

NO GUT NO GLORY!

GUT-FRIENDLY DAILY TIPS FROM KASIA'S KITCHEN

Eat Well. Look Great. Feel Spectacular. Naturally!



DR. KASIA KINES

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GUT-FRIENDLY DAILY TIPS FROM DR. KASIA'S KITCHEN

NO GUT NO GLORY!

You have probably already heard that our health starts in the gut. This is where 80% of serotonin (the brain neurotransmitter of happiness) is made and up to 80% of the immune system called GALT is located. Up to 80% of diseases start in the...colon. Our health depends on the gut so heavily, and yet I do not know of any other nation than the US with the gut hit and insulted as hard. For many health conscious people like you it is not that you are doing something outrageously terrible to your health by eating junk! It is what we eat as well as what we do not get in foods, courtesy of food industry that all combines together into a nice package called "Gut-Un-Health". That is why I want to show you what simple things you can do to support this delicate ecology system and keep well, so then your immune system is stellar as well.

When our terrain is affected, we become afflicted with multiple health problems! For example, our system can become overrun by E. coli, which in turn can disrupt insulin control of blood sugar and can even increase risk of diabetes. Our bodies can also be overrun by Salmonella, C. difficile, opportunistic Candida albicans, and even such seemingly unrelated conditions as asthma, sinusitis, or kidney stones. Our gut flora partners with your immune system, so when it is impaired, the immune system starts to overact and inflammation can set in leading to arthritis, cramps, diarrhea, high blood pressure and even heart disease! Without a healthy gut flora we cannot properly digest foods, causing partially broken down proteins to enter the blood stream, and therefore creating potential food allergies, otherwise putrefying in the colon. Loss of gut flora can even lead to the failure to re-circulate female hormones such as estrogen. And the list goes on!!

Our health is really only as good as our colon and our intestinal tract - it is a delicate terrain that is very vulnerable to all types of damage. It is my pleasure to walk you through the magic of our gut, our microbiome, and tell you the amazing and impressive work the good bacteria in your GI tract do for you. I will teach you what can hurt them and what can help them thrive, improving your health as a result. I will also share with you the proper probiotic supplementation. I will show you what foods are gut-friendly and feed your beneficial bacteria, and what foods come with them. More importantly, I will show you what to pick in your health food store, and finally, I will share some delicious recipes straight from my kitchen, including a video demo of my all-time favorite sauerkraut recipe now enjoyed by many of my patients. Enjoy this book – I really hope it will make a difference in your health!

If you have SIBO: I bold typed sections that discuss it for you.

Dr. Kasia Kines, Doctor of Clinical Nutrition



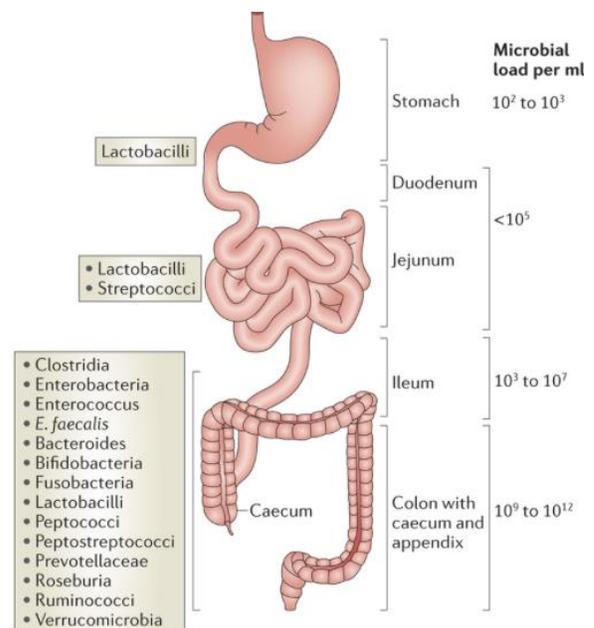
WHAT IS MICROBIOME?

Human microbiome is a very hot topic among functional medical doctors and immunologists. It is a collection of all the microorganisms that live within our body and influence many of our functions, which includes your skin, oral cavity, and gastrointestinal tract, among others. There is much research on healthy gut flora “talking to” the immune system. It communicates messages that help regulate weight, down regulate reactivity to foods, synthesize vitamins like K2, and decrease inflammatory processes. Beneficial bacteria create a specific pH that is hostile to pathogens and they line up your intestines (especially the colon) in a protective blanket that exerts these and more beneficial effects on your body.

