

Women's Vitality Summit

Dr. Keesha Ewers Interviews Summer Bock

April 2017

- Dr. Keesha Ewers: Welcome back to the Women's Vitality Summit everybody. Caring for yourself body and soul. I am delighted today to be interviewing Summer Bock who is a fermentationist. Right?
- Summer Bock: That's right.
- Dr. Keesha Ewers: Fermentationist. I love that word. The founder of Guts and Glory which is an online company dedicated to providing clients with the knowledge and actionable skills, very important word, to heal their digestive issues naturally. Her practice is based on the premise that good health starts in the gut.
- She's a trained herbalist with a background in Microbiology and is certified by Columbia University and Integrative Nutrition.
- Welcome to the summit Summer.
- Summer Bock: Thanks. I'm really excited to be here, I'm excited to talk about some of these really cool topics that I'm ultra passionate about.
- Dr. Keesha Ewers: Well, that's ... I just love talking to so many people. I mean we have over 50 people on this summit each time that I do this summit and it's because everyone is passionate about this thing that brings healing and so, in your case, it's going to be fermentation. I always start every interview when I speak to people about this word 'vitality'. I would love to know what your definition of vitality is.
- Summer Bock: For me, you know, vitality ... I kind of define it as, I mean obviously it's like energy, right? I also think it has to do with your ability to align your daily decisions with how you want to feel.
- Dr. Keesha Ewers: Beautiful, beautiful. What do you think drains women's vitality in this era?
- Summer Bock: I think over-committing is probably the number one thing that I see, and with my clients that people just take on too much and even, you know, even when they come ... I was talking to a woman the other day that was in my cleanse program and she was like, you know ... It's a ten day cleanse. She's like "I want to heal my adrenal fatigue", "I want to heal ..." what else did she say, "I want to heal my gut and"-

Dr. Keesha Ewers: In ten days or less please.

Summer Bock: A lot of really complex health concerns that take longer than ten days to do and she was committed to doing it in ten days. I think over-commitment and like setting unrealistic goals ... My boyfriend slows me down a lot and reminds me like, "You are creating very unrealistic goals here like, it isn't probable for us to do all of that in this amount of time." I suffer from it as well, you know.

Dr. Keesha Ewers: Yes. I think all of us have a story that's brought us to this level of passion, have a story. I want you to tell your story. How did you start fermenting food because we all have a story that brought us here right?

Summer Bock: Yeah, I mean I was really sick. That's what happened for me.

Dr. Keesha Ewers: 99.9% of us, that's what I've wanted to say. We all have a story of being super sick and finding the thing that healed us right? So ...

Summer Bock: Oh for sure.

Dr. Keesha Ewers: Yeah.

Summer Bock: Yeah, I mean for me, the first time you know I realized it, was pretty amazing, because I was actually on a cleanse. I was about day five and you know, I looked around and I had this moment, you know I looked around and I was like "Wow everything looks so crystal clear". I felt calm for the first time in my entire life, no joke, and it felt like a blanket had been pulled out of my brain. I could think, I felt functional, and I was like, "Oh this is how normal people get everything done", you know. I was kind of like stuck on the couch a lot, I was really tired all the time, and a host of symptoms that like, didn't really have anything that I thought was wrong with me until that cleanse and I was like "Oh my goodness".

Like I have been living a sub-par existence right? That actually got me in touch with my own body and what I was experiencing. Over the next few years, I really started paying attention. I was in pre-med and my stress levels were through the roof. During this time, because I was becoming more and more aware of my symptoms, my stress was getting worse, and so they were, they were getting exacerbated by the stress.

I was dealing with multiple chemical sensitivity, had allergies, environmental as well as food intolerances. There was only about 30 foods I could eat without a reaction. I was dealing with being constipated sometimes, having diarrhea sometimes. Didn't know which. I was always bloated. Sugar cravings that I could not manage or control at that time. Could not. I just ... I had really uneven energy levels. Things like that. I was miserable. My eyes would swell up, my nose would be runny, I would be itchy, I would have hives. I would wake up

sometimes in the middle of the night with panic attacks because I was dealing with so much in my system. I now realize it was a lot of histamine in my system, adrenaline was running to try to calm it down. I was just a mess. I mean I was an utter mess.

In that process I went to my doctor and I was like, "Okay. I need your help." She was like, "What are you doing here?" She goes, "You know more about this than I do." I'm like, "What?" I was already trained as an herbalist, trained as a health coach, working with her patients. Helping them. She was getting great results with her patients with our work. It was really cool, but she looked at me and said, "Here's what's going to happen. I'm going to write you a prescription. You're not going to fill it. I actually don't think it's going to do anything anyway." I'm like, "Okay." So a moment like that was a big defining moment for me. I went home. I felt like the train left the station. No other train was going to come back and pick me up.

I decided to take control of my health that day. Really full responsibility and not keep holding out that someone's going to save me. I stopped ... I did some research and decided, based on some of the things ... This was 10 years ago before all this information out there about the gut which was present on the internet.

