

Dear Gluten Free Friends,

This email is to share about  
Kefir  
Yogurt  
Fermenting Almond Meal  
Pumpkin seeds  
Soap Making  
Juicing  
GF Food Products

Below includes a number of contact information helpful for what is covered in this email and is also available on the resource page on our website  
[glutenfreestevepoint.weebly.com](http://glutenfreestevepoint.weebly.com)

[The Free Market](#) in Appleton carries gluten free, organic, and allergen free products  
734 W. Wisconsin Ave.  
Appleton, WI 54914  
1-920-968-1260

Joe Gardiner, Sales Manager of Treehouse California Almonds  
6914 Road 160  
Earlimart, CA 93219  
1-559-757-5020  
[www.treehousealmonds.com](http://www.treehousealmonds.com)  
All their almond products are GF and are non GMO  
For ordering almond flour bulk, 25 lbs.

For Sugar free Yogurt starter and supplies for fermenting foods  
<https://www.culturesforhealth.com/>

Caprine Supreme Goat cheese  
[caprinesupreme@yahoo.com](mailto:caprinesupreme@yahoo.com)

Books By Dr. Natasha Campbell-McBride MD  
(See [gaps.me](http://gaps.me))  
Put Your Heart in Your Mouth  
Gut and Psychology Syndrome  
Gut and Physiology Syndrome

**Celiac Disease Foundation**  
[www.celiac.org](http://www.celiac.org)  
20350 Ventura Boulevard, Suite 240

Woodland Hills, California 91364  
818.716.1513 | [info@celiac.org](mailto:info@celiac.org)

[www.beyondceliac.org](http://www.beyondceliac.org)

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## GF Food Products

The Free Market has a great number and variety of GF Food Products. Some I use hugely and will order by the case providing a discount and enabling me to make one trip to Appleton about every 12 weeks, having the products in my refrig.

The Websites for Celiac Disease Foundation and Beyond Celiac each provide huge amounts of information on celiac and gluten related health issues, research on celiac and gluten related health issues and government involvement and help, webinars, and information about many many food products available to buy, recipe ideas, and meal plans for the gluten free diet.

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## Kefir

Kefir is available to purchase and I have noticed many products are heavily processed including sugars and other ingredients that might not be helpful for a healthy diet. So like with everything, read labels if that is helpful for you.

The Free Market has some very fine Kefir products that I have not used, but look very good and helpful for the GF diet.

Below is how I make and use Kefir. Feel free to contact me if you have any questions concerning making kefir.

I make my own kefir from goat milk. I started with kefir grains from Cultures for Health. I keep the kefir going by freezing kefir grains, especially the kefir grains from last batch I made. Cultures for Health has wonderful how to videos to get you started. I am now starting with 2 half gallons of goat milk that I make a little less than one half gallon into kefir. I start with thawing the kefir grains the day before I get the goat milk, so thawed right away when I get the goat milk. I pour in two wide mouth jars each 1 cup of goat milk, then drop in the kefir grains from two batches of kefir grains from the freezer (about a tablespoon or so of kefir grains in each batch). I cover the jars with a couple layers of cheese cloth fastened with a rubber band and set on the kitchen counter for 24 hours. I then use several pieces of cheese cloth on my 2 cup glass pyrex measuring cup to strain out the larger chunks of kefir (kefir grains) and put them on a flat small plate. The rest (smooth) kefir I put in jars with lids and in the refrig and label with K or Kefir the date. I then pour in another bigger wide mouth canning jar 2 cups or so of fresh milk in 2 canning jars each and then add some of the kefir grains (thick lumps) from the flat plate. (About a tablespoon in each). into the fresh milk. I put the layers of cheese cloth over the top of the jar and fasten again with the rubberband. I set on the kitchen counter again for 24 hours. If I have extra amount of kefir grains I will freeze some even with that first batch. You can also freeze kefir for starter for repeat batches, then I may use more than just the amount I get with kefir grains, perhaps 1/3 cup of kefir. After this last batch of 2 jars of kefir, I again go through the process of strain out the large lumps of kefir (kefir grains) with the

layers of cheese cloth over the 2 cup pyrex measuring cup (which I attach to the measuring cup loosely and will pour the smooth part of kefir into another jar before the measuring cup gets too full and then continue to strain into the measuring cup. That cheese cloth I will wash well by hand and dry and will repeat using the same cloth many times in the future. It takes about 3 days for me to complete making the kefir from the 2 half gallons of goat milk used some also for yogurt. So the kefir grains sleep in my freezer until I again get 2 half gallons of goat milk.

