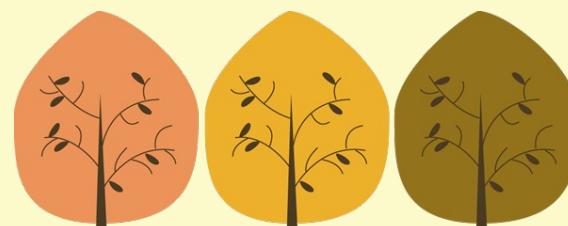




**A Healthy Horizon Newsletter**  
*get well... stay well... live long, happy and healthy!*  
<http://www.aHealthyHorizon.com> (406) 268-8480  
**Open Tuesday-Friday Hours: 9:00 am-5:30 pm**

**We offer curbside and shipping services**  
**~\*~Call to place an order!~\*~**



## **SEPTEMBER**

**September Topics:**  
**Introduction to Fermentation**  
**Delicious Fermented Recipes**  
**The Benefits of Fermented Foods**  
**Falls Basics for Immunity**

**Introduction to Fermentation**



Did you know that fermentation is one of the most ancient forms of food preservation? But more importantly, fermented foods are incredibly good for us! They includes many health benefits and good-for-you bacteria.

Fermentation is achieved without using heat. This allows your gut to enjoy the goodness of these raw super-charged food. The beneficial microbes that exist in fermented foods provide the basic building blocks needed to promote a healthier digestive tract and immune system.

A huge benefit of consuming these foods is they naturally increase your probiotic count. You may have heard that it's important to get good levels of probiotics into your daily diet. It has been shown that doing so can change the overall levels of the probiotic population in your gut in as little as 20 days! So...why not try some simple ferments at home?

### **Home fermentation can be VERY easy!**

For instance, you can ferment many of your condiments. Simply mix around 4 tablespoons of liquid whey (this is the liquid in your yogurt container\*) into any ketchup, mayonnaise, or mustard and leave on your counter at room temperature for up to 2 days. Remember, fermentation PRESERVES food..it won't go bad on the counter. After 2 days, put into the refrigerator

and enjoy as normal. While on the counter, the whey will culture the product, adding very beneficial, gut-nourishing bacteria to your diet.

Better yet, making your own condiments will help you avoid extra sugars and chemicals ...Then ferment as described above and you have a very **HEALTHY** condiment! At A Healthy Horizon, we have recipes for condiments that are super easy ..for many, you just mix up the ingredients in a jar! Click the link below for our healthy ketchup recipe. Once cooled to room temperature, just add whey as instructed above.

### [Keto Ketchup](#)

Condiments are just one of MANY examples of foods that can be cultured. Once you see how easy fermentation can be, try some of these ideas:

Fermented applesauce, kombucha, sauerkraut, water kefir, coconut kefir, kimchi, beets, pickles, turnips, carrots, peppers, garlic, salsa, mustard, mayo, condiments, or chutneys

\*If you need more whey, strain the yogurt through a cheese cloth for a few hours. Return the yogurt to the container and use the whey in your recipe.

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## Recipes of the Month

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The following recipes range from super simple to slightly advanced, allowing you to experiment at the level you choose. We start with a 'pickled' recipe, which includes a couple of the same principles used in fermenting. A GREAT starter recipe!

Click on the links below to view these recipes.

Want more healthy and delicious (or more advanced fermented) recipes? Visit our recipe wall where we have many, many more fermented recipes to try.



### [Pickled Onions](#)

This is a very easy, delicious recipe for all onion lovers!



### ["Crunchy" Carrot Sticks](#)

EASY to make and ferment, inexpensive, kids (and adults) love them. Win/win/win!



### [Sourdough Pancakes](#)

Just in time for back-to-school breakfast! Freeze the extras then pop them in the toaster for a speedy, healthy breakfast.

## The Amazing Health Benefits of Fermented & Cultured Foods



### The benefits of consuming fermented foods:

- Improves or eliminates gastrointestinal issues by creating a protective lining in the intestines
- Improves nutrient and vitamin absorption
- Strengthens immune system function by inhibiting growth of "bad" bacteria that makes us sick
- Provides probiotics to support the digestive system
- Increases movement to the bowels, reducing constipation
- Protects against bone loss
- Helps absorb more nutrients from the food eaten
- Helps lower (TC) Total Cholesterol

- Budget friendly; foods can be fermented easily
- Acidifies the digestive system and balances stomach acid from the lactic acid producing bacteria in fermented foods
- Benefits people with diabetes; pancreatic function improves, and the carbohydrates in fermented foods are broken down (pre-digested). Therefore, the body senses less carbohydrates and lower blood glucose is obtained.



### **Cultured Dairy Products**

Many foods can be cultured and big one is dairy!

"Research has shown that regular consumption of cultured dairy products

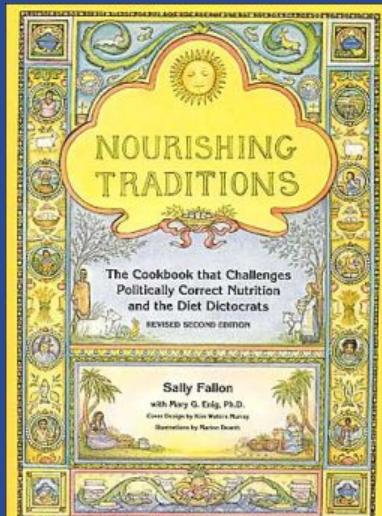
lowers cholesterol and protects against bone loss...."

*Nourishing Traditions*, p. 81.

Intrigued? Cultured dairy products have the same health benefits as other ferments, PLUS a few more benefits that are unique to dairy!