Dr. Keesha Ewers: Right.

Summer Bock: You could find it very easily. I deduced that "Okay. Maybe this does have to do with my gut." All these symptoms seem like they have some connection based on some of the stuff I'm coming across. I decided to stop taking all of the herbs I was taking for my skin. All the herbs I was taking for my liver to help clear allergies. The supplements I was taking for digestion and sleep and panic. Energy levels, adrenals ... I was taking stuff for everything, and I just stopped. I just focused on my gut. I started taking probiotics. Being trained as an herbalist, I wanted to know, "Well how did my ancestors get probiotics?" 500 years ago what did ... What did somebody do to get these essential organisms in the body. That was the question that turned me on to fermenting foods. I was like, "Okay." So when I looked further into it ... Sauerkraut that's raw and unpasteurized, got a lot of German heritage. So Sauerkraut raw and unpasteurized was likely one way that-

Dr. Keesha Ewers: All right. So stop right there because everyone needs to hear that distinction. Right? This is not sauerkraut that you buy in the non-refrigerated section of your store.

Summer Bock: Right.

Dr. Keesha Ewers: This does not do this.

- Summer Bock: If it's canned ... If your grandma made it and it's canned, it still doesn't have the live organisms in it.
- Dr. Keesha Ewers: Pasteurization means you have just heated it up to a point that you've killed off all the good guys. So yeah. It's important that unpasteurized piece. All right. Continue.
- Summer Bock: Exactly. I started making sauerkraut and beet [inaudible 00:07:31] and culturing the butter I was eating. You know, making yogurt and all these other things. What was interesting was ... I actually felt like I noticed a measurable difference between just the probiotics and taking it through the fermented foods. I started making so much sauerkraut and fermented veggies that I actually would put it in jars and put it in this fridge that we had in our garage. People started buying it. My friends ... My roommate's friends, my friends, and all of these people, strangers sometimes. Once they heard about, would come over, leave money in the jar, take a jar of sauerkraut, and go because this wasn't readily available at that time at ... Like it is right now. You can go to Whole Foods and you can grab yourself some raw unpasteurized sauerkraut in the refrigerated section. No problem.
- Dr. Keesha Ewers: My son's friend in college, just a few years ago, did the same thing, started learning how to make kimchi. Which is a great Korean fermented food, right?
- Summer Bock: Right.
- Dr. Keesha Ewers: And started a whole business off of this because everybody was craving his kimchi. He just was handing it out in that same way. Put money in the jar. Until finally he had enough to start to get big production machines to do it and created a whole business around making kimchi. Who knew?
- Summer Bock: That's what I did. I started a company out in Washington state actually where you live.
- Dr. Keesha Ewers: Yeah.
- Summer Bock: I've since sold it so I focus now on mostly on helping people actually rebuild their gut with a lot of other stuff. It's not just [inaudible 00:09:00]
- Dr. Keesha Ewers: Right.
- Summer Bock: For me it was really a fascinating moment learning all these fermented foods, figuring out that not only are there live organisms in some ferments but there's also the bi-products of those micro-organisms like lactic acid for example in sauerkraut and dairy kefir and in yogurt and things like that. The lactic acid is actually an anti-microbial as well. When you're eating these fermented foods,

you're also getting the nutrients in the food for these micro-organisms to flourish inside your gut.

I always compare taking probiotics. Just probiotic supplements. Doing that alone is like throwing apple seeds on the sidewalk, and you're like, "Grow. Come on, grow." You have to get the soil. You have to get the sun. You have to get all these other factors involved to actually create the environment that's hospitable for the microorganisms. That's really what sauerkraut and kimchi and these other fermented foods are. They're a miniature ecosystem that's very balanced and stable.

Dr. Keesha Ewers: I like the apple seed analogy. That's a good one.

Summer Bock: Thanks.

Dr. Keesha Ewers: So you found in your own story that this turned you around.

Summer Bock: Yeah. It was incredibly beneficial. There's a lot of steps on the staircase of your journey, right?

Dr. Keesha Ewers: Yes.

Summer Bock: I think I overdid it in the fermented food realm for a little bit. There's a lot of histamine in fermented foods, and I actually took it a little too far. It helped me up to a certain point and I actually had to learn how to chill out.

Dr. Keesha Ewers: Okay I'm so glad that you said this. This is a really important point that Americans we tend to say, "A little bit is good. A lot must be better." Right? In these traditional cultures that eat these foods, it's a little bit. They don't put it ... And this is what happened to me too. I had this gigantic, amazing German fermentation crock that I can put build these vegetables. I was doing that and I started putting it in my morning smoothie. I started have some in my salad at lunch. I started having it at dinner and drinking a little bit of juice before I went to bed. I started getting really bad headaches, and I'm not a headache girl.