In a healthy GI tract, we should have 80-85% of the beneficial bacteria versus 15-20% of the commensal and/or pathogenic bacteria. The good bacteria are preferential and when they adhere to the gut lining (to form that blanket), they crowd out the pathogens and yeast. We should not have a sterile gut without any beneficial bacteria, which only happens the moment you are born and after an antibiotic treatment. When there is excess of commensal or pathogenic bacteria and/or insufficient numbers of the good bacteria, we call it dysbiosis. As you see in the picture below, we have hardly any bacterial growth in the stomach. Once we move into the small intestine where pH becomes less acidic, our friendly bacteria are predominantly Lactobacilli. It is in the colon, however, where most action happens. If you notice, there are many more phyla (and strains) there and the amount grows exponentially. The most notable beneficial bacteria here are Bifidobacteria. This is why I believe that your health starts in your colon.

HOW BIG IS YOUR MICROBIOME?

It depends on your health! The human body houses more microbial cells than human cells. 90% of the cells in our body are of bacteria and other microbes- the estimated number is about 100 trillion. In a healthy individual, there are about 100-1000bn good bacteria per milliliter in the digestive tract. In an average American, there may be as few as 5 per milliliter- five as in five bacteria!

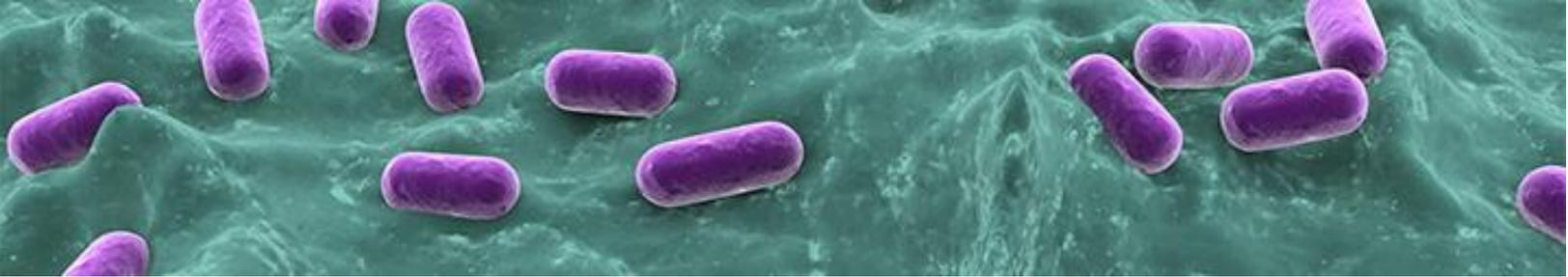


Nature Reviews | Immunology



FUN FACTS ABOUT YOUR GOOD BACTERIA

- **As you see we are outnumbered!** According to research, there is less of our own DNA than the microbial DNA in our body. The ratio our bacterial cells to our human cells is 10:1, meaning for every 1 human cell, there are 10 microbial cells living in our bodies. So who is the host here, we or our microbiome?
- **Where does your colon get its energy?** Up to 25% of the energy needs of the colon come from the byproducts of the bacterial metabolism such as butyric acid. In other words, good bacteria produce up to 25% of your colon's energy needs. I will show you later how that happens.
- **Who is Reaching for this Candy: You or your Candida?** The microorganisms in our gut can influence our cravings via the vagus nerve. They make their own neurotransmitters and hormones, and influence some of the brain's decisions, including what we are drawn to eating.
- **Disease is in the Microbiome.** Over 25 diseases and syndromes, including Alzheimer's, arteriosclerosis, depression, and rheumatism have been linked to bacterial imbalance. Research is finding more connections between specific autoimmune conditions and bacterial or viral infections, e.g. H. pylori or Epstein Barr Virus (don't get me started on that one!) in Hashimoto's Thyroiditis.
- **Improving Health.** In only TWO weeks, supplementation with probiotics (good bacteria sold in capsules in therapeutic doses) has been proven to increase immune system function. Three months of oral supplementation of Lactobacillus rhamnosus was shown to reduce Upper Respiratory Infections in healthy adults by 34%. Studies suggest that treating asthma or chronic sinusitis with antifungals can be effective suggesting yeast as a culprit. These are some examples of how important a healthy microbial terrain is!
- **Obesity:** Obese individuals have a very different microbiome than people of healthy weight. There are anecdotal cases of fecal transplant recipients becoming stubbornly overweight if their fecal transplant donor was overweight or obese.
- There is some preliminary research showing that bacteria in kim-chi can metabolize certain pesticides. Now, that is potentially a game changer!