**Come check out the *Nourishing Traditions* article on cultured dairy products to learn more about the marvelous benefits of cultured dairy products!**

### **Nourishing Traditions** by Sally Fallon Morell



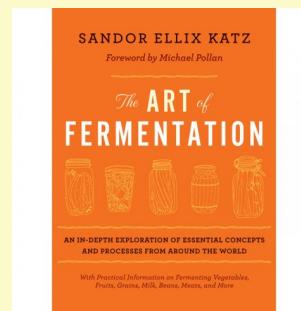
Do you want to know more about fermentation?

***Nourishing Traditions*** is a really great place to start. This is not just a cookbook! With this book you get the easy-to-understand explanation you need to start home-ferments, cultured dairy (and MUCH more). There

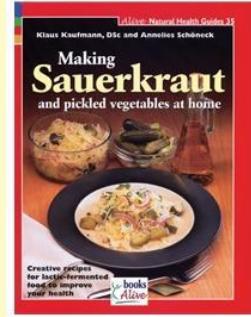
are many recipes from easy to advanced. Lots of other information, too. Come visit our library to purchase this helpful book.

## FEATURED BOOKS

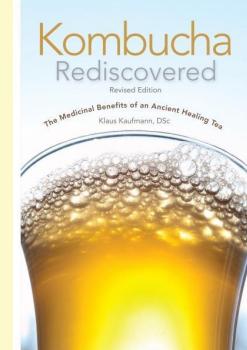
The following featured books are titles you'll want to look for as you learn more about fermentation:



*The Art of  
Fermentation*  
Sandor Katz



*Making Sauerkraut*  
Klaus Kaufmann



*Kombucha  
Rediscovered*  
Klaus Kaufmann



Come check out our brochure on "Basic Essentials in the Kitchen" to learn about the top 10 toxins lurking in our food supply, garbage in fancy packages, and a few basic recipes for the "Nourishing Traditions" kitchen.

# Nourishing Cultures Kombucha

Another great ferment to add to  
increase the probiotics in your gut!



## Nourishing Cultures Small Batch Kombucha

Made with Love in  
Missoula, Montana

Have you tried our probiotic rich, fermented healthy soda alternative, yet?

If not, come on by!

Kombucha has been associated with the following health benefits:

- Stimulates the psyche
- Contains B-vitamins
- Strengthens the immune system
- Detoxifies the body
- Increases digestion efficiency.

We have several delicious rotating flavors weekly!

**Find out more about Nourishing Cultures here:**

Nourishing  
Cultures.com

## Gold Mine Organic Raw Sauerkraut

Gold Mine Organic Raw Sauerkraut is not only raw but also unpasteurized, abundant in friendly, living microorganisms- a powerful aid to digestion and assimilation. Handmade in small batches and aged in special ceramic crocks that allow it to foster the growth of friendly flora in a safe environment.

Come check it out... and try each flavor!



Purple Kraut



Garlic Kraut



Regular Kraut

## Gold Mine Organic Raw Kimchi

Also try the fresh kimchi. It is also raw, naturally fermented without fish sauce, shrimp, sugar and preservatives commonly found in commercial kimchi. Not only high in fiber and rich in vitamins, it is also full of healthy probiotic bacteria that aids digestion. Also made in small batches, aged in ceramic crocks.



## Fermented Living Herbs



Certified organic fermented herbs and botanicals are raw, living whole food extracts that allow the human body to obtain plant nutrients the way nature intended.

The herbs are called "living" because they have been fermented. Fermentation allows the plant, and its host of benefits to survive, providing you with a product that is rich in

healing minerals, vitamins and nutrients. In addition, fermentation enhances plants with probiotics, enzymes and antioxidants that all work to ward off illness and promote a healthy intestinal tract. They gently soothe your body when you are sick, helping to heal you from the inside out.

Although Living Echinacea and Living Oregano are pictured above, a variety of living herbs are available allowing you to find the perfect match for your specific health needs.



**Prepare for cold and flu season...**

**Click the document link below to learn what supplements to take to support your GI health and maintain optimal immunity through the season!**

**Supplements listed in the link are available for purchase at A Healthy Horizon.**

[Fall Basics for Immunity](#)

## **High Quality Hemp-Derived Products**



### **Real Scientific Hemp Oil (RSHO)**

- All-Natural, hemp derived, Organic CBD
- Hybrid Nano-Engineering Technology
- Cold-pressed oil using CO<sub>2</sub> extraction
- No solvents or harmful chemicals
- Triple-tested for purity

RSHO is proud to offer the finest, most consistent, 100% natural hemp CBD oil in the world!

Learn more about RSHO here:

[RSHO.com](http://RSHO.com)



### **Elixinol**

Another superior, all-natural CBD oil!

Rigorous double-testing assures there is no contamination, heavy metals, or pesticides in this oil. Testing also assures a unique terpene profile.

Elixinol also provides full transparency so you can be assured of what you're buying at any given time.

Learn more about Elixinol here:

[Elixinol.com](http://Elixinol.com)



At BSX, we strive to deliver products and services that are based on peer reviewed science. There are generally three different types of products that we produce here.

**Winterized crude**  
**Full Spectrum Distillate**  
**CBD Isolate**

<https://bigskyextracts.com/>



This delectable gummy is perfect for night time relaxing. Each gummy has 50 mg CBD, 25 mg CBN, chamomile and natural cherry flavoring to help you relax after a hard day. These gummies will make peaceful slumber on a hard day's night.

<https://mulecbd.com>

## September Sale Items!!

Save 10% on these items thru September!

All Gold Mine Sauerkrauts



Flavors include:

- Regular Sauerkraut
- Garlic Kraut
- Purple Kraut

In good health and love,  
Donna, Brittany, Charlie, Jaedon, Jamie,  
Melissa, Polly