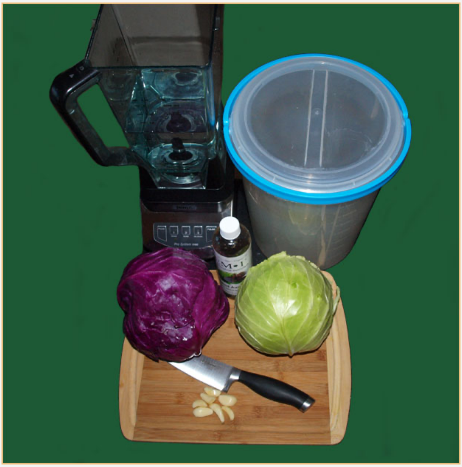
Eytons' Earth

How to Make Fermented Cabbage Juice – Natural Probiotics

June 19, 2013 eytonsearth 60 Comments



Supplies Needed to Make Fermented Cabbage Juice

Subscribe

Subscribe to get updates!

E-Mail

Subscribe

Blogroll

Earth Cures Blog

Eytons' Earth

Greenclays.com

Silvermedicine.org

Earth Cures Programs/Protocols

Earth Cures | Natural Medicine Discussion Forums

Pages

- About the Author
- Subscribe
- UnSubscribe
- View All Posts
- Visitor Map

Search...

Recent Posts

- A Comprehensive Beginner’s Guide to Using Edible Clay
- Hydrated Clay Gel – How to Make
- Himalayan & Bamboo Dragon Sole
- How to Make Liposomal Essential Oils at Home: Ultrasonic Method Tutorial

How to Make Fermented Cabbage Juice at Home

Updated 1/2/19

Supplies Needed

1. **A good blender** – As long as the blades turn and are capable of shredding cabbage, any ole' blender will do, no need for a Vitamix! :o)

2. **A fermentation container** – The container doesn't have to be fancy, but it will need to be covered, as fermenting cabbage juice is an anaerobic process (no oxygen). The container should hold about six liters, although one can easily adjust the amount of cabbage juice one desires to produce to 'fit the container'. **UPDATE**: You can use actual fermentation containers. Use about 2-3 medium sized cabbages in this 8 Liter container available via Amazon.com: Fermentation Container.

3. **Two heads of cabbage** – organic preferred. One may use red or green cabbage, or a combination of both (as will be explained below).

4. **1/2 bulb of fresh garlic** – Trust me, it makes the whole process better: Better fermentation, better tasting, and more nutritious!

6. **Good quality purified water** or high quality spring water… nothing antimicrobial.

Instructions: How to Ferment the Cabbage Juice

Step One:

To start, slice one head of cabbage into two, and set one half cabbage aside. To make it easier to fit into the blender, always chop up the cabbage into smaller pieces just prior to placing the cabbage into the blender. Each blender batch requires 1/2 head of cabbage. Therefore, one head of cabbage will require blending twice.

Chopped Red Cabbage

Begin by adding roughly one liter of water into the blender. Next, place 1/2 bulb of garlic into the blender. Then, add the chopped cabbage. You may have to partially blend some of the cabbage in order to fit the rest in. Once the full half head of cabbage is in the blender, blend on high for one full minute.

Step Two:

From the blender, pour the blended cabbage into the fermentation vessel.

Next, repeat step one for as many half-heads of cabbage as you'd like to make. We recommend making the equivalent of two full heads of cabbage juice per fermentation

Transdermal Magnesium Chloride Therapy – Food Grade Magnesium Chloride
How to Make a High Heat Medicinal Grade Cayenne Pepper Tincture

Who's Online

2 visitors online now

Map of Visitors

Categories

Alternative Medicine
Digestion – Colon Health
Healing Foods
herbal preperations
Natural Medicine
Uncategorized

Meta

Log in
Entries RSS
Comments RSS
WordPress.org

Earth Cures Blog Posts

SEPTEMBER 2021

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

« Jul

batch, which should be somewhere near six liters of blended cabbage and water. If there is a bit more or less water used, it is just fine.

Finally, once you've completed steps one and two, give the whole thing a few good stirs with a large spoon or stirring rod. This is especially important if you (optional) decide to add Effective Microorgansims, SCDs, or Kenetic Starter Culture. Adding your own microorganisms is one way to improve the quality of the probiotic blend.

Once completed, simply cover the fermentation vessel so that it is close to air tight. If you over-compress the lid, it, too much pressure might built up and the container may start to leak. If you place the lid on the container too loosely, this will result in too much air inside the container. Luckily, you don't have to get it perfect in order to make a high quality batch. There is plenty of room for forgiveness.