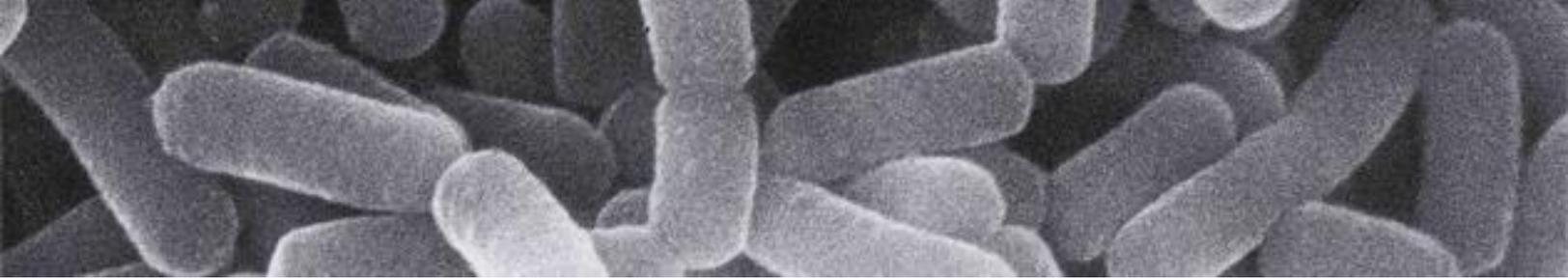
- **Suck your Baby's Pacifier!** Infants whose parents “cleaned” their pacifier by sucking it were less likely to have asthma or eczema, due to increased exposure to microbiota. Exposing babies and children to a less sterile environment, including animal companions, has been shown to improve the child's immune system.
- **Your Birth Mattered:** The beneficial bacteria are normally introduced to a sterile gastrointestinal tract of a newborn from the mother and the environment during the vaginal birth (minimal defecation of the mother during birth and the vaginal birth canal). Now we know that the ever more popular C-section prevents that initial inoculation and has a profound effect on the development of the infant's gut and immune system and potential health consequences later in life. Some doctors and midwives now inoculate infants born with C-section with their mother's microbiota as soon as they are born by rubbing a cotton swab over the mother's vaginal area and then over the baby's lips. This is a pretty new concept though and many mothers may have to fight their doctors on that one. This is an old picture I have for all of you mothers to be in case you need a C-section in future. It is not the best quality, but I hope you can still read it.

Restoring the Newborn Microbiota

3  1. Sample mom.
2. Incubate gauze in vagina for 1h.
3. Extract gauze before C-section.
4. Expose newborn to the vaginal gauze.
5. Swab- sample newborn.

5 

4 
Mouth first... then face... and rest of the body



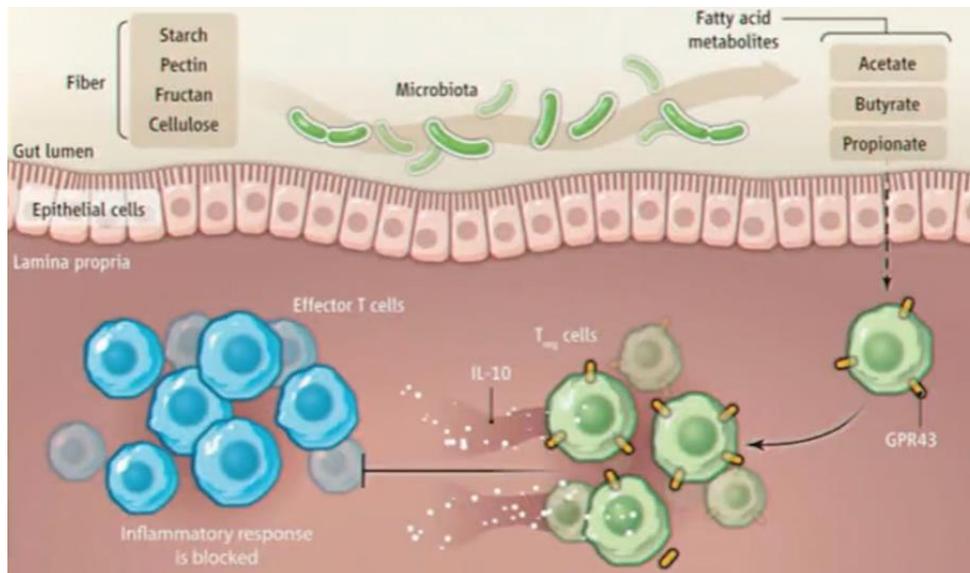
WHAT CAN DAMAGE OUR MICROBIOME?