I use only about a teaspoon or so of kefir at a time and it takes time to even have that much at a time. Too much will cause too much stool. Kefir works very well for good gut flora.

The second and third Gaps book has many pages on the topic of Kefir, including tips on how to make and use it, see the index. See pages 216-219 in the second Gaps book for tips on making kefir and yogurt. The book tells how to wash your hair with kefir and egg yolk. I also rinse after with sage tea. The washing hair process takes toxins out of the scalp and it will increase new growth of hair. I often will note the short new growth of hair by feeling that grizz feel along the scalp and when I get hit by toxic fragrances, washing my hair with Kefir will bring some relief of symptoms. I feel Kefir has helped me related to having had Lyme and having taken so many antibiotics in my life as a help with the gut flora. Related to Lyme and Kefir I have noted information about the phases of the moon related to tide waves related to the water in our bodies, as the book tells about this connection.

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## Yogurt

The Free Market carries some brands of Yogurt. Always check labels on ingredients to help make choices. Some brands look very helpful.

I have been making yogurt for many years. Years ago Elaine Gottschall's book *Breaking the Vicious Cycle* helped me related to gluten problems and she encouraged the use of yogurt and gave a lot of how to tips. Likewise the Gaps books shares many tips on making and using yogurt. Yogurt often tightens up the digestive track making good gut flora. The Gaps books explains what yogurt and other natural food probiotics do in the digestive track, thus providing some guidance on regulating the digestive track and improving the gut flora.

Over the years I have had a couple different yogurt makers. Following Elaine Gottschall's thought on yogurt makers, I like Yogourmet which makes a larger amount at a time, So when I get my 2 half gallons of goat milk, I will put over a quart of goat milk into the Yogourmet. The second Gaps book has some great tips on making yogurt on pages 216-219. I now will have the yogurt processing in the Yogourmet for 24 hours and then follow with having it in the fridge for 6 hours. Then I will use about 1/3 of a cup of that yogurt from the fridge for starter for the next batch of yogurt. I will make 2 batches of yogurt along with Kefir with the 2 half gallons of goat milk. I will save in half pint jars at least 1/3 cup of the fresh yogurt I make in the freezer to use for starter to thaw a day ahead when I get my 2 half gallons goat milk. I get yogurt starter also from Cultures for Health especially at the beginning process of making yogurt. Cultures for health provide wonderful directions for making yogurt and they offer several varieties. I have used 2 different varieties. Their yogurt starter has no sugars. Most of the time I use starter from the last batch that I put in the freezer so I label with Y for Yogurt and the date.

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## Sauerkraut

Directions for making sauerkraut can be found on our website on the resource page under pdf file "Email, September 2022"

The Free Market also carries sauerkraut that is not cooked/not canned in their refrigerator section.

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### Fermenting Almond Meal

It was brought to my attention by the third Gaps book and by a number of people and by a book titled, HOW OXALATE OVERLOAD IS MAKING YOU SICK AND HOW TO GET BETTER TOXIC SUPERFOODS by Sally K. Norton, MPH that Almond meal can be a problem.

Almond meal can cause a number of health problems. Arthritis was mentioned. Almond meal is high in oxalates and the above book explains that well and even says that soaking almonds will not make it not high in oxalates.

Yet almonds is a great source of magnesium.

I use almond meal almost daily and feel it is very helpful for me used in great moderation.

The third Gaps book tells how to sprout seeds and ferment seeds and also says that some people have problems with oxalates and so reduce certain plant foods in their diet and some people do not have a lot of problems with oxalates and says by doing the Gaps type diet helps the gut to be able to handle oxalates, but also the Gaps book tells how to prepare almonds for use and to use in great moderation.

When I read the Toxic SuperFood book I read it along with the information in the Gaps book which gave me encouragement to continue using almond meal but by fermenting first and using in great moderation.

That said, some people I am aware would benefit by not using almonds and having a low oxalate diet and thus making so they have no pains or oxalate symptoms in their body. For those people meat may be very helpful. Also the Toxic Superfood book suggests using supplements.