Leave the whole thing alone at room temperature (75 degrees F "ish") for three full days. If desired, you can ferment a bit longer, up to five days.

The last step in preperation is straining. Before use, you will need to strain the juice into clean containers with lids for refrigeration. One may use a metal strainer, or cheese cloth. The fewer the large fibers in the end cabbage juice, the better the taste.

Refrigerated fermented cabbage juice will easily last weeks. For best results, one half cup should be consumed with each meal. For individuals with very troubled digestive systems, one may wish to build up slowly. The greater the reaction upon starting cabbage juice (rumbling, gas, etc.), the more the cabbage juice is needed. Individuals who are able to stick with it through the adjustment period should have stabilized digestion in about six weeks of use.

Fermented cabbage juice should always be refrigerated and used within three weeks of fermentation.

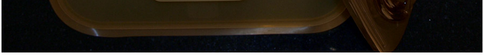
Images/Examples

Fermented Cabbage Juice – An example of Red Cabbage Juice

Red and Green Cabbage Juice made with EM's

Date:
Content:
e-jen premium
BPA free
DEHP free
Lead free
Fermentation & Storage Container for Kimchi, Sauerkraut and Pickles
Also great for storing salad greens, vegetables, bread, coffee beans, cereal, grains and leftovers

A Great Fermentation Container – Green Cabbage Juice



FAQ

Why the Green and Red Cabbage?

You can make fermented cabbage juice using only red cabbage, but the digestive healing effect will not be the same. The fermented brew will be more nutrient-dense, less probiotic dense, and have a sweeter, more potent taste.

You can make fermented cabbage juice with only green cabbage. It will have a much stronger smell, but a very light taste, and act as a very powerful probiotic drink.

Combining the two is fun and colorful, and one gets a mix of dense nutrients and powerful probiotic action. I encourage individuals to experiment with ratios to find a blend that best suits them.

For individuals who simply want the drink with the highest amount of probiotics, use green cabbage alone.

Why the Fresh Garlic?

As well as being super healthy and anti-pathogenic in its own right, the addition of raw garlic to the fermentation process will speed up the “destruction” of the “bad” microbes that naturally occur in the cabbage. While the lactobacteria will eventually dominate the common unhealthy microbes in the cabbage while fermenting, the garlic makes certain this occurs in the three-day time period.

Why do we use Effective Microorganisms / SCD?

We add about one ounce of Effective microorganisms to each brew. EM’s and lactobacteria are very compatible. While “effective microorganisms” are actually a self-sustaining ecosystem made up of several microbes, the sole purpose of the ecosystem is to preserve a very rare type of microbe called a photosynthetic microorganism. While not commonly used in the United States or the western world in health, in Japan, these amazing microbes have shown great promise for a myriad of health promoting uses. To give one example, these microorganisms eat what to us is waste products, and in return, they produce antioxidants. They are extremely resilient in anaerobic environments, and can out-compete most pathogenic organisms for food. They also feed on dead fungi. They make a perfect and harmonious addition to the fermented cabbage juice process.

When you cultivate these organisms on their own, they are a brilliant purple color, just a bit lighter in color than the purplish fermented cabbage juice image above. Any one interested should really obtain and read the book(s) of Dr. Higa.

Post Views: 56,490

Summary ⊖☆☆☆☆☆

Recipe Name	Fermented Cabbage Juice
Author Name	Jason R Eaton
Published On	2013-06-19
Preparation Time	20M
Cook Time	72H
Total Time	72H30M
Average Rating	★★★★☆ Based on **7** Review(s)

Digestion - Colon Health

← Previous
Fermented Cabbage Juice – A Natural, Effective Probiotic – Lactobacteria

Next →
Oligodynamic Silver: How I discovered the Power of Silver Ions & Colloidal Particles

60 thoughts on “How to Make Fermented Cabbage Juice – Natural Probiotics”

Erin says:
June 25, 2013 at 2:45 pm

Hi, Jason. I’m wondering if you can tell me what size bottle of the EM you use per batch? They sell several different sizes. Thanks for all your help!

Reply

eytonsearth says:
June 25, 2013 at 4:16 pm

Hi Erin, I use a CAPFUL of the EM mother culture:

Effective Microorganisms

Reply

Ashley says:
June 26, 2015 at 11:28 am

What is “capful” as tsp or other measurement? Thanks.

Reply

eytonsearth says:
June 26, 2015 at 3:10 pm

Hi Ashley:

…about one to two ounces is a very plentiful amount.

