Fermented Cabbage for Varices and Liver Health

February 10, 2015 By Karen Hoyt

Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, and liver cancer. This excerpt first appeared on Karen's I Help C blog, January 14, 2015

There is a jar of rotting cabbage sitting in my little back porch. If guests were to see the pale mixture, they might assume that a mad scientist had taken up residence at the farm. See, the lid has a small hole in the top where a test tube looking thingamabob is placed to allow air to escape. To me, it represents health and doesn't even closely resemble brains, even if my granddaughters think so. I've made fermented cabbage for varices and liver health part of my liver loving diet.

Yes, dear friends - I will have you know that fermented cabbage is actually good for you! I've always loved sour Kraut and have missed it since going on a low sodium diet. I didn't even know that it was packed with probiotics!

After my TACE chemo, I ran away to Julie's (my loving, earthy, spiritual Goddess, cousin, friend) Sedona, Arizona was just the place for healing. I was a large heap of pain and in deep need of girlfriend time. My first full day in town we ended up at Tlaquepaque near Oak Creek. While strolling through the farmers market, I happened upon a display of empty jars. Sitting behind the table was a man who had no idea what he was getting into when he asked how he could help me.

I answered him by giving a short history of liver disease in general, and esophageal varices in particular. We introduced ourselves and within minutes, he convinced me that I was a candidate to learn the process of fermenting food for the probiotic effects. Yessiree! Step right up and hear about the goodness of natural probiotics for stomach and esophageal varices. **I had found some interesting research about probiotics for hepatic encephalopathy (HE) and was ready to hear more!**

I know what most of you are thinking: Aren't probiotics sold in capsules in the refrigerator section of a health food store? Who in the heck would take a head of cabbage and make it go sour? On purpose.

To read this entire blog entry and learn more about Karen's fermentation adventures, click on IHelpC.com

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