- **Just One Round of Antibiotics** can wipe out your entire gut microbiome and creates an environment for fungal overgrowth to say the least. It takes months to rebuild it – with probiotic supplementation and foods or foods alone. Probiotics only have a transient effect – research suggests about 2 weeks – think about probiotics as tourists that come to your hometown for two weeks in summer, to everyone’s delight, improving the local economy. Fermented food also works only when it is consumed. For continued effect we want to continue to consume it. It is not unlike water or fiber. You cannot drink water or consume fiber only, let’s say, once a week. That may be one of the reasons why in many cultures, traditionally fermented foods are a daily staple just like in our culture it is a side of chips or French fries. A Korean meal is incomplete without kim-chi. A fridge in Poland is incomplete without a jar of sauerkraut and brine pickles. Only use antibiotics when necessary and only for bacterial and not viral or fungal infections. Consume not only fermented foods but probiotics as well during antibiotic treatment. I will explain later exactly how to do it.
- **Where Do YOU Get Your Daily Antibiotics?** More antibiotics in the US are sold to feed factory-farmed animals (prophylactically) than to American consumers. As a result, those consuming poultry and meat from factory-farmed animals (meaning most of the time you eat out or shop in grocery stores) have residual antibiotic effect on their health such as increased antibiotic resistance and a degree of detrimental effect on their existing microbiome. Decrease the meat and poultry consumption, unless you know the animals were not fed antibiotics. Either way, we were not designed for a lot of animal protein.
- **Stress!** Stress causes the beneficial bacteria to dwindle and die. It also causes inflammation, which seems to be a signaling switch for resident Candida yeast to overgrow. Be mindful of your stress level or you will risk a perpetual yeast overgrowth!!!
- **SAD** – also known as Standard American Diet. Good colonic bacteria require fiber to thrive. The SAD diet is high in dairy, meat, soda, and refined flour products, none of which contain fiber. Eat fruits, vegetables, beans, lentils, nuts, and seeds to provide the needed fiber. Do not starve your colonic Bifidobacteria! On the next page I will show you how important the fiber is for them and for your immune system! Feeding Your Tregs Fiber is my all time favorite thing to teach patients.



FEED YOUR TREG FIBER

The green sausages are your good bacteria living along your colon wall. The little feet in a row are your colonic cells. You should have a nice blanket of the “green sausages” (they are not really green) living along the colon cells, exerting many positive effects I mentioned before. As you see, when you eat foods that contain fiber – on the left (think whole foods: foods that grow, foods that have 1 ingredient – themselves, like a berry), it feeds the good bacteria. As they munch on their dinner, they happily thrive and of course they “poop out” (everyone poops) fatty acid byproducts, on the right.



Picture: Science. 2013

These fatty acid byproducts are gold to the colon cells!!! For example, one of them called butyrate can create up to 25% of the energy for our colonic needs! In the picture above, you also see these fatty acid metabolites making their way through the colon wall and into the blood stream (the red colored pool underneath the colon cells) to support Treg cells (green balls). Tregs are T regulatory cells, very important protective immune cells. Treg cells can also inhibit inflammatory T cells such as Effector T cells (blue balls) and possibly even T17, notorious for autoimmune disorders.

If you do not get enough fiber in your diet, as you can see, you will starve the good bacteria (the green sausages) and so they will not make butyrate, your Treg cells will be too weak to support your immune system, and you may risk more inflammation and even autoimmune issues!!! Just think of colonic lining as prime parking spots downtown DC or Manhattan –the good bacteria adhere to the colonic walls and protect the colon from any pathogens, just like the green sausages. If the parking spots suddenly become available (antibiotics), you can be sure someone else will park there right away. So let’s hope it will not be yeast or pathogens!



THE NEWEST SUSPECT ON THE BLOCK

Here is the final complication of the last 20+ years: we have seen a significant increase in food allergies, Celiac, gluten sensitivity and other gastrointestinal problems as well as autoimmune disorders, which, as you can see, do start in the GI tract. I moved to the U.S. in 1996 and I vividly remember driving to the local university where I was teaching, passing by Round Up Ready soy fields. That was just at the beginning of the GMO industry. After 20 years, we have accumulated enough research to say that our gut “terrain” is affected by genetically modified organisms in our foods and increased pesticides residue in them.

For example, Roundup Ready is a glyphosate, a selective antibiotic: it kills the good bacteria in the human gut but not the bad bacteria like E. coli, salmonella or botulism. As a result, it can cause dysbiosis, which can lead to inflammation and leaky gut as well as overgrowth of pathogens. Glyphosate interferes with sulfate in the gut, a very important element of a healthy GI lining – impairment of sulfate also perpetuates inflammation of the gut lining. According to Dr. Stephanie Seneff’s research, a senior research scientist at MIT, glyphosate appears to be strongly correlated with the rise in celiac disease.

Environmental Working Group estimated that we each consume more than 170 pounds of GMO containing foods a year. The industry still self-regulates and, after over 20 years of GMOs on the market, we still do not have the right as consumers to know which ingredients in foods we eat contain the GMO material. And I bet you may not even be aware some of the foods you ate yesterday contained it. The only way consumers can avoid genetically modified foods in their diet at this time is to eat certified organic foods exclusively, since the organic certification excludes GMO crops. We need more regulations and food labeling. We do not have research yet, but I do hear anecdotal stories of patients improving their GI complains just by eliminating foods known to contain GMOs. Educate yourself more here: <http://responsibletechnology.org>

DON'T BACTERIA MAKE US SICK, LIKE IN SIBO?