Reply

Erin says:
June 25, 2013 at 9:00 pm

One more question. It seems that some people think EM's are not safe:

http://www.teraganix.com/EM-1-Microbial-Inoculant-p/1000.htm

What do you think?

Reply

---

eytonsearth says:
June 26, 2013 at 12:55 am

Hi Erin:

You've linked to a page at Teraganix. I'm aware of the controversy surrounding over-using soil organisms in farming, but that is a completely different issue. If you'd like to post to a link to any controversy, I'd be glad to review it.

However, if you were to read Dr. Higa's books and come to an understanding about what EM's really are, you probably wouldn't be concerned.

Reply

Erin says:
June 26, 2013 at 4:19 am

Oh, whoops! Here it is:

http://curezone.com/forums/am.asp?i=1859953

It is mostly about farming, but at the end he talks about consuming it.

Reply

---

eytonsearth says:
June 26, 2013 at 3:01 pm

Hi Erin:

The observations of the individual posting about EM's is about the over-use of EM's for soil recovery.

The individual makes some good points, but is also quite paranoid. "I believe that one of the reasons we have seen the increase of Diseases around the world at the levels they have increase is proportionate to the use of Organic EM around the world."

The above is obviously a false statement. Effective Microorganisms (I don't know about the other thousands of formulas used NOT developed by Dr. Higa) are not widely used in North America, Europe, Africa, or the Middle East.

They are correctly used in Japan, and many other non-English speaking locations with great success.

The individual also implied that no studies have been done with EM's, which is not true. No studies have been presented to the FDA. EM's have been studied widely (see Dr. Higa's books, not, as the author of the post indicates, his "pamplets").

Blaming EM's for a hospital-derived, antibiotic resistant flesh eating Staph infection borders on true incompetence.

I've seen the combination of natural probiotics, EM's and clay help to heal a few individuals who would most likely be dead otherwise.

The choice, of course, to use or not to use EM's, clay, and fermented foods, is up to the discretion of the individual.

You'll notice that all of my articles on the digestive system are geared to restoring balance to the bio-terrain of the digestive system by changing the terrain in order to allow and assist healing the digestive system, not simply using a single substance as a "cure".

Reply

Erin says:
June 26, 2013 at 7:56 pm

Thanks Jason. I have seen on the GAPS yahoo group that many people have used EM's with success. I'm not too worried, as nearly everything I have tried, someone somewhere is adamantly opposed to it. I don't usually worry when it's the FDA opposed 🙂 Your clay has helped me a great deal. Thanks!

Reply

Erin says:
July 15, 2013 at 3:47 am

I made some without the EM's for now, but I'm not sure if it worked. Do I not need to add any sort of bacteria if I'm omitting the EM's? I have made sauerkraut lots of times, and I know cabbage is naturally full of bacteria. But I thought the salt helps it ferment. This stuff has been fermenting for 3 days, and it smells – well, not completely disgusting, but sort of gross. I don't care for the smell of sauerkraut, though, either. I'm just wondering, as you said the EM's are optional. Thank you!

Reply

---

eytonsearth says:
July 15, 2013 at 3:08 pm

Greetings, Erin:

You do not need to add either salt (like you do with sauerkraut) or any other bacteria culture. And, yes, it is supposed to smell.

Reply

Grace Coneff says:
July 24, 2013 at 3:41 pm

Dear Jason,

I'm beyond excited! Day#2-saliva 7.0.

I ordered the EMs but don't know how much to add. Please advise.

Thank you.

grace

Reply

eytonsearth says:
July 24, 2013 at 6:46 pm

Hi Grace:

Great!

...you only need a capful of the EM1 culture per batch of cabbage juice.

Reply

Karen Jose says:
March 13, 2015 at 9:26 pm

Hello! What kind of container do you use for the fermentation?

Reply

eytonsearth says:
March 14, 2015 at 12:40 am

Updated:

We now use these fermentation containers, which work absolutely perfect:

http://www.amazon.com/gp/product/B00P75L8BI?psc=1&redirect=true&ref_=oh_aui_search_detailpage

Reply

Karen Jose says:
March 13, 2015 at 10:44 pm

Also, is it 1/2 bulb of garlic for every 1/2 head of cabbage? Or 1/2 bulb of garlic for 2 heads of cabbage?

Reply

eytonsearth says:
March 14, 2015 at 12:40 am

...just 1/2 bulb for the entire brew.