Well in my genetics, I actually have a problem with tyramine. Tyramine is a compound that's formed through fermentation or anything old. Cheese, wine, leftovers. It all ... And avocados that has brown spots on it has a lot of tyramine. I was ... One of the things that migraine people get is a tyramine issue. They'll find that after eating a lot of fermented foods, their migraines get worst. So it's important that you learn to listen to your body and say, "Well how much of this does my body say is enough?" Check in instead of saying, "Oh. All-fermentation. I should have with every meal." Because that's not actually accurate if you're having too much. Right?

Summer Bock: That's right.

Dr. Keesha Ewers: Yeah.

Summer Bock: Exactly right. I'm happy if my clients are just doing even a teaspoon of kefir per day. I'm okay with that.

Dr. Keesha Ewers: Right.

Summer Bock: That's enough. What you have to do is you have to slowly build your body tyramine up. That's what I worked on from my own body, built my body tyramine up, work on making my body stronger, worked on nutrient assimilation, worked on just getting my digestion really, really strong and stabilizing that ecosystem. It's been incredibly beneficial.

Dr. Keesha Ewers: Beautiful.

Summer Bock: I don't deal with these issues anymore. It's great to be honest with you.

Dr. Keesha Ewers: Good. So what's the difference between making a homemade kefir and, in fact [inaudible 00:12:39] is one of the guests and I want to thank her of for the free gift that she gave us, making a blueberry coconut water kefir. You're doing a free gift that's talking about fermentation, so people can really start doing these actionable steps right away from the summit. Again, listening to the body what's the difference between one fermented food to the next?

Summer Bock: There's a couple of ways to look at this. Let me just first talk about the fact that there's all of these different categories of ferments, right?

Dr. Keesha Ewers: Right.

Summer Bock: You have ferments that I would call "functional fermented foods". Ones that have the probiotic advantage, ones that actually help restore your body's own innate abilities. Then there's fermented foods that are just made to preserve that food like vinegar is a great example. Wine. Things like that. That vinegar is created so that back in the day, people could preserve vegetables and preserve things using the vinegar so that they could eat food in the winter time when certain nutrients weren't available.

This is how people survived, right? This is before refrigeration. This is what people did. There's also another main reason that people ferment foods is to increase assimilation. So as humans, we have pretty weak digestive tracts. All in all, we're not like cows that have all these stomachs and all these fermentation chambers within their own guts. That's not how we are. We only have one little fermentation chamber, our cecum, in our large intestine. That's all we got. So

we have to do really good to chew our foods and things like and with beans and grains and a lot of foods that have enzyme blockers like [inaudible 00:14:25] and things like that. You really need to do something. That's why they're soaking in all of the processing that people have done throughout history to prepare these foods and fermentation is a big part of that process. This happens a lot with dairy. You fermented to ... It lasts a little bit longer but it also increases the assimilation of it, too.

That's how I think of foods. I think it's really important when people are like, "Oh it's fermented. Must be good for me." Well it's still needs to be a food that resonates with your body. That makes you feel good when you eat it. Please understand that only a small selection of fermented foods have these probiotic organisms in them. The last category I don't bring up as much because I don't teach as much about this, but it's ferments that are created for the psycho-active effects. Liquor, wine, beer, things like that.

Dr. Keesha Ewers: Right.

Summer Bock: Created for an intended effect. Back in the day, even then that was actually created for, there was some nutrient benefit and some preservation that was happening there, too. It's a little more distilled these days. It's a little bit more for the alcohol.

Dr. Keesha Ewers: Right.

Summer Bock: That's how I look at the categories of fermented foods overall. I'm still going to be a big proponent of people making their ferments at home if they have the time. If not, shopping for a really high-quality one, making sure the people that are making this aren't using plastic. These are acidic foods for the most part.

Dr. Keesha Ewers: I can't even imagine putting it in plastic. Oh my gosh.

Summer Bock: You'd be amazed in some of the biggest raw and pasteurized sauerkraut producers not only sell their products in plastic but ferment them in plastic.

Dr. Keesha Ewers: I mean, okay. Finish that out. That acidity is leaching the chemicals from the plastic and putting it in your food that you're eating. That is the worst idea ever. Okay.

Summer Bock: [Grain-free 00:16:20] is not enough. There's a lot of other chemicals in plastic that is just not made from one chemical.

Dr. Keesha Ewers: Right. We had Dr. Razi Berry, I interviewed her this morning, and she was talking about BPA is the one that finally the EPA has looked at. We all know that there are these other 80,000 in the Q that haven't been looked at yet. Any of the

manufacturers have just replaced BPA with BPS or BPF or another BP that hasn't been looked at by the EPA yet because until it's proven guilty it's considered innocent as a chemical. Thus we are flooded with all of this stuff, right? Yes, fermenting in plastic. Worst idea ever. Anyway, go ahead.

Summer Bock: Let's talk about the difference between store-bought ferments and ones made from home because there are some that are ... I think raw and pasteurized sauerkraut is a great one, raw kimchi, things like that, to buy in the store. You can find some really good ones. As far as asking the producers, "What are you fermented in?" You can also buy it at farmers markets. A lot of farmers markets will have artisan companies, and they're making this as well. When it comes to kefir, also pronounced kuh-FEER ... I just say KEE-fir.