We have pathogenic, commensal and beneficial bacteria in our microbiome. Pathogenic bacteria can be kept in check with a strong a healthy population of beneficial bacteria as well as healthy stomach acid secretions. There are times when non-pathogenic or commensal bacteria that cause no harm can overgrow aggressively, become very virulent and pathogenic, as is a case with **SIBO, small intestinal bacterial overgrowth. In SIBO, commensal colonic bacteria translocate upstream from the colon where they belong into small intestine (where they should not be) and overgrow causing a host of gastrointestinal symptoms, inflammation, malabsorption, and even leaky gut.**



HOW DO YOU KEEP A HEALTHY GUT FLORA??

There are MANY things you can do to help keep your gut happy. You can already see how your lifestyle, stress level, and diet each has an important role in the delicate terrain of your GI tract. It is time to get into the kitchen and discuss specifically what we SHOULD put into our mouth! Let's finally talk FOOD!

1. EAT PREBIOTIC-RICH FOODS DAILY

Probiotics are your good bacteria's best friends and favorite lunch. **Prebiotics** are indigestible carbohydrates that travel intact all the way to the colon where they provide the preferred food for our gut microbes, allowing them to thrive. **During SIBO these (*) may be tolerated.** Foods that contain high amounts of prebiotics include:

- Onions
- Bananas*
- Asparagus
- Chicory root
- Dandelion greens*
- Maple syrup*
- Garlic
- Leeks
- Jerusalem artichokes
- Mushrooms
- Tomatoes*
- Berries*
- Whole grains (millet, amaranth, quinoa, buckwheat)*
- Dandelion root and dandelion root tea (check Dandy Blend tea)

This list continues to expand as we learn more about prebiotics. Basically, think roughage, plant foods, vegetables, and fruits. These food groups are high in fiber, and prebiotics are simply particular types of fiber that good bacteria prefer to consume. Prebiotics are a buzz word, so food industry is quite aggressive about marketing prebiotics and adding them to many "health" products to "improve the product's benefits", e.g., protein bars, yogurts, and probiotics in the form of:

- FOS (fructo-oligo-saccharides)
- GOS (galacto-oligo-saccharides)
- Resistant starches
- Oligofructose
- Insulin
- Chicory

Those products are really not worth it for your long-term health benefits. Just eat whole foods. **If you have SIBO**, this delicious "lunch" will be gobbled up by SIBO bacteria before it makes it to the colon, causing more fermentation – gas and bloating.



2. EAT FERMENTED FOODS DAILY

EXAMPLES OF FERMENTED FOODS INCLUDE:

- Organic Tempeh (pick one without barley if you are avoiding gluten; found in refrigerated section)
- Kim chi (found in refrigerated section; pick one without MSG)
- Raw sauerkraut (found in refrigerated section)
- Pickles in brine (found in refrigerated section)
- Organic Miso (found in refrigerated section)
- Organic Tamari, traditionally made (found in refrigerated section)
- Olives in brine or salt
- Organic Kefir or organic cultured yogurt (although most of the products on the market may not be worth it, and many people are reactive to dairy).

RESEARCH ON FERMENTED FOODS

Research confirms that traditionally fermented foods contain enough probiotics for therapeutic effect. Many of the *L. plantarum* strains isolated from fermented foods can survive gastric acid and bile salts and can adhere to the intestinal wall, which is the desirable effect, according to Dr. Pizzorno ND.

WHAT EXACTLY ARE FERMENTED FOODS?

Fermented foods are the same as cultured foods. They contain probiotics, which have been proven to have a therapeutic effect on the body. Fermented foods are vegetables in brine (predominantly water and sea salt), in which lactic acid bacteria have been allowed to thrive in an anaerobic process. Fermentation converts the raw vegetable into more easily digestible components, along with releasing and stabilizing the nutrients in it. This is also a great option for people who have a hard time digesting raw vegetables, **except during SIBO infection, when there is already excessive fermentation from the intestinal bacterial overgrowth, so test tolerance, or introduce slowly once SIBO is cleared.**

Traditionally fermented foods were also there to help preserve vegetables over longer periods of time, and to allow access to nutrients year-round when most fruits and vegetables were out of season. For example, cabbage is high in vitamin C (as in sauerkraut), so unpasteurized sauerkraut was a perfect addition of Vitamin C in winter when many fruits and vegetables high in Vitamin C were not available.



A SMALL DETOUR: GROWING UP WITH DAILY FERMENTED FOODS IN POLAND

While fermented foods have been part of many culinary cultures for a long time, they are now experiencing a revival in the USA, and it is a very good thing. I grew up with sauerkraut, sour milk and pickles in brine in Poland. These were cheap daily fares. Just to give you a sense of how accessible these foods are there: green groceries are within a walking distance no matter where you are in my hometown. Every single green grocery on a street corner has two large fat open barrels at least 2.5 feet tall completely filled every day with freshly made sauerkraut and pickles. Tongs and small plastic bags are available for the customers to help themselves – these are weighed and paid for. They are some of the cheapest foods you can get, literally pennies on a dollar, to this day. And of course, you could not miss a green grocery store on your way home (we used public transportation and walked), so having a fresh daily supply of these foods was and is accessible and affordable to all.

