

## Fermented Foods & Probiotics Guide

This information is gold. We have suffered major health issues as a result of NOT knowing and understanding this information. It's HIGHLY important for you to choose the strains of bacteria that you reseed your gut with WISELY. We developed severe histamine intolerances due to supplementing with the wrong strains of probiotic strains.

On this sheet, I will give you exactly which probiotics you should supplement with and which to avoid. I will also give you the fermented foods which are safe to consume on a regular basis and which should be consumed rarely or not at all.

### PROBIOTICS:

#### Best Probiotic Strains:

- Bifidobacterium Infantis
- Bifidobacterium Longum
- Lactobacillus Plantarum
- Soil Based Organisms (SBO Probiotics)
- B. Coagulans MTCC 5856
- Bifidobacterium infantis
- Lactobacillus gasseri
- Lactobacillus rhamnosus
- Bifidobacterium longum
- Lactobacillus plantarum
- Bifidobacterium breve
- Lactobacillus salivarius
- Bifidobacterium lactis
- Bifidobacterium Bifidum
- Lactobacillus reuteri

#### Dangerous Probiotics Strains: (STAY AWAY FROM)

- Lactobacillus Casei
- Lactobacillus Bulgaricus
- Lactobacillus bulgaricus
- Lactobacillus casei
- S. thermophilus
- Lactobacillus delbrueckii
- Bacillus Coagulans SL5

### FERMENTED FOODS:

#### Best Fermented Foods to Consume:

- Fermented Veggies cultured with Lactobacillus Plantarum (Avoid cultures that contain the dangerous probiotic strains)
- Amasi (a yogurt/kefir drink) by Beyond Organic

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### Fermented Foods to Consume Rarely:

- Yogurt (cow, goat, sheep)
- Kefir
- Kombucha
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