweet, allow to brew for a few more days. Continue to taste every day or so until you reach your optimum flavor preference. Your own Kombucha Tea Recipe may vary.
- Decant & flavor (optional).
- Drink as desired! Start off with 4-8oz on an empty stomach in the morning, then with meals to help with digestion or as your body tells you it would like some more! Drink plenty of water as it is a natural detoxifyer and you want to flush the newly released toxins out.

What are Probiotics



From https://www.gastro.org

Probiotics are living microscopic organisms, or microorganisms, that scientific research has shown to benefit your health. Most often they are bacteria, but they may also be other organisms such as yeasts. In some cases they are

similar, or the same, as the “good” bacteria already in your body, particularly those in your gut. These good bacteria are part of the trillions of microorganisms that inhabit our bodies. This community of microorganisms is called the microbiota. Some microbiota organisms can cause disease. However, others are necessary for good health and digestion.

The most common probiotic bacteria come from two groups, *Lactobacillus* or *Bifidobacterium*, although it is important to remember that many other types of bacteria are also classified as probiotics. Each group of bacteria has different species and each species has different strains. This is important to remember because different strains have different benefits for different parts of your body. For example, *Lactobacillus casei* Shirota has been shown to support the immune system and to help food move through the gut, but *Lactobacillus bulgaricus* may help relieve symptoms of lactose intolerance, a condition in which people cannot digest the lactose found in most milk and dairy products. In general, not all probiotics are the same, and they don’t all work the same way.

Scientists are still sorting out exactly how probiotics work. They may:

- Boost your immune system by enhancing the production of antibodies to certain vaccines.
- Produce substances that prevent infection.
- Prevent harmful bacteria from attaching to the gut lining and growing there.
- Send signals to your cells to strengthen the mucus in your intestine and help it act as a barrier against infection.
- Inhibit or destroy toxins released by certain “bad” bacteria that can make you sick.
- Produce B vitamins necessary for metabolizing the food you eat, warding off anemia caused by deficiencies in B6 and B12, and maintaining healthy skin and a healthy

nervous system.



Health Benefits of Probiotic Foods

According to neurologist Dr. Natasha Campbell-McBride

“Every traditional culture, when you look at their traditional diet, they ferment their foods. They fermented everything. You can ferment dairy, grains, beans, vegetables, fruits, meats, and fish. Everything can be fermented, and there were fermented beverages in every culture. When the cabbages were ripe in September, you made it a fermented cabbage.

Perhaps for a month or two, you were eating fresh cabbage, but then for the rest of the year, 10 months of the year, you ate your cabbage in a fermented form. Quite a large percent of all the foods that people consume on a daily basis were fermented. And with every mouthful of these fermented foods you consume trillions of beneficial bacteria”

Fermented foods have been consumed for over 5000 years and even in the past 100 years certain cultures have excelled on probiotic rich foods.

Germans consumed sauerkraut, Indians consumed lassi, Bulgarians consumed kefir, Asians cultures consumed kimchi, Russians consumed raw yogurt, and Kenyan’s consumed amasi.

Fermented foods give you way more units of probiotics and strains of probiotics than a supplement ever will. When Dr. McBride tested the fermented vegetables she made to a bottle of a good quality probiotic she found that her vegetables had trillions of probiotic units and over 30 strains **which means her one serving of fermented vegetables was equal to an entire bottle of probiotics.**

Dr. McBride also states that, *“Nature is extremely wise and*

populated all organic fruit and vegetables, the dust on our soils, and all plant matter with Lactobacilli. The fresh cabbage leaves, if it's organically grown (not the one from chemical farming), will be covered in Lactobacilli lacto-fermenting bacteria. You don't need to add anything. You just chop it up. Add some salt in the initial stages. (The salt is added in the initial stage in order to stop putrefactive bacteria from multiplying.) Then as the Lactobacillus stop working and start multiplying, they produce lactic acid. That's why they're called Lactobacillus. That's just lactic acid.