To this day, if I cannot get to a store to get fresh produce, at least I am stocked with pickles in brine and sauerkraut or make a simple miso soup. You now know that stress, overwork and worry will cause your good bacteria to dwindle, so especially at those times, remember to tap into your fermented friends to prevent yeast overgrowth and boost your immune system. As you can see, it is so worth investing in your gut and fermented foods.

HOME-MADE FERMENTED FOODS

There are different methods for fermenting vegetables. My favorite one is very simple: water and sea salt. Here is a [video](#) by my dear friend and colleague Tom Malterre on how he ferments vegetables without the use of whey called lacto-fermentation.

HOW TO PICK A GOOD QUALITY LIVE FERMENTED PRODUCT

- **Kim-chi:** most contain MSG, a neurotoxin to be avoided. Read the ingredients and look for the claim “MSG-free”. There are clean brands available in many health food stores. Kim-chi is very spicy (it will look red from chili), but you can find “white kim-chi” without it (on the right in the photo). If you shop for it in a Korean supermarket, do not buy it if it is made there and is in a plastic bag without a label. In that case, to be sure, ask them if there is any kim-chi without MSG.
- Pictured here is a kim-chi brand you can find in most health food stores, approved by a Korean friend of mine upon tasting. My favorite...and appropriately stinky, to my husband’s dismay.





- No vinegar is on the ingredient list.
- Look for cloudy bottom of the brine at the bottom of the jar if you are looking for pickles. Clean see-through liquid means it is vinegar based, and that is not what you want. Here is a photo I took of a real brine with pickles.
- Look for raw or unpasteurized organic products in the refrigerated section of a health food store.
- Below is an example of a very good organic unpasteurized sauerkraut from Cortland Valley available at least at Whole Foods Market, but I am sure you can ask your health food store to carry it. There may be a lot of other brands available, and they should all be in the refrigeration section. However, I often find that America Sauerkraut is not quite done right. This one is.





3. SUPPLEMENT WITH QUALITY PROBIOTICS

WHAT ARE PROBIOTICS?

The word itself means pro-life. We use the term probiotics to describe foods or supplements that contain live bacteria that replace or add to the beneficial bacteria normally present in your gastrointestinal tract. Probiotics help populate the intestines with beneficial bacteria in cases when our own supplies have been impaired. While there are hundreds of strains of bacteria in our GI, and each of us has a slightly different microbiome, here are the main two that are put in most probiotic products:

- **Lactobacillus acidophilus** – is a resident of small intestine and vagina. It is also found in fermented foods and when fermenting carbohydrates (producing lactic acid).
- **Bifidobacteria bifidum** – is a resident of large intestine and vagina. Its fermentation produces acetic acid.

EXAMPLES OF CURRENT MEDICAL USES OF PROBIOTICS

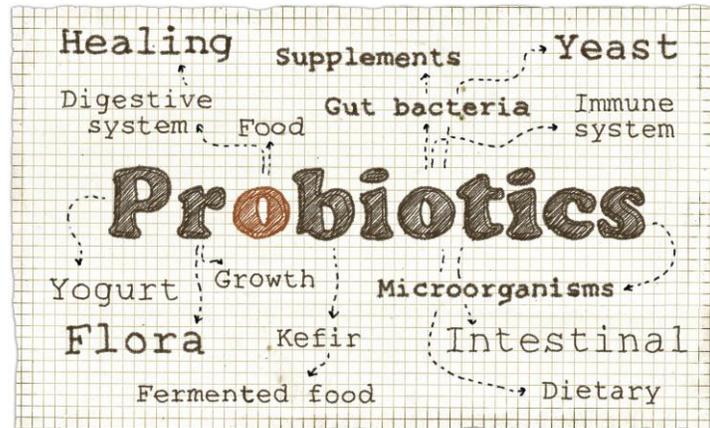
- Inflammatory Bowel Disease IBD such a Crohn's and Ulcerative Colitis) and Irritable Bowel Disease (IBS)
- Food Allergies
- Gastrointestinal problems associated with antibiotics use
- Radiation exposure (they significantly reduce the severity and duration of gastrointestinal symptoms following radiation therapy)
- HIV
- Recurrent (vaginal) candidiasis and urinary tract infections
- Peptic ulcers
- High cholesterol
- Suffering immune function (increase in IgA production): every person with an autoimmune disorder may benefit from probiotics
- Colon cancer and recurrence of bladder cancer
- **SIBO– immediately after eradication of the infection; sometime probiotics are used concurrently**
- Dysbiosis (dysfunctional microbiota in the gut)
- Infant formula-induced diarrhea
- Childhood viral diarrhea
- Traveler's nonbacterial diarrhea
- Antibiotic-induced diarrhea
- Symptoms of AIDS enteropathy caused by Clostridium difficile infection. *Note: C. difficile is a leading cause of hospital-acquired infection in the US. It is found in 20% of all inpatients in the US. Infection with it causes more than 70% of all enteric infections. C difficile recurs in 20% of cases in the absence of prebiotic/probiotic supplementation. **You now know what to take with you to hospital!***



WHAT DO I NEED TO KNOW ABOUT PROBIOTIC SUPPLEMENTATION?

