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A CONVERSATION OF HOPE

WITH HOST

Teri Arranga



Autism One Radio

Autism One: A Conversation of Hope Archives Available July 03rd 2012: Family Friendly Fermented Vegetables

Live fermented vegetables are rich in friendly bacteria (probiotics) and active enzymes, which can help to improve the digestion process and to stimulate the production of beneficial intestinal flora. Guest host, Betsy Hicks, author of Picky Eating Solutions, interviews Simon Gorman of (www.wisechoicemarket.com) to discuss the history of fermented vegetables, techniques for making them family friendly, and the increased availability of fermented products nation-wide.



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