Reply

Ashley says:
June 26, 2015 at 11:51 am

Hi Jason: could you freeze the juice in ice cube tray for later use or would this undermine probiotics? Can the type of water to be used be 'filtered', or does it have to be mineralized (as per your "spring water" recommendation) as well? Thanks.

Reply

---

eytonsearth says:
June 26, 2015 at 3:09 pm

Hi Ashley:

I personally would not freeze the microbes; one of the ideas behind doing a fast fermentation is to really get the "probbies" awake and active. Yes, you can use filtered water.

Reply

Ashley says:
June 26, 2015 at 11:57 am

Hi Jason: I cannot find any eBooks by Dr Higa on Amazon. The only paper book on Amazon is very expensive costing around $30. Do you have any recommendations for sourcing or substitute ebook which discusses Dr Higa's research and protocols. Thanks.

Reply

---

eytonsearth says:
June 26, 2015 at 3:08 pm

Hi Ashley:

There isn't much writing in English about the use of EM's for human health. No Ebooks that I'm aware of.

Reply

---

eytonsearth says:
May 9, 2019 at 2:16 am

I also only just now realized that the books he DID have in English have gone out of print. I'm sure that is what you meant by them being expensive!

Reply

---

michelle skinner says:
July 7, 2015 at 10:58 am

Hi ive heard that this should not be used if you have thyroid problems. Do you know why?
Im thinking of using it as my digestive system is pooped after having h.pylori for alit of years. I need the probiotics and were use of antacids have been used its obvs upset my stomach acid. I do have multi food intolerances and a massive dairy alergy so pprobitics are a issue for me to take. The last thing i need is a negative effect from taking this juice. Any advice would be great.

Kindness michelle

Reply

eytonsearth says:
July 7, 2015 at 3:16 pm

Hi Michelle:

If you'd like to provide a link to an alternative view, I'd be glad to take a look at it!

The idea that fermented cabbage juice supresses thyroid function is just a well intentioned misconception. Most fermented vegetables have a higher concentration of goitrogens which can depress thyroid function.

One of the benefit of the ***short*** fermentation method used to produce cabbage juice is that it is one of the only fermented vegetables that does not have high levels of goitrogens.

Therefore, while eating raw cabbage or sauerkraut is contra-indicated for hypothyroidism, drinking the fermented juice of cabbage is not. This is probably why fermented cabbage juice is GAPS approved.

Like anything else, let your own body be your guide. The adjustment period for fermented cabbage juice is about two weeks. If, after two weeks of regular use (as directed), you are still experiencing problems adjusting to it, then it may be time to investigate further. Some people have a sulfur intolerance that needs to be addressed.

Reply

Stephen K. Weber says:
August 9, 2015 at 10:13 pm

I just bought a 3-liter "canning jar" (because they seal airtight), and I'm a bit unsure now about whether this was a good idea, because the your article suggests using at lease a 6-liter container. Will canning jars work (I'm asking because I feel just a bit more at ease about using glass, instead of polypropylene, which could still still contain "BPS"–a cousin of BPA which is comparably harmful, but because it hasn't gotten any publicity, manufacturers don't address it).

Also, you mentioned of adding garlic, but there's no mention of exactly how much garlic in relation to the cabbage. Could you supply me with a ratio?

Finally, what can you tell me about the efficacy of cultured cabbage juice for restoring one's gut if they've had candidiasis for a long time?

Thanks,
Steve

Reply

Stephen K. Weber says:
August 9, 2015 at 10:22 pm

I just re-read your article. I was originally reading it with my Android tablet, and somehow missed where you indicated how much garlic to use in relation to the cabbage. I found it now.

Reply

eytonsearth says:
August 10, 2015 at 12:15 am

Hi Stephen:

You can absolutely use glass to ferment. Although I don't usually experience that much gas build up, you might if you use a glass container, so I would just completely loosen the canning jar lid once daily.

Cabbage juice is excellent to help reduce Candida in the gut. However, if this has gone systemic, you may need a much more thorough protocol.

Reply

---

ibeh says:
October 10, 2015 at 11:28 pm

thanks just to gv a trialling"

Reply

Joel says:
January 3, 2016 at 1:13 pm

Helo sir,plr help me,can i use steel bucket 4 fermentation,to heal my gut,can i add sugar? Whic container is best for fermentation,i dnt know mason jar n we do nt hav it in my country

Reply

---

eytonsearth says:
January 4, 2016 at 3:29 am

Greetings, Joel:

You can use a stainless steel vessel to ferment with.

I would not add any sugar. Individuals with digestive issues should consider limiting the amount of sugar consumed. It would serve no good purpose to add any sweetner to fermented cabbage juice.