- The supplement should be standardized in CFUs (Colony Forming Units).
- Preventative or antibiotic-induced diarrhea: at least 10 bln of combined CFUs Lactobacillus and CFUs of Bifidobacterium for adults and 5 bln CFUs for children 2-3 hours after each dose of antibiotic. More may be better but not always. Play.
- Maintenance is at least 10bln CFU for adults and 5bln CFU for children.
- Acute cases: 15-30bln CFUs of Lactobacillus/day and even up to 250bln-500bln CFUs/day.
- **Repopulation** requires at least 6 months of daily ingestion of minimum 10bln colony forming units (10 to 10th power CFU) per species.
- Some patients will require life-long daily supplementation.
- I do not recommend **soil-based** probiotics (yet). They may be problematic and do not have enough research for safety and advocacy. This is slowly changing though.
- **Direct-to-consumer probiotic** industry is quite aggressive with claims on their products, but do not get caught up in that. *“Market-basket surveys have found that some supplements contain potentially pathogenic contaminants, but the majority fails to contain the species and quantity of bacteria listed on the label (Pizzorno).”* Therefore, be careful what you buy!
- **Avoid websites** like amazon.com or ebay.com for your probiotics even if they offer the professional brands I recommend. It is against most of the manufacturers’ policies for individuals to resell their supplements on these websites. You do not know if the labeling is faked, how old the products are and if they have been stored properly – and probiotics are very sensitive to temperature and storage.
- **Seek only professional brands** offered by clinicians that have research to back them up, have been stored properly, have the right species and potencies, and are trusted by the clinicians. My favorites are probiotics by Pharmax and Klaire. Specifics are on next page.
- **Take Probiotics during Antibiotic (NOT SIBO*)**. Take probiotics 3 hours after each dose of antibiotics to keep the gut from being completely vulnerable to pathogens and to avoid resulting diarrhea. You should continue on a high potency probiotic for several weeks or even months after. Then enjoy prebiotic and fermented foods.
- **Stress**: It may be prudent to take probiotics during a time of high stress. I certainly do!

** discuss with your clinician*



A FEW PROBIOTIC RECOMMENDATIONS

- **Infants:**
Nutrametrix DNA Miracles Probiotics Extra
www.kineswellnesssolutions.com
Code: 6901NM
- **Adults maintenance/traveling:**
Nutrametrix Nutriclean Probiotics
www.kineswellnesssolutions.com
Code: 13282NM

HLC Multistrain by *Pharmax*
Klaire Labs has a great line of probiotics as well
<https://www.healthwavehq.com/welcome/kasia>
- **Higher doses (as in infections or antibiotics):**
HLC High Potency by Pharmax
HLC Intensive by Pharmax
HLC Symbiotic Intensive by Pharmax
HLC Antibiotic Care by Pharmax
<https://www.healthwavehq.com/welcome/kasia>

More is not always better though, so pay attention of where your sweet-spot it.



4. FROM MY KITCHEN TO YOURS

Now that you have, I hope, a renewed appreciation for how hard your gut is working for your health and well-being, it is time to invite you to my kitchen and the simplest three recipes I frequently make that can bring you a lot of new joy and satisfaction. They are delicious and time-tested. Keep in mind that you can just slice one pickle and add it to many dishes. Or you can whisk miso paste into a cup of hot water to taste. And that does not require a recipe.

I cannot remember where the recipes come from. When you grow up with pickles and sauerkraut, you inevitably get exposure to a variety of ways of preparing them from various family members and friends. I hope these delicious recipes will deflate any intimidation you may have had towards fermented foods. If I may say so, the sauerkraut salad recipe is divine, and you can watch me make it and talk about it right here!!!!

Click on the image to play the video!



SOME TIPS FOR THE RECIPES:

- Buy the best quality extra virgin olive oil you can get.
- Play with how much olive oil you like. I drizzle each recipe liberally, but you may not like as much olive oil. I often add more of it to the sauerkraut whenever I take it out of the fridge - I like when the salad “sparkles” from the olive oil because it is so good at marinating it. Mix the sauerkraut salad thoroughly each time you drizzle a little more olive oil.



- You can play with added ingredients to the sauerkraut salad such as green onion or cilantro.
- The amount of carrots, apple and onion will always vary depending on your taste buds and how strong the sauerkraut is, as well as the size of the carrots and the sweetness of the apple, so keep tasting it as you continue adding these ingredients. I wish I could give you a sample to taste, so you know what it should taste!

