



Products

Product Descriptions

One of the most important aspects of maintaining your overall health is your gut health. To that end, we have developed an artisanal line of products that contain enzymes and probiotics to sustain and improve your gut health, as well as contributing to the well-being of your other bodily systems.

About Probiotics...

The gastro-intestinal track, which is responsible for digestion and assimilation of nutrients, is full of bacteria, specifically lactobacillus. Many chemical medications will wipe out the good bacteria, while infections and parasites can augment bad bacteria. Both of these instances greatly weaken your body's capacity to digest properly and assimilate the nutrients in your food which leads to malnutrition and low energy levels. Therefore, probiotics are an essential natural medicine for the maintenance of the healthy functioning or the recovery of your gut health. The correct functioning of the gut will aid in the absorption of the nutrients found in all of our other products and your overall diet.

We recommend taking one serving of our probiotics every day to maintain optimal digestive health.

Kombucha - Vegan and Probiotic

Where it comes from

Kombucha is a living health drink made by fermenting tea and sugar with a Kombucha culture. The final product can have a taste similar to that of chicha. It has been used for centuries, most likely originating from China.

Because it is a live culture and natural fermentation, products may vary in flavor and carbonation level.

Health benefits

Kombucha is probiotic, nutritive, and medicinal. It is made from tea fermented with a mother of healthy yeast and bacteria. It improves digestion, increases energy, and helps the body to assimilate nutrients.

In addition to probiotics, the process of fermentation produces many beneficial acids and nutrients such as glucuronic acid, gluconic acid, lactic acid, acetic acid, butyric acid, malic acid, usnic acid, B and C vitamins and amino acids.

How to use it

The Kombucha should be taken one half hour before or after eating to gain the greatest benefit from its medicinal properties. If you are taking antibiotics, you should drink it with two to three hours of separation from the time of taking the antibiotics. In this case, the Kombucha can only help to alleviate constipation and maintain proper digestive functioning, you cannot increase your probiotic bacteria count while taking antibiotics. To actually repair gut health, you will need to wait until you finish the antibiotics and begin a probiotic regimen. It is recommended to take one bottle per day to maintain and improve your health and well-being.

Water Kefir - Vegan and Probiotic

Where it comes from

Kefir is a living health drink made from herbal infusions and fruit juices. The final product tastes like a soda pop. It is less-known where Kefir comes from, but it has been prepared and enjoyed for centuries all around the world.

Because it is a live culture and natural fermentation, products may vary in flavor and carbonation level.

Health benefits

Kefir is a probiotic, nutritive, and medicinal drink. It improves digestion, increases energy, and helps the body to assimilate nutrients. In addition to the probiotics, the process of fermentation produces many beneficial acids and nutrients such lactic acid, acetic acid and B vitamins.

How to use it

The Kefir should be taken one half hour before or after eating to gain the greatest benefit from its medicinal properties. If you are taking antibiotics, you should drink it with two to three hours of separation from the time of taking the antibiotics. In this case, the Kefir can only help to alleviate constipation and maintain proper digestive functioning, you cannot increase your probiotic bacteria count while taking antibiotics. To actually repair gut health, you will need to wait until you finish the antibiotics and begin a probiotic regimen. It is recommended to take one bottle per day to maintain and improve your health and well-being.

Sauerkraut - Vegan and Probiotic when raw

Where it comes from

It is believed that Sauerkraut originated in Asia while the population built the Great Wall of China as an efficient way to store cabbage for the workers during the non-growing season. After that, migrators brought it to Eastern Europe. In Asia, it was fermented in rice wine, but Europeans began fermenting it just with salt. Our recipe is a traditional French Sauerkraut recipe fermented in Maras salt.

Health benefits

Sauerkraut, when raw, is full of probiotics that help to maintain a properly functioning digestive system. Even when it is pasteurized for long-term storage, it contains many

beneficial acids from fermentation as well as B and C vitamins. For the necessity of packaging and storage, our Sauerkraut has been pasteurized, meaning that it is no longer probiotic, but retains all its other beneficial acids and minerals. We can offer live, probiotic sauerkraut to those who come directly to our community (by appointment only please).

How to use it

You can eat sauerkraut as a side-dish by itself, on a sandwich, or accompanying potatoes.

Mustard – Vegan

Where it comes from

Mustard has been used as a condiment and medicine all around the world for centuries for its delicious and spicy flavor as well as for its healing properties. It was popularized in France; this recipe is an old-style recipe from France.

Health benefits

Our antique recipe has many vitamins and minerals, including selenium and magnesium, that help lower blood pressure and prevent heart attacks as well as offering anti-inflammatory properties. It also has omega 3-fatty acids that aid in the health of the brain.

How to use it

Mustard is a great condiment for potatoes, sandwiches or with sauerkraut.