Reply

Erin says:
July 27, 2016 at 1:40 pm

Hello Jason. I wrote those comments 3 years ago about the concern for EM's. I have made progress with my digestive health (which was destroyed on GAPS intro), but I still have a ways to go. I think I am probably brave enough to try the EM's now in this drink. However, I could have sworn a while ago I thought you said in your article you no longer recommend EM's. Was I dreaming? I pop on your website a few times a year and just read around, and I really thought I saw a new cabbage juice post that didn't talk about EM's. But I can't find it. Thanks!

Reply

---

eytonsearth says:
December 28, 2016 at 3:51 am

Hi Erin:

Yes, you can certainly use EMs! We do.

Reply

Erin says:
November 26, 2016 at 3:44 pm

Jason, I tried to email you but it said your email is no longer valid. I read about a pilot study you are trying. It said you are no longer accepting applicants. I was wondering if I can get my hands on the basic protocol information? Everything you have suggested so far I try has helped me a lot. But I have a long ways to go. I was also wondering if there is a far infrared sauna you recommend. I know you have talked about using far infrared, but I didn't know if you use just a lamp or a sauna. I have been helped by heat therapy by spending lots of time in a steam room so I thought I would try an infrared sauna.

Thanks for all your work. It's valuable and important.

Reply

---

eytonsearth says:
November 27, 2016 at 12:52 am

Hi Erin:

I do not have a preference for an infrared sauna. I personally choose to use a steam sauna with medical grade ozone for detox and heat therapy. However, this therapy IS a bit involved, whereas a far infrared sauna is pretty simple to do! I use far infrared for targeted applications with a TDP mineral clay lamp and jade stone pads.

There is still much work to do on the comprehensive detox and digestive system restoration program. I'm currently taking a break to do rewrites and "re-thinks"!

Reply

Kate says:
May 26, 2017 at 3:59 am

Would the antibiotic qualities of the garlic kill the probiotics if used in the cabbage juice fermen?

Reply

---

eytonsearth says:
June 9, 2017 at 9:57 pm

Hi Kate:

No. We're not using enough garlic to impact the entire brew.

Reply

Karen says:
June 26, 2017 at 8:33 pm

Just got out of hospital for one bleeding, one not ulcers in the duodenum. Have been put on pantoprazole twice a day. I am not comfortable with shutting down all my acid pumps. I have been learning about sauerkraut, and sauerkraut juice and want to make them part of my 'everyday'. Can I eat and drink the sauerkraut while I am taking the Rx? It's only been four days that I've taken the meds, so am a little concerned about not finishing at least one round of the script. What would be your suggestion?

Reply

---

eytonsearth says:
June 26, 2017 at 9:10 pm

Hi Karen:

Fermented cabbage juice, sauerkraut, and kimchi (my favorite) should all be considered healthy foods. You can use them even while on most medications (there are no contraindications that I am aware of, at least). Adding them into your daily routine is a great idea.

I can't advise you on whether or not to take the medication that you have been subscribed!

Reply

Karen says:
June 28, 2017 at 3:33 pm

Thank you...as long as I can do the two together. Then will continue with the sauerkraut and/or juice regularly after this Rx is done. I just wanted to make sure that one wasn't fighting with the other. Thanks again for your help.

Reply

Alm says:
November 3, 2018 at 12:14 am

Hi,
I used the container you suggested for making 8L. My probiotic during fermentation leaked out from under the air free barrier and into the space between the locking cover and the air barrier cover (inner and outer cover)
Is it supposed to do this or is my container defective? AND is it stil safe to drink?
Is

Reply

---

eytonsearth says:
November 3, 2018 at 12:53 am

Hi Alm:

...if press down too hard on the "top" which "seals" the fermentation, I suppose it might leak due to pressure. I would simply decant (remove) the very top portion of the cabbage before straining.

Reply

Alm says:
December 17, 2018 at 2:57 pm

Thank you got your response.
Am I then supposed to leave a tiny gap of air space when I close the inner container, so that when expansion happens the air goes out first?

Reply

---

eytonsearth says:
December 17, 2018 at 3:16 pm

You can if you'd like. I have found that simply not over-compressing the brew is enough.

Reply

Carolyn Pos says:
November 28, 2018 at 9:59 pm

I used the same container plus another similar product made by Krazy Korean on Amazon.
I also found a Krazy Korean YouTube video indicating to leave the air hole on the inner lid open to let out fermentation spillage which you can blot off before lifting the inner lid. Worked well for me.