Dr. Keesha Ewers: Me too.

Summer Bock: I don't know how to break myself out of that one. Kefir when made at the store, like when you buy it at the store it's made industrially. It's not made in the traditional way. Kefir is made with something called kefir grains, and this isn't like gluten or anything like that. They're these little gelatinous blobs that are ... They're called SCOBYs. SCOBY means symbiotic community of bacteria and yeasts. This SCOBY is basically cellulous, and it's the home where all these bacteria needs to live and thrive. This little SCOBY, this kefir SCOBY has been passed down for thousands of years. We don't know how to make them.

Dr. Keesha Ewers: Right.

Summer Bock: Humans can't even make these. This is something that has been handed off. When you plopp this little kefir grain into the jar of raw milk, put the lid on, you let it sit for 24 hours, you have homemade kefir that is incredibly, incredibly healthy and beneficial for you as long as you can tolerate dairy. The studies have all been done in anti-cancer, anti-tumor. It's great for rebuilding microbial activity in the gut. It increases the assimilation of fats, and increases the assimilation of all these other nutrients in milk. It's really, really ... It's a powerful food. But the ones that you buy at the store are made with a powdered culture which usually one, maybe two of the organisms. So you're not getting all of the benefit of this little ecosystem, this community of organisms that live in that kefir grain. It's a different product, and I think that's one thing that most people don't realize about it. "Oh good, fermented foods." Kefir, it's a lot like yogurt, and I'm not-

Dr. Keesha Ewers: That's what I was going to say. It's the same with manufact ... Buying a store-bought yogurt.

Summer Bock: I'm not going to 100% knock yogurt. I think for some people yogurt it a great one for them, but yogurt is in a lot of ways very similar to taking a probiotic

where you're just adding some bacteria that were made in a lab into this milk and saying, "Okay." This is just a vehicle now for these probiotics. They proliferated in there. You can drink them. You have more than what would've been in one pill. That's fine but that's not true diversity. That's not a true sustainable ecosystem. Whereas the kefir grains are very much sustainable. It's easy to keep replicating as long as you're making it in the right way. That's just something to think about.

Dr. Keesha Ewers: You don't have to make the kefir with milk if you can't tolerate milk. You can make it with a number of other mediums. You can do coconut milk, you can do coconut water. It's ... The list is endless. I haven't done it with almond milk or any of those.

Summer Bock: Do it.

Dr. Keesha Ewers: But I've done it with coconut milk and it's delicious.

Summer Bock: Good.

Dr. Keesha Ewers: It's delicious.

Summer Bock: Yeah. I love it. Another biggie is kombucha. Shall I bring up kombucha?

Dr. Keesha Ewers: I have a whole set up for making kombucha, and when I'm on vacation my mother died. I mean, not my mother but the mother ...

Summer Bock: I thought [crosstalk 00:20:40]

Dr. Keesha Ewers: I knew you understood but the listeners ... My mother is still living, she's great.

My kombucha mother died.

Summer Bock: I have some mixed feelings about kombucha because kombucha is black tea mixed with sugar. You put a SCOBY in that, and that's SCOBY ... Symbiotic community of bacteria and yeasts ... The main bacteria in kombucha is [inaudible 00:21:03] vinegar producing bacteria, not a probiotic. Right? It's producing vinegar. That's fine, it's a microorganism. So that's fine, it's one, it's not going to hurt us. Cool. But it's not a probiotic.

There's a website called microbialfoods.org, and they have a whole thing talking about all the different SCOBYs from kombucha that they collected and studied. They found that only about 30% even had any lactobacillus in them. A lot of people are not necessarily getting lactobacillus in their kombucha.

I think it's important, I think kombucha is one of those where because this is an unregulated field where you can produce anything and say, "It's probiotic." Nobody's going to go test it. There's no fines and no one to hold you accountable. A lot of people say it's [can't 00:21:54] be just probiotic, and I think that maybe only some probiotic ... That some kombucha is probiotic. You would have to test it to find out. In terms of the ones you buy at the store, if it does say probiotic and it shows you what kind of bacteria are in there, those again are laboratory-produced bacteria that they add after the fermentation. [inaudible 00:22:16] and they can say, "Hey. It's probiotic." Most of the time it's [inaudible 00:22:16] which is like a patented study like GMO bacteria. I hate to say it.

