



October 14th 2013
Donna Schwenk's Cultured Food Life

How to Heal Your Digestion and Allergies

What is your gut telling you?

It takes guts to get out of the ruts.
~Robert H. Schuller

Do you have issues with your digestive system and a long list of foods you cannot eat? Do you know your body can provide a form of guidance and wisdom for you? If you treat it right, it will make you shine from the inside out.



“A healthy outside starts from the inside.” ~Robert Ulrich

Eat no foods that are processed or contain artificial ingredients.



"Our bodies are our gardens – our wills are our gardeners." ~William Shakespeare

Real Whole Foods



“The wish for healing has always been half of health” ~Lucius Seneca

You must go slowly when you first start consuming these probiotic foods. Billions of good bacteria will change your inner world and kill pathogens and harmful bacteria and you may experience a..



A Healing Crisis is something that happens when the body starts a detoxification process which is really a program of natural healing. This is a common occurrence among some individuals who start consuming cultured foods. When you start consuming cultured foods, your body is flooded with good bacteria. Then there is a dying off of certain pathogenic organisms in the body.

Click here for more info

Start with Kefir. It has the most benefits.

1st week make Kefir



- It only takes 24 hours to make kefir and it is super easy and simple. You can make dairy free kefir, too.
- [Click to learn how to make kefir](#)
- [Click to learn how to make dairy-free kefir](#)

The First Week



The first week (or month, depending on how quickly you would like to progress) you should be consuming **1/4 - 1/2 cup** of kefir daily, made into a smoothie or another recipe. You can have it for breakfast or at any other meal that suits you, or split it up throughout the day.



You can have kefir in a bunch of different ways.

- Smoothies
- Dips
- Kefir Breakfast Pudding
- Check out my book for more recipes



If the kefir causes gas or you feel flu-like symptoms, back off and have kefir every other day until the body adjusts. If you don't have any symptoms, then increase your consumption until you are drinking 1 cup of kefir daily.



At the beginning of this week you will need to make some cultured vegetables. You can choose any kind you would like.



Make a large amount so you will have enough to last you for several weeks or a month. Usually a gallon works well.



Here are a few recipes that I recommend:

- Shelley's Cultured Vegetables
- Orangeade Kraut
- Pico Salsa
- Rainbow Carrots, pg 114

Add cultured vegetables to your meals.

When your cultured vegetables are done.

- Start consuming one tablespoon of cultured veggies with lunch and dinner. You will do this along with your daily kefir.
- Once again, if you feel symptoms that are uncomfortable, back off and consume these every other day until your body adjusts.



Make kombucha or buy kombucha

- It will take a week to ten days to make kombucha. You can also buy kombucha if you would like to add it sooner than this. GT's Synergy kombucha is a good brand and also really delicious.
- You should now be having one half to one cup of kefir each day and one to two tablespoons of cultured veggies with lunch and dinner.

[Click to learn how to make kombucha](#)



Fourth Week

Now you will add four to six ounces of kombucha somewhere during your day. Doesn't matter if it is with meals or without meals. Continue the other foods, but now add the kombucha



This is what I call The Trilogy. The Trilogy (kefir, cultured vegetables, and kombucha) seems to create an unbeatable combination of good flora in the gut that heals and nourishes the body and allows the body to do what it was meant to do – heal itself.

The Trilogy: kefir, kombucha and cultured vegetables

Remember, being consistent is the key to healing your gut and this, in part, will help heal your food allergies and digestion.



No matter how small a serving, have some sort of cultured food at every meal. Even just a tablespoon of cultured veggies or a small glass of kombucha or a small serving of kefir with fruit. Just pick one and have it with breakfast, lunch, and dinner. Try and have all three during your day. You don't have to have three at each meal, although it wouldn't hurt, but just one of them will make a huge difference. It will help you digest your food and also alleviate stress on the overall digestive system, because cultured foods are basically predigested food. The body doesn't have a hard time assimilating them and using them. The **Trilogy** seems to work incredibly well. It is the synergy of these combinations of bacteria and yeasts that help the body repair and become better.



The plan we followed to heal Maci.

What are the best kinds of foods to eat? What did we do to heal my daughter's gut?



- This is where you need to start listening to your body. Balance is the key and whole, natural, unprocessed foods are really a necessity. What I did with my daughter, Maci, was very simple. But you may have to modify it to suit your situation. Everyone is unique but she followed the “cultured food at every meal” plan.

Here is a sample of a typical day for Maci while she was healing.

- **Breakfast** was an 8 ounce Kefir smoothie, made with fruit and stevia
- **Lunch** was often a bowl of soup such as minestrone or squash soup with sprouted bread toast and a spoonful of cultured veggies and 4 to 6 ounces of kombucha
- **Dinner** was some type of protein (fish, chicken, or bison), salad and a baked potato and a spoonful of cultured veggies. Four ounces of kombucha.

How long did it take?

It took about a month for her stomach to heal. In a year she could eat anything and didn't have food allergies anymore. I have seen this pattern quite frequently but it can be different for each individual.

Other helpful things I recommend: We did these things in addition to adding cultured foods at every meal. I believe they made a big difference.

- Bone broths are very healing to the gut.
- Coconut oil is very effective for healing the gut.
- If you are not allergic to gluten, I recommend sprouted bread or sourdough breads.
- Liver tabs, which you can find on my site, are inexpensive and will last a good while since the bottle contains 250 tablets. They are so helpful when dealing with stress and for healing and repairing. We took at least three a day, but you can take more if needed. It is just a food.
- Cod liver oil (this is based on the work of Dr. Weston Price and I think vitally important.) [Click here to learn more](#)
- High vitamin butter (this is based on the work of Dr. Weston Price and I think vitally important.)

[Click here to learn more](#)

If you need more help

1. **Watch videos demonstrating how to make Kefir, Kombucha, & Cultured Vegetables**
2. **Purchase "The Trilogy" DVD**
3. **Become a Biotic Pro Member**