DR. KASIA'S FAMOUS POLISH SAUERKRAUT SALAD (FROM THE VIDEO)*

INGREDIENTS:

One 32 oz. jar of organic sauerkraut
4 medium size carrots (or more to taste)
1-2 apples, skin on if preferable (or more to taste)
½ onion or more, chopped very finely into cubes
1-3 tbsp. extra virgin olive oil

Optional: black pepper or cayenne pepper
Optional: a large handful of chopped parsley, especially for extra iron and vitamin C

INSTRUCTIONS:

1. Drain sauerkraut (you may want to squeeze out the extra brine with your hands) and chop into bite pieces if desired.
2. Place in a large bowl.
3. Grate carrots and the apple and add to the bowl. Food processor will save you time.
4. Add chopped onion. The tinier the pieces the better.
5. Mix all the above ingredients very well and taste: you should be able to taste the crunch and the bite of the onion, the sweetness of the carrot and the sweet/sour taste of the apple.
6. If needed, add more onion, apple or carrot and taste again – you want a nicely balanced flavor. Keep playing and tasting.
7. Add enough olive oil to add flavor and moisture and mix well. Make it glisten!
8. Parsley is an option and adds an incredibly fresh flavor and green color to the recipe.
9. Keeps in the fridge in a glass container with a top on for up to a week or so thanks to the olive oil that marinates it.
10. Use at least ½ cup with any/each meal.



* not during SIBO



Here are some photos from my kitchen:

The photo on the previous page shows the ingredients. The amount of carrots, apple and onion will always vary depending on your taste buds and how strong the sauerkraut is, so keep tasting it as you continue adding these ingredients.



You can see that the onion is chopped very finely. I have drained the brine off the sauerkraut - the yellow bowl contains the brine I squeezed out of the sauerkraut, which is on the right.



The salad is ready to serve ... and ready to store! Notice how the olive oil glistens.



DR. KASIA'S CLASSIC MISO SOUP*

*Miso soup is a wonderful nourishing soup for those that are ok with soy. Just make sure the miso and tofu (if you add it) are both organic. **If you are sensitive to soy, soy-free miso pastes are available at health food stores.***

INGREDIENTS:

- 5 dried shiitake mushrooms
- 4-inch strip wakame seaweed, rinsed, soaked, drained, and finely sliced
- 1 onion, thinly sliced
- 1 carrot, cut into matches
- 2 tbsp. white miso*
- ½ pound silken tofu*, cut into ½ inch cubes
- 3-inch piece fresh ginger or 1 tbsp. ginger juice
- ¼ cup chopped green onions, organic only

INSTRUCTIONS:

1. Lightly rinse the mushrooms under warm water for 10 seconds. Soak them in one cup warm water until soft, for about 15 minutes. Drain, cut off the tough stems, and slice the mushrooms thinly.
2. Place the mushrooms, wakame, onion, and carrot in a soup pot with 7 cups water. Bring to a boil. Reduce heat, cover, and simmer for 15 minutes.
3. Place the miso in a small bowl and add ¼ cup of the broth from the vegetables. Using a fork, stir the miso and broth until the mixture is a smooth paste.
4. Grate the ginger on a fine grinder. Squeeze the ginger pulp in the palm of your hand to extract the juice (discard the pulp). Add the juice to the pot. If you are lazy, grate some on a microplane.
5. Add the tofu to the pot. Stir and simmer for 5 minutes.
6. Add miso when the soup is no longer cooking – to avoid killing the beneficial bacteria from the miso.
7. Serve garnished with the green onions.

NOTES:

A simplified recipe can be without mushrooms, ginger, onion or carrots. All you need is hot water, miso paste, chopped silken tofu and chopped green onion. Remember never boil miso. Whisk the paste into the soup bowl that is already filled with hot water. You can also have just 3 ingredients for an instant evening hot broth: water, miso, green onion.

*** may not be tolerated during SIBO**



DR. KASIA'S BRINE PICKLE SALAD*

INGREDIENTS:

- 2-3 pickles chopped into small cubes
- 1-2 slices of onion chopped very small (smaller than the chopped pickle pieces)
- 1-2 tbsp. olive oil or to your liking

INSTRUCTIONS:

1. Mix all ingredients together in a mixing bowl.
2. Taste and adjust the amount of onion and pickles so that onion is not overbearing. See the photo from my kitchen to give you a sense of proportion, but it is really to your taste.
3. Drizzle in olive oil liberally.
4. The salad will store in the fridge for a few days and olive oil will marinate it, so you can make more than this recipe. It is perfect with any savory dish.



***not during SIBO**

LET'S SUMMARIZE!

Feed your Tregs. Take probiotics, especially in stress. Eat some fermented foods. Be kind to your hard-working microbiome and help it thrive! Thank you for reading and watching. I hope I inspired you to now get into YOUR kitchen and play! To your health.

DR. KASIA KINES
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