

Body Ecology Diet, Maria Hunt

BENEFITS OF YOUNG COCONUT KEFIR (YCK)

- Stops cravings for sugar and starchy carbohydrates
- Assists in digestion of all foods
- Helps to tone the intestines
- Cleanses the liver - easing aches and joint pains, improving vision and enhances a clearer complexion
- Contains high levels of valuable minerals, explaining why the hair, skin and nails may become stronger and shinier
- Helps extract minerals from food, and so preventing mineral deficiencies
- Produces essential vitamins including all B vitamins and vitamin K
- Helps to deal with abnormal serotonin levels
- Increases energy and gives you an overall feeling of good health
- Assists in re-building immunity, fighting off pathogenic microbes
- Helps to prevent severe intestinal dysbiosis
- Eliminates mercury, helping us to detoxify
- Assists in healing chronic and acute bowel dysbiosis
- Strengthens the adrenals
- Conquers the systemic fungal and viral infections

Reach Your Full Potential with Integrative Healthcare™

www.mindd.org

MAKING YOUNG COCONUT KEFIR (YCK)

Ingredients:

- 4 Coconuts – young green and white
- 1 satchet *BED Kefir or *BED Culture starter

Method:

1. Stand the coconut upright and place 2 holes next to each other into the top side of the coconut, using a screw driver and mallet
2. Apply extra pressure to drive through any hard knots in the coconut. Poke down through the soft region, creating a hole in the coconut shell
3. Set the coconut down into a container, the "cone-shaped" head nestles firmly into the container and drains thoroughly. Widen the hole with a screw driver, so water can freely pour out
4. Next place a hole into the bottom of the coconut whilst it is in the container
5. Each coconut contains approx. 1½ cups of liquid. Open 3-4 coconuts to obtain approx.1½ litres
6. If water is pink, it is spoiled, please discard the whole coconut
7. Pour coconut water through strainer into sauce pan, and gently heat to 33° C (neutral feeling) take off the heat and avoid overheating
8. Add BED Kefir starter or BED Culture starter to the heated coconut water. The culture starter contains plantarum an anti-viral bacteria, and the kefir starter contains lactobacillus and beneficial yeast
9. Pour into 1.5 litre air tight jar and place lid on and gently shake
10. Keep jar at room temperature 22°C (if room is colder, place jar in insulated storage) away from direct sunlight
11. Kefir is ready in 36 hours (may vary with temperature)
12. Once fermented, all sugar will disappear and coconut water will appear cloudy and lighter in colour. Similar to a fizzy, sour, champagne-type drink. Once fermented place in refrigeration. Stored correctly, YCK will keep up to 2 weeks in refrigeration

Reach Your Full Potential with Integrative Healthcare™

www.mindd.org

13. Add ginger, stevia, lemon, and/or lime if desired. Work up to ½ cup with each meal

Special Note: Use ¼ cup of first batch to "transfer" the beneficial bacteria to the next batch of Kefir. Repeat up to seven times with one packet of starter. During winter, warm the liquid to approx. 33° C before adding the starter. Then place the glass jar into an insulated container to maintain 22° C while fermenting.

* All BED products can be obtained from Maria Hunt - Business Mobile 0431 323 979

BENEFITS OF CULTURED VEGETABLES (CV's)

- Great 'fast food' – 8 months shelf life
- Helps to establish and lay down the foundation for the inner ecosystem
- Calorie dense food, small amount provides tremendous nutrition
- Provides more nutrients when fermented – x 100 fold
- Increases the ability to absorb nutrients in your foods
- Act as Alchemists – the microflora change other minerals i.e. magnesium and silica into calcium if it is lacking in the meal
- Reduces damage from sugar
- Controls cravings for carbohydrates and sugar
- Assists the body in detoxifying – the microflora will attack toxins, combat parasites and restore the acid/alkaline balance of the intestines
- CV's are pre-digested, as the beneficial bacteria have converted natural sugars and starches in the vegetables into lactic acid
- By consuming CV's the body maintains its own enzyme reserve and uses it to eliminate toxins, rejuvenate cells, and strengthen the immune system – which promotes a longer healthier life
- CV's are ideal for pregnant and nursing women. Ensuring their ecosystems are rich in friendly bacteria. CV's help alleviate morning sickness. Liquid from the CV's can be fed to babies in small amounts to relieve colic
- CV's are alkaline and very cleansing. If the body is toxic and acidic, the CV's helps to restore balance. May experience gas and bloating, as waste and toxins are removed

Reach Your Full Potential with Integrative Healthcare™

www.mindd.org

from intestinal tract. Stools will improve and you can use colonics and enemas to aid in elimination

- Aids in the process of manufacturing serotonin in the gut
- The microflora provide B vitamins to the gut, which assist in creating energy and enhancing brain health

Friendly bacteria naturally present in the vegetables quickly lower the pH, making a more acidic environment so the bacteria can reproduce, converting the sugars and starches to lactic acid, a natural preservative, which inhibits the growth of pathogenic bacteria and preserves the vegetables in a near-perfect state. The vegetables become soft, delicious and little 'pickled.'

CULTURED VEGETABLES by Maria Hunt

Ingredients:

400 g Red and/or White Cabbage
200 g Granny Smith Apples
250 g Carrots
30 g Raspberries (frozen or fresh)
Small knob Ginger fresh
1 small clove Garlic fresh
½ teaspoon Honey
1 teaspoon Sea Salt
½ sachet *BED Kefir or Culture starter
½ teaspoon *BED Eco Bloom
400 mls *BED Passionfruit Biotic (sufficient to cover all ingredients)

Method:

1. Sterilize all utensils in boiling water
2. Thoroughly wash all ingredients
3. To make starter mixer: mix honey, BED Kefir or BED Culture starter, BED Eco Bloom, in ½ cup of luke warm water and place to the side for approx. 20 mins
4. Shred in food processor – carrots, apples and cabbage
5. Peel and chop garlic and ginger

Reach Your Full Potential with Integrative Healthcare™

www.mindd.org

6. Add raspberries, starter mixture and mix all ingredients together
7. In layers - Place the first layer of ingredients into the bottom of a sterile 1 litre air tight jar. Pour sufficient Passionfruit Biotic to cover, press liquid into the ingredients. Repeat layer by layer until the entire mixture is used, let the liquid seep into the mixture, making sure the liquid covers all ingredients. Leave 3cm space from the top. Firmly place lid on jar and place jar on tray to catch any overflow of juices during fermentation process
8. Keep jar at room temperature 22°C (if room is colder, place jar in insulated storage) away from direct sunlight (leave 3-5 days if prefer crunchy texture or 10 days for softer texture)
9. Once fermented place in refrigeration. Stored correctly, cultured vegetables will keep up to 5 months in refrigeration
10. After opening the jar, to keep the ingredients moist, Passionfruit Biotic can be added at regular intervals
 - All BED products can be obtained from Maria Hunt - Business Mobile 0431 323 979

MARIA HUNT
AUSTRALIAN CO-ORDINATOR &
SENIOR BODY ECOLOGY ADVISOR
bodyecology@mariahunt.com.au

Surgery
79 Silver Street
MARRICKVILLE NSW 2204
Ph: 0431 323 979 Monday- Friday