Reply

Alexandra Pechabadens says:
June 29, 2019 at 8:43 pm

,
Thank you for your article which is very enticing, I am using a tall Kilner fermented jar, and used a hand blender which worked beautifully.
Now, I have already made a mistake in the brew, I added a couple of pinches of salt! Is this going to stop the fermentation happening in the way you describe or woukd the salt counteract some of the living organisms!? I also put saffron in and a bit of turmeric. Yes, I cannot just follow a recipe. However, if I have made a mess of it, would you please tell me? I will try and do the other cabbage properly, without fiddling with anything, promise!
I will have a look for those soil organisms, I don t supose a bit of organic soil in it would do the job? Like, a quarter teaspoon? It may well mold it and add undesirables,,

Reply

---

eytonsearth says:
June 29, 2019 at 9:08 pm

Hi Alexandra:

I just had to smile and then laugh. It is always a good idea to FIRST follow instructions and get one great batch made, so that you know what to expect. THEN, apply the creativity!

That said, a bit of salt, turmeric, and saffron will not likely ruin the batch. You should be fine. You just don’t want to add too much of any extra ingredient which could affect the end product.

Salt is REQUIRED when making something like kimchi or kraut, but it is NOT required when making fermented cabbage juice.

Reply

Alexandra Pechabadens says:
July 1, 2019 at 9:51 pm

Hello again!
Well, thank you very much for your answer, it is very kind, yes, I always thought that recipes were a guide for us to adapt and change , just keeping the main idea of it. Now I have been told by you I am already making more efforts to follow a recipe!

I had try some of of the fermented juice after two full days and the smell was pleasant, I drank some and it was very pleasant also, so it can’t be ready, as you said it had to be a strong difficult scent before drinking, plus really it is only because I could not wait to try some and it was a bit greedy really. It was not ready at all.

Thank you for that, I will be moderate with additions, this fermented juice is really the first I hear of it, are there any cultures doing it or is it just something someone thought of, it worked better than sourkrout, and it got out io the workd to help people?

I guess you were not enthousiast of the “quarter teaspoon of living soil” idea?

I will look for those bacteria in liquid form you recommend, they sound nice and maybe they will make it smell more real. I cant wait to see the effects of this juice!

When l drank a whole glass earlier, l did worry a bit because there was absolutely no reaction from my intestine at all, yet l know my intestine is a bit in trouble as l stress it a lot, so maybe it was tired, but now l have trapped gas so l bet it passed the mouth unnoticed and same in the small intestine, nobody recognised it as cabbage, and now they are feasting in the large intestine so hard it may be trouble later.

Usually l only have to sniff a cabbage and l start making noises, so it was unusual for nothing to happen at all. I thought to myself as l had not read your answer 'that is it, l have messed the recipe!'

Thank you for the other posts, l found your site looking for the clay uses and really love that article, some french clay arrived today and l will drink some and put some behind my knees to help a 'baker s cyst' and swollen legs and things, will see what hapns but it is bound to be really cleansing.
When l was 25 and had a close member of family dying of cancer, l had a compassionate gland that swelled up badly in one of my breasts, (some of us do catch light symptoms of maladies from other people by compassion, l m sure of that)(either that or we want the attention their disease is giving them) but l did not go to see the doctors, l put clay compresses on it every night, praying and hoping it was not cancer, and asked the kindness of clay to come and heal and love, and it was such a nice thing to do, it took a month and a half of applying every night but it went…it could have been nothing at all, but whatever it was, clay brought the swelling back to balance. Clay is wonderful. I trust in Clay.
Good job your website happened to remind me. Thank you, all the best.

Reply

eytonsearth says:
July 2, 2019 at 5:01 pm

…I love good quality SBOs; we use "Effective Microorganisms" and sometimes "SCD".

Keep in mind that "top" soil often has some undesirable organisms as well. This is one reason why we harvest our clay at least six feet below the surface; to avoid having to sterilize clay due to pathogenic organisms.

That said, generally speaking, soil is amazingly healthful, and I'm certainly not afraid of it!

I'm not certain about the origin of fermented cabbage juice.

Yes, I agree, extremely sensitive empathic individuals can very easily develop "sympathetic" symptoms of other people. Sensitive people should consider doing some training in meditation and other healing arts that encourage releasing stagnant energy, as apposed to holding on to it!

Reply

Eddie says:
May 19, 2020 at 6:40 am

Hi,

I was wondering about after the initial fermentation. I have heard that you can simply add about a cup of the first ferment to the second, third and so on ferments and only have to wait about 24 hours as opposed to 3-5 days for the fermentation to complete and be ready for straining..