Again, it's not the end of the world. I'll drink some kombucha but it's not ... When I learn more about it I stopped drinking it very frequently. I'll drink small amounts sometimes. That's how I think of it. People, a long time ago, were drinking kombucha and calling it the elixir of life. That it cures cancer. It cures all of these diseases, arthritis, and all this stuff. They were eating a very different diet than what we eat today. So this was actually if you're looking for a traditional Chinese medicine standpoint, this food, this kombucha was very expansive and it helped break up things that were going on in the body when people are eating high-salt, high-starch, or high-meat diets. Adding that little bit of sugar did balance that out. It probably stimulated their liver, gastro function. It helped do a number of really, really good things to them whereas today it's more of the same. In the final product of kombucha you have sugar, even after it's fermented you have sugar. You have caffeine, and you have a little bit of alcohol. It's like the trifecta of the three most addictive substances in [crosstalk 00:23:28]

Dr. Keesha Ewers: Exactly. Exactly.

Summer Bock: That's why it flies off the shelves. My recommendation for people is use it ... If you're not a drinker use it instead of drinking alcohol. That's a great way to socialize with people. Or drink just 4 oz servings. Don't drink a lot of it. For people with gut dysbiosis, some folks find ... They say it helps with restore their dysbiosis back to normal. I think a lot of people that I work with because they have major dysbiosis and [inaudible 00:23:56] and various other issues. I see it exacerbate their symptoms when they're drinking it regularly.

Dr. Keesha Ewers: I also recommend against it. The commercial variety. When I made it, when I was making it and playing with it we weren't using caffeinated tea. We were using rubus. I was using coconut sugar. I was playing with this. I could feel like, "Okay. It's got some alcohol, this vinegary taste." It feels too acidic in my body. That's why I didn't bother saving the mothers. I was like, "Okay I don't think I like this." But it's very different when you make it yourself in these other ways. I was playing with it to see. The commercial is definitely no-no.

Summer Bock: Yeah, you just want to be careful. That's one of the ones where you ... Tammy Maralio always uses the term tolerable toxins. I think you can use it in that way where it's not an ongoing regular part of your diet.

Dr. Keesha Ewers: Right.

Summer Bock: Some people might disagree based on their personal experience. I just say, "If your personal experience is that it's absolutely working for you, listen to that."

Dr. Keesha Ewers: Yeah. Absolutely. All right, so other kinds of ferments.

Summer Bock: Okay. Vegetable ferments in general are going to be my favorite because you can make them without a starter culture. You don't need a SCOBY, and you don't need powdered starter culture that people sell online. You can just make fermented veggies with nothing. Because of the bacteria on there, they grow, they proliferate, and you end up with usually between 7 and 13 different kinds of organisms in the final product that are probiotic. That's pretty cool.

Dr. Keesha Ewers: Avoiding the green scum that gets on the top.

Summer Bock: Oh yeah.

Dr. Keesha Ewers: Talk about that because when people first start out sometimes they stop because some of the things ... Do you mind troubleshooting with our listeners a couple of things.

Summer Bock: Not at all. I'm happy to show you ... I actually made these carrots. I just made whole carrots.

Dr. Keesha Ewers: Nice.

Summer Bock: I did put the stem in there as you can see because I thought it would be more of a culinary perspective. I thought it would be beautiful under the plate this way.

Dr. Keesha Ewers: It is.

Summer Bock: They're pickled carrots. Whole carrots. I peeled them which a lot of people would say you wouldn't want to peel them before fermenting because you can get rid of some of the bacteria. I have no issue with this. They're delicious. I put in wasabi, and garlic, and red chili flakes in here in these pickles. This is an airlock for anybody watching. I've turned into an airlock fan because I don't get mold. I'm a little bit of a lazy cook if you will. This means if I do forget about it, if I do go to town for whatever, there's not going to be mold happening. Nothing bad happens here. That's why I use the airlock.

Ask me some questions. What are some of the troubleshooting things that you come across?

Dr. Keesha Ewers: I just have people stop because they say, "Oh my god. It looks disgusting. There's mold that's growing on top. Do I eat it in spite of the mold?" I'd love to have someone that's an expert at this. What are they frequently asked questions about ... Yeah.

Summer Bock: Mold is not necessarily a fail. If you're not using an airlock and you're using a regular crock or jar, you're having a ... Basically let me just say how you make this real quick. I'll share with people how to more step-by-step with the bonus and things like that.

[Top 00:27:25] up your vegetables. You add the right amount of salt. The salt starts pulling the water out the vegetables. You pack it down into the crock. Here's one of my sauerkraut. You would pack it down, and you push, push, push until the brine rises up above the vegetables in there. Once that happens, you've created an anaerobic environment. That's also what happens with this airlock.

This prevents oxygen from coming in, anaerobic. So when you have an anaerobic environment, these bacteria that we like, that we want, proliferate. Pathogenic bacteria can't grow in there. Yeasts can't grow in there either. That layer up at the top where there is the potential for oxygen to get exposed to that vegetable matter, that's where things can go wrong. Yeast can grow in oxygen. They're going to grow on that surface sometimes. It depends on how much mold you have in your air, if you have yeast or spores in the air. They'll come and they'll land there. They'll be like, "Oh food." So then they start growing. Okay not all is lost.

Dr. Keesha Ewers: We're in Seattle so you know.

