

The Gut Academy; Healing the world, One Gut at a Time

For Love of Fermenting



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FOR LOVE OF FERMENTING

Lynnie Stein is eager to keep sharing her knowledge of all thing's fermentation. What has been a lifelong habit for her is catching the wider public's attention.

Fermented food has only recently become a hot health topic but for Lynnie Stein, it has been a way of life for many decades.

As a child she would help grandparents ferment food. Today, her teenage son, Thierry, has continued the tradition.

She remembers the children at school turning up their noses when she opened her lunch box filled with fermented goodness.

"Those children sniggering about the smell of my food didn't impact me too much because fermented food was a way of life at my grandparents' home," she says.

"I would help my grandmother pick and ferment many of the urban farm's vegetables. I loved the process of it then and I love the process of it now.

"I grew up with grandparents who grew their own produce. We picked it and we fermented it, so we had it when it was not in season. That is basically how I grew up. You did not waste anything.

We had our own goats; we made our own fermented cheese and butter."

Lynnie says it has only been in the past 5 to 10 years that fermentation has grown in popularity.

"You'd have to be living under a rock if you haven't heard about the benefits of good-gut bacteria and the role fermented food plays in that," Lynnie says.

"I was into fermentation before it became popular. I knew the benefits would become widely known, and now it has. That's a great thing."

Fermentation is often said to be as old as human history and proponents of fermentation say it is an easy way to add beneficial bacteria and other organisms to the gut to promote a healthy gut microbiome.

Common fermented foods include kimchi, sauerkraut, kefir, tempeh and kombucha.

Probiotic-rich foods, such as fermented products, can reduce the symptoms of numerous conditions such as depression, urinary tract infection, hormonal disorders, respiratory health issues, gingivitis, skin disorders, obesity, and kidney and liver function. Lynnie has shared her knowledge about fermenting for many decades.

"Probiotics is not a trend, it is a way of life. it's not about taking a supplement it is about overall health borne out of consuming fermented food, preferably organic," she says. Sour food, like properly fermented sauerkraut, is often lacking in many people's diets. "What I worry about with the renewed interest in fermentation is that people are consuming way too much of it. You only need a small amount of it. "People need to start really small and increase the amount they consume over time. Lynnie says sauerkraut should be made as close to nature as possible. "If you make it yourself, you know exactly what is going in there. It is a very simple process. "Lynnie has been hosting workshops and educational appearances for many years. In recent times founded The Gut Academy. An online fermenting experience. "I cover everything from how to make sauerkraut, kimchi, and many other vegetables and fruit and kombucha," she says.

"I love my milk kefir. My cultures come from Russia. I visited Mongolia in the 70s and it has travelled with me. "When we lost our home in floods, the first thing I took out of the house was my cultures.

"I didn't worry about other sentimental items such as photos or paintings. I took my milk kefir. I have shared my milk kefir with thousands of people over the years."

Lynnie says she is passionate about sharing her knowledge about the benefits of fermentation.

"I have enjoyed decades of good health, became a late in life mother, because of consuming fermented food," she says.

"Sharing my knowledge and love of fermentation is important to me."

For more information, please visit lynniestein.com

[About lynniestein.com](http://lynniestein.com):

Lynnie Stein created The Gut Academy in a mind of putting deep love, gratitude, positive intentions, and the best of vegetables one can find, in a jar.

How to ferment + group. It is an experience!

<https://discover.thegutacademy.com/10-for-10/>

Contact Information:

Lynette Stein

61 0407168776

thegutacademy@gmail.com

<https://discover.thegutacademy.com/join-ferment-group/>

<https://www.youtube.com/channel/UCiBPFuazQhLrCXEtApiSJiA>

<https://www.instagram.com/lynniestein/>

<https://www.facebook.com/fermentingforlife>

LIFE happens in the Fermenting Kitchen!!



Media Contact

the gut academy

thegutacademy@gmail.com

+61 0407168776

102 Cypress Drive Annandale 4814

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