I'd like to know what you think?

Thanks

Reply

---

eytonsearth says:
May 19, 2020 at 2:41 pm

Hi Eddie:

Yes, you can, but in my opinion, it is all risk with no real benefit. Once you get rotating batches going, I'm not sure what the rush would be.

You risk ruining a batch, or inadvertently growing undesirable micro-organisms. The risk is only slight, and eventually almost everyone probably has a batch gone wrong anyway, so I don't have a strong opinion either way.

Reply

Vlad Vintila says:
June 10, 2020 at 12:15 pm

Hello Jason!
Q1: If I blend 2 heads of cabbage – each cut in 2 parts – then I will be blending 4 times. Do I have to add 1/2 bulb of garlic (around 6-7 garlic cloves) for each of the 4 blends? That is 2 bulbs of garlic for the 2 heads of cabbage (around 24-28 garlic cloves)
Q2: After I blend the 2 cabbage heads with garlic, the amount of EM1 to add for the whole six liters is between 1 to 2 oz?

Thank You!

Reply

eytonsearth says:
June 10, 2020 at 1:36 pm

Hi Vlad:

You just need to add the garlic once, not with each blending.

I use one to two ounces of EMs, but on giving it some after thought, that might be excessive to some people. You can, if you want, use EMs exactly according to Dr. Higa's dilution instructions, which would be significantly less!

Reply

Vlad Vintila says:
June 10, 2020 at 1:57 pm

Hi Jason!
I have contacted the emrojapan.com certified dealer in my country (Roumania) and they asked me if in your recipe shouldn't we activated the EM1 first? They gave me the activation proportion as: 1 part EM1: 1 part Molasses: 18 parts water. If I just put 1 to 2 oz of EM1(not activated/diluted in advance) into the 6 liters batch, will the cabbage blend+water+garlic activate the EM1? I ask this because I understood that the molasses as a sugar is used to activate the EM1 and I wonder if the cabbage blend+water+garlic will also activate de EM1?

Reply

---

eytonsearth says:
June 10, 2020 at 2:44 pm

Hi Vlad:

Feel free to activate the EM before using it. However, it is not necessary. I've run my own tests that show EM straight from the bottle is just fine, and lots of people use it straight from the bottle.

Activating EM is great for making the mother culture affordable to use, because you can make a lot out of a little.

It is ***possible*** that there might be advantages to activating EM prior to use, but if so, I don't know what they are! They seem to activate themselves without too much of a problem! BUT, if you dilute the EMs down like suggested in the activation instructions, then you HAVE to ferment them, or else in the end they will be way too diluted to be effective.

Reply

Vlad Vintila says:
June 11, 2020 at 8:17 am

Hi Jason!
You are right about having to ferment the diluted and activated EM 1, according to the instructions the EM representative gave me. On their site it says that the period of fermentation is 7 days. The representative (Daniel is his name) asked me – when I told him that I intend to use EM 1 for fermented cabbage juice to help heal my wife's ulcerative colitis – how will the EM 1 become activated since I don't use molasses, as a sugar, to activate the dormant EMs. And I replied that I believe that the blended cabbage with water and garlic has its own sugars to activate the EM. And that is because, at this very moment, we are drinking raw cabbage juice, cold pressed, and it is literally sweet. That means that it has its own sugars

and when we add into the blend (2 cabbages+4 liters of water+1/2 bulb of garlic) 1 or 2 oz of EM 1 straight from the bottle, it will activate and ferment in those 3 to 5 days from you recipe.
So I will use the EM 1 directly from the bottle because it is far easier.
By the way, we found out of you from Victor Cozzetto, I believe that you know him already from the past. He is a coach on Mike's – The Heal You Gut Guy – Facebook group, where we are listed trying to heal my wife's Mirela's UC.
I have read a lot o good things about EMs and we want to use them.
One more question Jason: after I blend the 2 cabbages+4 liters+1/2 bulb of garlic then I put all the batch into a 6 liters stainless steel pot and add 1 or 2 oz of EM1 and stir up everything.
After stir up, can I move the batch into 3 Glass containers – each of two liters – that have air tight lids since I am more comfortable with glass than with stainless steel or plastic?
And after I move the batch into those 3 glass containers and put the lids airtight, should I open them once or twice a day to release the gas until the 3-5 days of fermentation are done?
Thank You

---

eytonsearth says:
June 11, 2020 at 1:44 pm

Hi Vlad:

I think that you already have all of the answers to your questions, but I will confirm them!