Summer Bock: There's tons of mold in Seattle. I highly recommend using airlocks if you live in the pacific northwest because we did. Our company was, we struggle more with mold than you usually ... Almost everywhere else.

Dr. Keesha Ewers: Yes.

Summer Bock: For sure. Yeah.

Dr. Keesha Ewers: It's not a question if it's there, it's how much.

Summer Bock: Exactly. Absolutely.

What I would say if you have mold, you want to scrape it off. It depends on when. Ideally you want to scrape it off when you see it. If you have a little jar and it develops mold and everyday you're scraping it off, by the time that it's fermented you're not going to have anything left. You have to be cautious about that.

You scrape it off all the way and then you smell what's underneath. You dig in a couple of inches and you pull out a little bit of the vegetables, and you smell it. It should smell good. It should smell like food. If you feel like you trust the sense of smell, you can taste it. I recommend first you do a taste-and-spit. You just taste it, rinse around your mouth, and just spit. Just hang out for a second and just see. Right? Because a lot of times people swallow it and they're like "Oh man." Give yourself a buffer zone.

If it passes those two tests it's most likely going to be good because if it didn't smell good and it didn't taste good, it would not be good. It could not have made it to this point where you remotely taste or smell good if there was something wrong with it.

Dr. Keesha Ewers: Yeah.

Summer Bock: It's a very safe food to make. You do need to make sure you're doing the right thing. If you have mold you can scrape it off. That's how people did it back in the day.

Dr. Keesha Ewers: Right.

Summer Bock: If food [inaudible 00:30:00] they would scrape off the mold and they would eat what's underneath. Now in today's society some people's systems are not strong enough to handle that. Some people, they're [biotrain 00:30:12] is not very strong. When they introduce even a little bit, some of that residual mold that might be in there, that yeast ...

Dr. Keesha Ewers: Yeah.

Summer Bock: They have a reaction to it. That reaction is often more linked to not having a solid ... A healthy body. There's other issues at hand. Or your liver is clogged. I say that, you know what I mean. Clogged.

Dr. Keesha Ewers: Yes.

Summer Bock: Your liver is overworked. Should I say?

Dr. Keesha Ewers: Yes.

Summer Bock: If you were really super healthy, you could handle all of that stuff. It wouldn't be a big deal. In fact for a lot of people that actually pushed their system to be a little bit stronger over time. That's where the airlocks can actually play a good part for some people that are mold-sensitive. Put an airlock on. Don't worry about it. People think they failed, and they haven't. Scrape it off to see what's underneath, and just make sure. That is definitely the biggest question that I get.

The second biggest question that I get is one that I answered about the starter cultures, like "Do you have to use the starter culture for sauerkraut?" Absolutely you don't. Where does it come from? Where do the bacteria come from? They come from your hands. They come from the cabbage. They're all in there. The layers of the cabbage, there's going to be bacteria. Just like bacteria grow all over your skin. There's going to be bacteria growing on the cabbage as well. You just create the right environment and they'll proliferate.

Let's see. I think ... What other questions do we get a lot?

Dr. Keesha Ewers: So kefir, you can actually harvest the grains again. You don't have to keep buying the culture. The SCOBYs. How do you do that?

Summer Bock: You basically would take the milk of the kefir, you have the grains floating around there somewhere. In whole milk it's a little bit harder to get them out because sometimes you can't tell what's a kefir grain and what's not. I would say put them through a really fine mesh strainer. They make nylon ones that are very, very fine. That work very well for this process. You just strain them through. Honestly it's okay to disturb them, and push everything through. They can actually handle you being firm with them. You don't have to be super delicate. Once you have them straightened out, you plop them into a fresh jar, add more milk, and you're good to go for the next round.

Dr. Keesha Ewers: Yeah. How much should be harvested to make a good batch?

Summer Bock: How much of the kefir grains?

I recommend you want to start out with at least a tablespoon or so per quart. You can do that just fine. Over time they keep replicating. They keep growing.

Dr. Keesha Ewers: Right.

Summer Bock: If you get too much, it will ferment in a few hours, and after the 24-hour mark it's just way past. You have to keep your ratios pretty good. Once you get up there to like three tablespoons in a quart you probably want to start backing down and giving it to a friend.

