HEALTHY TIPS

Use this Ancient anti-Inflammatory Recipe & Boost Your Gut Health

By bestfolkmedicine · 19/04/2019 · 2 min read



Have you heard about kimchi? Do you consume it on a regular basis? This delicious, probiotic-rich food has long been a staple in Korean cuisine. The original recipe is made with cabbage, red peppers, scallions, garlic, onions, and salt.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Without doubt, following a diet rich in probiotics, present in fermented foods like kimchi, is key to a healthy gut and a healthy gut is the basis of our overall health. Before we go on to show you the recipe in detail, let us learn a bit more about kimchi.

Why Is Kimchi Good for You?

According to numerous studies, kimchi is abundant in medicinal properties and does not only heal the gut, but it also averts nutrient deficiency and obesity, betters the protein digestion, alleviates constipation, strengthens the immunity, and prevents tooth decay.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });
What's more, it will cleanse your kidneys, liver, and small intestine and also lower your risk of cancer. Its nutritional profile is indeed amazing. Check it out below:

- **Vitamin A**
- **Vitamin B6**
- **Vitamin C**
- **Vitamin E**
- **Vitamin K**
- **Riboflavin**
- **Thiamin**
- **Niacin**
- **Folate**
- **Pantothenic acid**
- **Magnesium**
- **Choline**
- **Calcium**
- **Phosphorus**
- **Potassium**
- **Zinc**
- **Sodium**
- **Manganese**
- **Copper**
- **Selenium**
- **Omega-3s**

- **Protein**
- **Fiber**

DIY Kimchi Recipe

*kimchi goes great with meat, salads

*kimchi can be consumed on its own or as a side dish

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
You will need the following ingredients:

- A medium-sized green cabbage, shredded
- A bunch of green onions, sliced
- A tbsp of ginger root, grated
- 3 garlic cloves, mashed
- A cup of carrots, shredded
- ¼ cup of kefir water
- ½ tsp of red chili pepper powder
- ½ tbsp of sea salt

Preparation: In a bigger bowl, put all of the ingredients and cover the bowl. Wait for 30 minutes before you use a potato masher to mix the ingredients well. Make the content juicy and then transfer it to a jar.

In the jar, press the ingredients in order for the liquid to come up. Make sure you leave an inch of space between the liquid and the lid. Close the jar well and leave it aside for 3 to 7 days. Store it in the fridge.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
Afterwards, the kimchi is ready for consumption. Once you open up the jar, store it in the fridge. Enjoy!

Sources:

HEALTHY FOOD HOUSE

WAY TO STEEL HEALTH

Read online: https://bestfolkmedicine.com/2019/04/use-this-ancient-anti-inflammatory-recipe-boost-your-gut-health/

Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.