For my household we do for the most part have a diet that is low in Oxalates and it is interesting that many of the foods that I do not tolerate are high in oxalates and so for many years I have not been able to eat them. That said I will still eat some food at this point that are high in Oxalates, but now in great moderation. Examples are I will eat Almond meal and spinach, but now in great moderation. Arthritis pain for my husband may very well be caused by the high oxalate foods. As our GF diets are so limited, it is hard to say an individual if not yourself should limit the diet even more against their liking, and so in moderation may be more to their liking.

I should also note that the Gaps third book tells how to get rid of arthritis pain. Again, for yourself, those diet changes can be made with your decision. For others, those diet changes to be even stricter may not be to their liking.

So how do I deal with Almond Meal.

Online and in the Gaps third book it is explained how to sprout nuts and seeds and ferment nuts and seeds. These books are available at the public library using inter-librarian loan. Call ahead and ask for the book and they will call you to tell you when it comes in.

I gathered the information and made a decision on how I would ferment almond meal. I do not know if it is good enough, but it is what I feel I can easily enough do, so I am doing it. For me I will buy Tree House Almonds as they do not have contamination with wheat issues. Bob's Red Mill GF Almonds meal would also be a good source and is available at the Free Market. I measure over a teaspoon or Tablespoon of yogurt or whey with filtered water or if allergic to yogurt, I will use Sauerkraut juice along with filtered water. I stir that into a jar of almond meal and stir each day and if needed add more water each day. I have it in the refrig for 5 to 7 days before using it, so it is labeled with whey or sauerkraut juice and the date and the day of the week it was started.

How do I use the fermented Almond meal. Like Kefir, I use in great moderation. When I first get up in the morning I drink plenty of water and I will take a teaspoon of Green Pasture fermented Cod Liver Oil that I order from Green Pasture online. Then for myself I will early in the morning use a very small dish and measure 2, 3, or 4 heaping teaspoons of fermented almond meal, to that, but varied each day I may add 1 teaspoon or so of Kefir, a little yogurt, sometimes a small piece of cheese, sometimes a small part of a ripe organic banana, a slice of organic Granny Smith Apple, a couple cranberries, and a couple blueberries. I eat it slowly as I am preparing my breakfast for the day. After I eat this I feel so good, I often do some stretches, run in place, do jumping jacks often to loud oldies music. What fun! For me this combination of food early in the morning seems to give me great nutrition for the start of the day along with being hydrated.

I also make pie in a small baking dish made by Anchor. I put fruit in the baking dish such as my canned with no sugar door county cherries or frozen strawberries (note strawberries and rhubarb are high in oxalates, so in great moderation) with frozen or fresh rhubarb or frozen blueberries or cranberries or organic Granny Smith apple slices all with no sugar and I use just a small amount of fruit and sometimes I will mix the fruit. I bake the fruit for 17 Min. At 300 degrees. Then I top it with a teaspoon or 2 of fermented Almond meal and maybe some yogurt, kefir, or goat Chevre from Caprine Supreme or my husband who can use cow dairy will use Organic Valley Cream Cheese that we order by the case from the Free Market

For my husband, he prefers his almond meal to be in a baked goods. So the following is a couple of recipes I use for him, again in great moderation. I do not tolerate some of the ingredients in any of the baked goods. For me I use fermented almond meal without baking it.

The Gaps third book p. 272-273 and other pages throughout the book has a lot of information about fermenting and baking with Almond meal. It says to adapt the information to how you want the baked good to be. One way I adapted the baked goods is to reduce the amount of Almond meal in the recipe. Another way I adapted the recipe is to make it somewhat low oxalate, yet to include some of my husband's favorite ingredients and flavors. Below are 3 recipes I adapted from p. 271-273 in the Third Gaps book. These pages give many many ways of making your own recipes using fermented Almond meal. At some point we found making it into a kind of thick flat baked good rather than muffins or cake worked better for us.

#### Recipe 1 for Pizza Crust

1/4 cup fermented Almond meal

1/4 teaspoon salt (I use Real Salt brand that I get at the Free Market)

No butter

1 egg

1/4 cup parmesan cheese

3/4 cup or so of mozzarella cheese

Mix ingredients and place on parchment paper on (I use pampherd chef baking board)  
Bake at 340 degrees for 20 minutes and then change to 300 degrees for 15 minutes or so.  
Test with tooth pick that should come out clean.

Recipe 2 for a sweet snack

1/4 cup fermented Almond meal

1/4 teaspoon salt (I use Real Salt brand that I get at the Free Market)

2 eggs

Kale

Cheddar cheese

Raisins

Part of an organic Granny Smith Apple sliced thin and cut into bitesize pieces.

