Sauerkraut is a German word that simply means sour white cabbage. Lacto-fermented cabbage has a long history of providing benefits for many different health conditions and now it is proving to be beneficial for cancer. The stomach and its acid secretion may seemingly be unrelated to bladder health but as a matter of fact stomach acid plays an important role in overall health as a first line of defense for our immune system in protein digestion and nutrient absorption. Many may think of stomach acid in relation to heartburn, GERD. What causes obesity? Growth of candida in the digestive tract has a number of unpleasant effects and it may even be what causes obesity in many people. There is a strong association between obesity and a number of skin problems including candidiasis. This isn't a coincidence. IBS is a functional disorder of the gastrointestinal tract that covers a broad scope of symptoms. IBS is often what doctors diagnose when they don't know what else to call someone's irregular bowel habits that don't involve a structural component. If you have inconsistencies with your daily bowel movements along with gut pain or discomfort, especially stomach pain after eating, you may have come to.
Sauerkraut Wikipedia
April 19th, 2019 - Sauerkraut is finely cut raw cabbage that has been fermented by various lactic acid bacteria. It has a long shelf life and a distinctive sour flavor both of which result from the lactic acid formed when the bacteria ferment the sugars in the cabbage leaves.

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