If you look at the research in lactic acid, it is one of the most powerful antiseptics. It kills off lots and lots of bad bacteria…. So as the lactic acid starts producing, it will kill off all those putrefactive and pathogenic microbes and preserve the food. It's a great preservative… A good batch of sauerkraut can keep for five to six years without spoiling or rotting, as long as it is covered by its own juice."

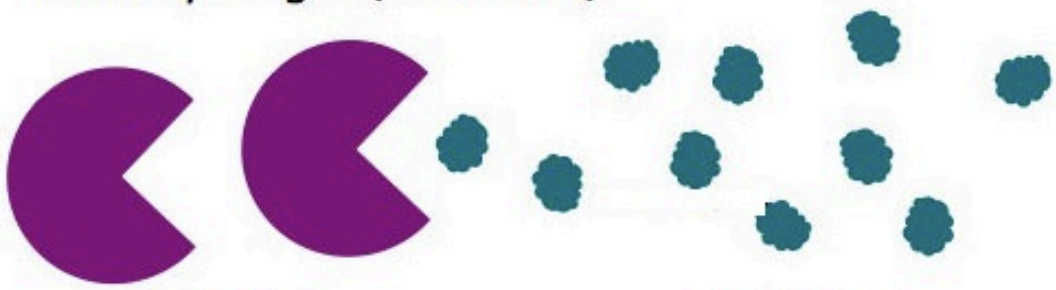
This process of fermentation does even more than than preserve your food, it also makes the nutrients in the food more bio-available. According to Dr. McBride, **the amount of bio-available vitamin C in sauerkraut is 20 times higher than in fresh cabbage!**

One of the other aspects that make the probiotic benefits in fermented foods so amazing is that they also kill off bad bacteria!

The healthy bacteria, or probiotics, live longer than the unhealthy ones and actually help to end the bad bacteria reign in the gut. This decrease in 'bad bacteria' like candida and h. pylori naturally benefits the body with less illness and diseases and lower rates of inflammation.

The Difference Between Probiotics and Prebiotics

This is your gut (intestines)



Probiotics

Prebiotics

Probiotics are alive!
Usually bacteria or yeast
Aid digestion & other health benefits
Good sources are:
Yogurt, kefir, buttermilk, aged cheese, sauerkraut, kimchi, sourdough bread, miso, tempeh, kombucha, beer, wine

Prebiotics are a form of fiber
Serve as food for probiotics!
Good sources are:
Chicory root, Jerusalem artichoke and dandelions
Foods you'll actually eat:
Garlic, leeks, onions, whole wheat, fruits, vegetables, legumes

Prebiotics vs Probiotics

Prebiotics	Probiotics
Prebiotics are defined as nonliving non-digestible special form of fiber or carbohydrates.	Probiotics are referred to as live active microorganisms that when administered in adequate amount will have beneficial effects to its host.
The powder form of prebiotics can survive heat, cold, acid.	• more fragile. • vulnerable to heat. • may be killed over time.
Prebiotics perform their role by nourishing the bacteria that live in the intestines.	Probiotics fight the harmful bacterial species present in the gut.

Probiotic Foods

from http://draxe.com



Kefir – Similar to yogurt, this fermented dairy product is a unique combination of milk and fermented kefir grains. Kefir has been consumed for well over 3000 years and the term kefir was started in Russia and Turkey and means “feeling good”. It has a slightly acidic and tart flavor and contains anywhere from 10 to 34 strains of probiotics. Kefir is similar to yogurt, but because it is fermented with yeast and more bacteria the final product is higher in probiotics.

To make and maintain your own Kefir click this link – http://www.wikihow.com/Maintain-Kefir-Grains



Cultured Vegetables (Sauerkraut and Kimchi)

Made from fermented cabbage and other vegetables, sauerkraut is not diverse in probiotics, but is high in organic acids

(what gives food it’s sour taste) which support the growth of good bacteria. Sauerkraut is extremely popular in Germany today. Kimchi is a cousin to sauerkraut and is the Korean take on cultured veggies. Both of the fermented formulas are also high in enzymes which can aid digestion.