- Dr. Keesha Ewers: That's like the old sourdough starter, right?
- Summer Bock: Exactly. That's the thing about ferments like that. Same with kombucha mothers. You can end up with more than what to do with them. People started making clothing out of it.
- Dr. Keesha Ewers: Yeah. All right, what are some other things that people can do that they can ferment? Because I just talked about sourdough actually.
- Summer Bock: Yes, sourdough is a great one. Also there's an Ethiopian version of that called injera. It's like sourdough but it's made with [tempf 00:33:28] which is gluten-free and is the smallest grain in the world. Very high in iron and actually the process of fermenting it makes it even higher in iron. So for people, for women especially, who struggle with iron-deficiency, anemia ... [Tempf 00:33:42], making injera is a great thing. You ferment it and then you basically make a pancake. You use that pancake as your silverware. That's what you scoop up the food with, and eat with.
- There's idli. Idlis are made with legumes and rice. It's dahl.
- Dr. Keesha Ewers: Yeah that's an Indian one.
- Summer Bock: Yup.
- Dr. Keesha Ewers: Yeah.
- Summer Bock: Amazing. Delicious. They're little, basically kind of fluffy beany biscuits. I don't know how to describe it but they're delicious. They're often eaten with soup. It's just another way of making something more digestible.
- Miso is a huge favorite of mine. Making miso ... You've never tasted miso until you've made it at home and eaten it. It is delicious, and you can ferment miso up to nine years. It's the longest I've heard of people fermenting. I bet you can go longer after nine years, you're like "I have to eat this." How are you going to wait longer than that?
- Dr. Keesha Ewers: I don't even know how you would wait that long actually.
- Summer Bock: You would have to make nine jars a year.
- Dr. Keesha Ewers: Yeah.
- Summer Bock: If you have that one you're always sticking in the bag and one of these have not been touched.

Miso is made with soybeans and a starter culture. It's basically ... Or you can use any kind of beans. I've used all kinds of beans. It's delicious. There's some really interesting healing qualities of miso. It's very alkalizing for the body. It has a lot of minerals. It's a great protein source. It's very assimilable which is wonderful for people who suffer from celiac, people who suffer with digestive issues. To bring in a protein source they can actually absorb and digest is tremendous, that their ability to feel full and satiated with a protein you can actually absorb.

There's this interesting quality about miso where it actually produces melanin. Over time it's producing melanin. It gets darker and darker the longer it ages. That's supposed to have some really unique qualities to it as well. There's amazing organic acids that are produced throughout miso. The fact that you can stick beans in a crock and let them sit for nine years and they don't rot, right?

Dr. Keesha Ewers: Yeah.

Summer Bock: What you have at the end is a very balanced, stable ecosystem. All the acids are in there, and all everything that's been produced is preventing pathogenic organisms from growing. That's the kind of stuff you want to be putting into your body from time to time because that is teaching your body how to setup an ecosystem that also is really strong against pathogenic organisms.

Dr. Keesha Ewers: With that, then you're not going to need to add a culture to it. It's the same as fermenting the vegetables.

Summer Bock: No, you add a culture with miso. Absolutely.

Dr. Keesha Ewers: So it's not the same as the apples on the sidewalk?

Summer Bock: It isn't the same as apples on the sidewalk. That's a good question. I think the apple on the ... Apple seeds on the sidewalk is like throwing probiotic pills just right into your [inaudible 00:36:51] expecting them to grow when you don't have the right nutrients. Fermented foods are actually the perfect metaphor for our intestines.

Dr. Keesha Ewers: Right.

Summer Bock: Let's think of it that way where if you take the starter culture for miso, which is this mold that has been collected naturally ... It was collected naturally and now it's continued to be shared and replicated. This mold is now added but we're not throwing these spores on the sidewalk. We're putting it in this environment that's perfect for it.

Dr. Keesha Ewers: Oh okay. I've never tried miso so I want to try to make it. That's why I was asking you.

Summer Bock: Yeah you would love it. The spores are called koji which koji actually translates to mean 'moldy grain'.

Dr. Keesha Ewers: Lovely. So I can just get those online?

Summer Bock: You can. Yup.

Dr. Keesha Ewers: I'm going to do it. I'm going to check back in with you, Summer.

Summer Bock: Absolutely. Miso is a little bit harder. There's more steps. Miso is the one, I always tell my fermentationists, this is the hardest one that we're going to deal with here because there's so many little steps. You've never made a ferment like that before.

Dr. Keesha Ewers: Yeah.

Summer Bock: Most ferments are, "Plop. Plop. Done."

Dr. Keesha Ewers: Right. So those are the ones I've done. I've done the kefir. I've done the vegetables. Maybe it's time to get a graduate-level one.

Summer Bock: That's a tough one. I think of miso as the more advanced ferment for sure.

Dr. Keesha Ewers: Yeah.

Summer Bock: That's great. Some of my other favorites are vinegars. I love making vinegar. Vinegar is made very similarly to kombucha. It has a similar looking SCOBY. Sometimes people call them mothers. Sometimes they call them babies. Baby mama, that's what we like to call them. You use this SCOBY and you plop that down into wine or hard apple cider and you can actually make vinegar out of these. I have a huge container of red wine vinegar that I made with SCOBY, it's all growing throughout it. It's delicious. It's like nothing you can buy in the store tastes that good.

Dr. Keesha Ewers: Wow.

Summer Bock: We just put our [dregs 00:39:03] ... I don't really drink much but my boyfriend, if he opens a bottle of wine and drinks a couple of glasses a few days later there is still a bottle of wine that he's not going to finish, I just go dump it in. It keeps feeding my vinegar, and it's delicious.

Dr. Keesha Ewers: Nice.