(The last 4 ingredient amounts is based on what makes the batter a good baking consistency so not runny.)

A little organic no salt butter or ghee

Mix well and spread out on parchment paper on (I use pampherd chef baking board) fairly thick.

Bake at 340 degrees for 20 minutes and then change to 300 degrees for 15 minutes or so.

Test with tooth pick that should come out clean. Eat it fresh or put some in the freezer and thaw when ready to eat, so it is very fresh. Eat in great moderation.

Recipe 3 for a go low oxalate and low histamine snack

1/4 cup fermented Almond meal

2 eggs

Onion

Garlic

A little bit of pumpkin or squash

A little bit of organic no salt butter or ghee

1/4 teaspoon salt (I use Real Salt brand that I get at the Free Market)

1/4 cup parmesan cheese

Kale

Cheddar cheese to make a good consistency for baking, not runny

Mix well and spread out on parchment paper on (I use pampherd chef baking board) fairly thick. Amount of some of the ingredients is to your liking and to make it a consistency that spreads out fairly thick and is not runny. This recipe could be made in a cake pan also, but the it would be eaten more with a fork than as a hand held snack. Some of the ingredients in this recipe were encouraged by the book for low histamines and is a wonderful balance to feel very well.

Bake at 340 degrees for 20 minutes and then change to 300 degrees for 15 minutes or so.

Test with tooth pick that should come out clean. Eat it fresh or put some in the freezer and thaw when ready to eat, so it is very fresh. Eat in great moderation.

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Sprouting and Fermenting Pumpkin Seeds

I follow directions in the Third Gaps book, p. 272-273 and directions throughout the book.

I cut a pumpkin or squash in half and scrape out the seeds and with a colander and bowls, I will wash the seeds and separate the seeds from the pumpkin. I compost what needs to be discarded. I cook the halves of pumpkin / squash in the oven at 300 degrees.

The washed seeds I soak in filtered water overnight. Then I drain, put in a jar with a screen used for spouting seeds and rinse two times a day and place on the counter tipped down on a container that would catch the drips. In two or 3 days they will sprout. For pumpkin / squash seeds, you may not notice root sprouts like you would with other plants but they are sprouted without the overt root showing. Then I add to filtered water a teaspoon or two of whey or yogurt and cover the seeds in a jar with the water whey solution. I put it in the refrig to ferment for 5 to 7 days. Then I drain. Then if they are not used right away I store drained in the freezer and get out to thaw a bit and will use by adding them to my salads and soups and skillet breakfasts for a bit of a crunch. They provide magnesium to my diet.

Squirrels will bury seeds and nuts and let them rot and then will dig them up much later and eat them and they then work well in their digestive track. People long ago would ferment seeds and nuts to eat later, thus also working well for their digestive track.

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### Simple Castile Soap Recipe - Lovely Greens

The recipe can be found online

My son shared the recipe with me and bought for me the following items:

Ovente Multi-Purpose Immersion Hand Blender (can find it online)

A stainless steel Pot to just use for soap making

Rubber Spatula

Silicone Mold

Food Grade High Test Lye, my son gave me Brand "Red Crown", (called Sodium hydroxide)

### Notes on soap making

I do not tolerate many purchased soaps. I do tolerate soaps I make with this recipe. I do not add any fragrances. Of course no essential oils are used as they have VOCs and toxins and are very dangerous for me and can even cause my death.

No Sodium lactate is used by me. The recipe says optional

I use Fillippo Berio Extra Virgin Olive oil

I found out the hard way to not let the soap set too long or it will be hard to cut if the mold is for one big bar that needs to be cut into small bars or use individual bar mold for soap.

Online you will find many demonstration videos.

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### Juicing

I have been very happy with my Cuisinart juicer

The juice I make: From 1 carrot, one stick of celery, 1 slice of apple, 1 tiny piece of fresh or frozen ginger, 1 piece of Romaine

When I drink this juice, I add 1 teaspoon of kefir

For my husband I will add juicing some pineapple and adding it to the above juice. Pineapple is helpful for arthritis. I do not tolerate pineapple.

Juicing can be a problem with oxalates, so I do it in great moderation and have it well before my skillet breakfast.

I always eat fruit and juice at separate times than meat as directed in the Gaps books.