Kombucha

Is an effervescent fermentation of black tea that is started by using a SCOBY also known as a symbiotic colony of bacteria and yeast. Kombucha has been around for over 2,000 years originating around Japan. Many claims have been made about kombucha but it’s primarily health benefits include digestive support, increased energy and liver detoxification.

For information on **Kombucha**

Check out this post at www.healthambition.com



Coconut Kefir

Made by fermenting the juice of young coconuts with kefir grains. This dairy-free option for kefir has some of the same probiotics as traditional dairy kefir but is typically not as high in probiotics. Still, it has several strains that are great for your health. Coconut kefir has a great flavor and you can add a bit of stevia, water and lime juice to it and make a great tasting drink.



Natto

A popular dish in Japan consisting of fermented soybeans. Natto contains the extremely powerful probiotic bacillus

subtilis which has been proven to bolster your immune system, support cardiovascular health and enhance digestion of vitamin K2. Also, Natto contains a powerful anti-inflammatory enzyme called nattokinase



Yogurt

Possibly the most popular probiotic food is live cultured yogurt or greek yogurt made from the milk of cows, goats, or sheep. Yogurt in most cases can rank at the top of probiotic foods if it comes from raw grass-fed animals. The problem is there is a large variation on the quality of yogurts on the market today. It is recommend when buying yogurt to look for 3 things. First, that it comes from goat’s or sheep milk, second, that it is grass-fed, and third, that it is organic.



Kvass

This is a common fermented beverage in Eastern Europe since ancient times. It was traditionally made by fermenting rye or

barley, but in more recent years has been created using beets, fruit along with other root vegetables like carrots. Kvass uses lactobacilli probiotics and is known for it’s blood and liver cleansing properties and has a mild sour flavor.



Raw Cheese

Goat's milk, sheep's milk and A2 cows soft cheeses are particularly high in probiotics, including thermophillus, bifudus, bulgaricus and acidophilus. Always buy raw and unpasteurized cheeses if you want to receive any probiotics.

Probiotic Breakfast Ideas

Key

F = Fundamentals, S = Sourdough, CD = Cultured Dairy, and LF = Lacto-Fermentation.

All *fermented foods* are listed in *italics*.

Salsa (LF) with eggs	Soaked, sprouted or sourdough muffins (F, S) with *cultured butter* (CD) and *preserves* (LF) or *fermented honey* (LF)	Plain *kefir* or *yogurt* (CD) with fruit, *fruit preserves* (LF) or *fruit chutney* (LF), soaked nuts, dried fruit, and/or *fermented honey* (LF)

English muffin (S) egg sandwiches with *raw cheese* (CD) and *mayonnaise* (LF)	Hard-boiled eggs with various condiments mixed in: *olives* (LF), *kraut* (LF), *sour cream* (CD), *mayonnaise* (LF), *raw cheese* (CD), *salsa* (LF), or *cultured butter* (CD)	*Sauerkraut* (F) or *kimchi* (LF) with scrambled eggs and any other breakfast fixings, like sausage or bacon
Smoothie with plain *kefir* or *yogurt* (CD) with *fermented honey* (LF), coconut oil, fruit, *fruit preserves* (LF), *fruit chutney* (LF), or fresh or frozen fruit	Sourdough crepes (S) with *fruit preserves* (LF), *fruit chutney* (LF), *fruit relish* (LF), *sour cream* (CD), and/or *fermented honey* (LF)	Sourdough crepes (S)with scrambled eggs, *sour cream* (CD), *salsa* (LF), and/or *guacamole* (LF)
Toast with *cultured butter* (CD)	*Beet kvass* (LF) or other fermented beverage	

Why we should be taking probiotics

Probiotic Foods to Add to Your Diet

How to Increase Probiotics in Your Diet

Click on the images below to find out more about any of these products



Revive Light Therapy DPL Panel System

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Eminence Organics Clear Skin Probiotic Cleanser



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