Summer Bock: It's like finally a solution for what to do with that wine. Like it was so wasteful throwing it down the drain.

- Dr. Keesha Ewers: I don't drink but I'd do the apple cider, trying to make my own apple cider vinegar. That'd be interesting.
- Summer Bock: Apple cider, you can make apple cider vinegar from straight cider. You can juice apples and make ...
- Dr. Keesha Ewers: That's what I'm thinking.
- Summer Bock: That's another more advanced one, it's challenging.
- Dr. Keesha Ewers: Of course. I have to always bite off the ones [crosstalk 00:39:51].
- Summer Bock: It's great. It's a really really cool ferment. It's really neat when you go to this level where you realize how much you don't know about something. That's the world of fermentation, you dwell in and you're like "I'm just going to learn it all." Then you're like "Oh okay." There's a lot to learn in this realm and that's why a lot of people, you'll see, they'll find a few ferments they stick to and get really good at that. That again is going to align back to my advice and recommendations for people around their health.
- I used to be really like okay, you need microbial diversity, you should eat all the different ferments, you should get as many as you can in your system all the time. I have simplified that a little bit as I've been on this journey of many years now. This is just from watching people, this is not a scientific study, I didn't read this anywhere, but from what I'm noticed is that people tend to do better when they only have a couple ferments in their diet. When they're trying to hard to get a variety it tends to reek a little more havoc. Especially people I know who just do like I just use sauerkraut or I just do kefir. They have the certain amount we have everyday during one of their meals of the day, they tend to have a more stable environment because now every time you add bacteria into you intestines you're adding a whole new community of organisms and saying hey guys, live here.
- You switch it up all the time and you're like, hey guys, try to live here. You ideal situation for a healthy guy is to have an established strong thriving balanced eco-system. It's going to shift overtime. You don't want to be throwing all these bacteria on and off every other day.
- Dr. Keesha Ewers: For people that understand Bob [Browntree 00:41:33], one time I listened to a lecture by him and he was saying you want your microbes in your gut to be like the really kind person that goes into the bar and says "Hey everybody, drinks are on me." Instead of the guy that goes in and is a bully and is starting to beat everybody up, it's actually an immune system that's too hypervigilant which is exactly, your gut has everything to do with your immune system and how it's going to behave. When we talk about this we do want to have an ecosystem

where everybody is playing together nicely. If you think about this, if you keep adding new people into that or having to get to know each other constantly, it's always in the state of I'm just trying to get to know you instead of community.

That's a great point that actually I've never heard before and I think it's really relevant for people to do this very slowly. As you've already heard I was the one that did everything first and then said this doesn't work, I don't feel good. Also backed off and just do a couple things already but I'd like to expand and try a couple of things but apparently they're graduate level. I'm just going to have to take your course. Talk about your course.

Summer Bock: I teach the fermentation and certification program. It grows, it keeps growing. We have 12, maybe 13 modules at this point. We teach all the different ferments that I've talked about today. How to. There's how to videos, there's audios, there's written material, step by step. I think one of the special parts about this program is that I created these handbooks and a handbook has all this information about what kinds of probiotics are in each one, what kind of bacteria and yeasts, maybe the not probiotic ones. It talks about what are the health benefits and every single thing in this entire handbook is cited.

You can go back through and you can read through the bibliography, you can actually click on all the links on the bibliography and go down rabbit hole after rabbit hole after rabbit hole reading all these studies and looking at all the really cool information that is out there that we do know about these ferments. There's a lot we don't know about the human gut microbiome because it's a very complex system and it's very brand new in terms of science, we just don't know enough about it.

Dr. Keesha Ewers: Ayurveda knew those stuff 5, 10000 years ago. A lot of the traditional cultures knew this and I think it's exciting that we're finally catching up in terms of our knowledge about how this interacts with our genetic material so this is really an exciting time to be doing this.

Summer Bock: What's interesting to me is I like the science because I think it really informs us but I think you can't get bogged down by the science. We're behind, we'll stay behind if we try to look at the science. What I would do is I'd look at it, look what we do know. Apply that to what humans have been doing for a very long time [crosstalk 00:44:32] and why have we evolved this way. We've been eating these foods that have micro-organisms in them and we've been involved with bacteria in our gut for a very, very long ... We would not be here without them. We would not be alive and the people who are the sickest that I've talked to are the people who have suffered from anti-biotic abuse, who have taken it so many times that they can't [get 00:44:53] their guy back.

Dr. Keesha Ewers: It's me. Childhood, struck out.

We are running out of time. I just want to make sure to let our listeners or viewers know that your information of how to contact you and your free gift that you're offering is on your speaker's area of the website and there is this fermentation certification program available and that people can find you through that link so thank you so much Summer for spending this time teaching us about how important this is for us.

Summer Bock: You're welcome. Thank you so much for putting this on. This is such a valuable resource for people and I know they're going to be able to utilize it forever.

Dr. Keesha Ewers: Thank you, thanks.

How did we do?



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