

Fermented Foods

Fermentation was originally used as a way to preserve fresh food over the winter. These were the first processed foods. However, unlike today's processed foods they are highly nutritious and loaded with live enzymes and beneficial probiotic bacteria.

We are regularly bombarded by chemicals in our food and water supply that alter the balance of our gut flora. Two major culprits, chlorine and antibiotics, destroy both good and bad bacteria in the gut. We can benefit from re-establishing the right balance of beneficial bacteria by introducing fermented foods into our diet.

The fermentation process helps to break down sugars and eases stomach issues by partially digesting foods. In addition, fermented foods stimulate the production of stomach acid, which is required for digestion.

Our grandparents were on to something when they paired sauerkraut with sausage, miso soup with rice and pickles with pastrami making these meats and heavy carbohydrates easier to digest. Eating a variety of fermented foods not only helps digestion, it establishes and maintains a healthy population of beneficial bacteria in the gut.

The next time you are at the grocery store, look for the following products to help you get started: Apple Cider Vinegar with "mother" or raw/unfiltered, Ghee, Kefir, Kimchi, Kombucha, Miso (paste), naturally fermented pickles, Tempeh, Sauerkraut and yogurt. Give home fermentation a try with the Tri Fit Cooks Homemade 1L Mason Jar Sauerkraut recipe.

www.thekitchn.com, <http://ohlardy.com>.



Tri Fit Cooks

Homemade 1L Mason Jar Sauerkraut

1 medium head green cabbage (approx. 3lbs)
1 ½ tablespoons sea salt

Easy Fermentation Instructions

- Chop cabbage into shreds.
- Place cabbage into a bowl, add sea salt and massage cabbage to draw out liquid.
- Once liquid is present, start adding the cabbage to the jar.
- Using a wooden spoon pack the cabbage down so that it is submerged in liquid.
- Once all of the cabbage is packed into the jar slip a smaller jar or weight into the mouth of the Mason jar so that the cabbage remains submerged in its liquid.
- Place a dishtowel or cheesecloth over the mouth of the jar and secure it with a rubber band.
- Ferment cabbage for 7-10 days at room temperature (18-24 °C) and away from direct sunlight.
- Once it has reached desired taste and texture, cover with a lid and store in the refrigerator.

Note: If a foamy scum appears during fermentation, scoop it off, and make sure cabbage is completely submerged.

Our **Tri Fit Cooks** encourage you to try the Fermented Carolina Coleslaw recipe on page 2.

The Perfect warm up

Should you stretch or perform dynamic movements to warm-up? How long should you perform a warm-up routine? There are no simple answers to these questions. Dr. Trevor Cottrell at Sheridan College in Toronto delved into this subject and found that how you design a warm-up really depends on your level of fitness, age and performance goals. He outlined 3 types of warm-ups:

- General – To include exercises that increase core temperature, using large muscle groups eg. Jog or quick walk.
- Specific – With exercises that prep the body for the activity eg. Multi directional lunges for tennis
- Passive - Wearing appropriate clothing eg. Wear layers when starting out and discard as body warms up.



When designing your own pre-workout warm-up Dr. Cottrell asks you to keep the following in mind:

- Both athletic and non-athletic populations should increase core temperature with at least 2-5 minutes of large muscle movement eg. Jogging, or walking. There is evidence that the longer the warm-up, the greater the performance gains. But this is only true for athletes. Less fit individuals should limit warm-up time to 5-10 minutes to avoid fatigue and accompanying risk of injury.
- Athletes should perform warm up routines that include several minutes of dynamic movements specific to the sport or activity, whereas older and/or less fit individuals will benefit from a few minutes of gentle static stretches (holding a stretch for several seconds) to prepare the body for exercise. Static stretching by athletes is likely to decrease performance.

Source: *The Perfect Warm-Up* by Trevor Cottrell, PhD: Program Coordinator, Exercise Science and Health Promotion, Sheridan College.

Upcoming Events

AUGUST TIP

Hike for Health!

August is a great time to escape the city and try different hiking trails. Remember to take precautions before you head out: Tell someone where you are hiking, be prepared for a change in weather; bring a whistle and first aid kit in case you are lost or hurt; wear sun protection and carry extra water. Find a trail in your area at: <http://www.ontariotrails.on.ca/> <http://www.bonjourquebec.com/qc-en/randonneepedestre0.html>

UPCOMING EVENTS

Autumn Cleanse - A Yoga & Detox eCampaign

Register to receive 10 days of emails with the best detoxifying yoga poses and nutrition tips to help restore balance. Just in time for the busy back-to-school season!

Contact your Tri Fit consultant for registration details.

RECIPE OF THE MONTH

Fermented Carolina Coleslaw

1 large onion, & 1 bell pepper, thinly sliced
 1 carrot & ½ an apple, grated
 ¼ cup of the fermentation liquid
 ½ cup of honey
 6 Tbsp oil (coconut, olive or sesame)
 2 tsp dry mustard
 Freshly ground pepper and sea salt to taste

Drain 1L mason jar of fermented cabbage (or more as desired), in a colander set over a mixing bowl. Add onions, bell pepper, carrot and apple. In another bowl whisk ¼ cup of fermentation liquid with honey, oil, and dry mustard. Pour the dressing over the slaw and combine. Add salt and pepper to taste. Refrigerate.

Adapted from: Real Food Fermentation by Alex Lewin