Yes, there are small amounts of sugar both in the cabbage juice, and in the body.

Activation, as I've been thinking about it, is probably a really good thing. However, it is also a lot of work, and nature tends to move toward entropy! Many people would simply not use them, after the initial excitement, if they HAD to activate them. I try to be realistic and pragmatic.

What I proved to myself was that the EMs are just fine on their own, without any activation need. I took the mother culture, and cultivated in on a slice of potato (sealed in a bag with all air removed), and soon noticed the brilliant purple color that is the hallmark of those phototrophic organisms.

I read all of Dr. Higa's work that has been translated in English, and I got the impression from him that activation was optional, especially for human uses, as apposed to agricultural ones. This, however, is in a human memory system which can be faulty! But I do remember him talking about it in one of his books.

The amazing thing about EMs, especially when using them with something like cabbage juice, is that the key organisms are ancient, and they are MUCH more efficient at feeding themselves, because they survived in such a harsh environment. They easily out-compete other organisms for their food. In fact, when they are effective at restoration of microbiome balance, it is because of this; they do not kill any other organisms, they just outlive them.

Yes, you can store in glass, and yes, you will want to make sure that you vent them every once in awhile, or you risk making a mess. Store them with very little air at the top, and vent every so often. I don't think you need to do it daily, maybe once every three days… but you'll have to field test/experiment.

Yes, I've been corresponding with Victor for many years! He has great approaches, he's among the few out there that really tackle gut health from the right perspective.

Last thing: For ulcerative colitis, don't forget about therapeutic/healing clay. Clay itself, in almost half the cases, can single handedly eliminate most, if not all, of the uncomfortable symptoms associated with UC. For some people, it is nothing short of a miracle that is hard to even believe.

For others, clay would just be a part of a broader strategy to calm the immune system, regulate gut microbiome, and reduce/eliminate all of that inflammation. In such situations, finding the right eating strategy is key for long term healing!

Teresa Abernathy says:
June 28, 2020 at 3:52 am

Hello,
I am reading the comments of others and your answers.
Since I struggle with UC also, I focus in on what is said for help with that. Could you explain more about the therapeutic/healing clay? What is the specific name of it on your site? Trying to zero in on the correct item to purchase. Thank you!

Reply

eytonsearth says:
June 28, 2020 at 2:22 pm

Greetings, Teresa:

Just clay alone can be completely effective for about half of the population suffering from UC.

Please read this guide:

http://www.eytonsearth.org/earthcures/a-comprehensive-beginners-guide-to-using-edible-clay/

I recommend the three clay blend that we produce at:

http://www.greenclays.com

~Jason

Reply

Robert Beauchamp says:
January 24, 2021 at 2:15 pm

I'd like to half the recipe. Does this look right:

1 head of green cabbage
1/2 bulb garlic

-Cut cabbage in half
-Blend each half in 1 liter of water with 1/4 bulb garlic

Combine & stir in a fermenting vessel.

Also – how much headspace do you leave in the fermentation vessel?

Reply

eytonsearth says:
January 24, 2021 at 2:46 pm

Hi Robert:

Looks good…

You want as little room as possible in the fermentation vessel, since the process is completely anaerobic. But, if you fill it too high, it can overflow. Depending on the nature of the container, I would say 1/4 – 1/2 inch of breathing room. If you have a "professional" container, you can literally remove all of the air space; the lids are designed to be able to expand upward.

Reply

Leave a Reply

Your email address will not be published. Required fields are marked *

Comment

Name *

Email *

Website

Post Comment

This site uses Akismet to reduce spam. Learn how your comment data is processed.

Most Viewed Posts

- How to Make Structured Magnesium Bicarbonate as a Drinking Water Additive (65,105)
- How to Make Fermented Cabbage Juice – Natural Probiotics (56,490)
- A Comprehensive Beginner's Guide to Using Edible Clay (54,712)
- How to Make Liposomal Essential Oils at Home: Ultrasonic Method Tutorial (44,532)
- Rebuilding Tissues with MSM ~ From Degeneration to Regeneration ~ Sulphur (40,244)

Spam Blocked

956,802 spam
blocked by **Akismet**

Copyright © 2021 **Tecopia Essentia Earth Cures Blog**. All Rights Reserved. | Catch Responsive by **Catch Themes**

2 visitors online now
2 guests, 0 members
All time: 81 at 06-04-2018 01:21 am
Max visitors today: 4 at 01:04 am
This month: 9 at 09-01-2021 03:21 pm
This year: 48 at 04-30-2021 07:10 am