

Kvass – Super Easy Wellness Tonic

Beet kvass is an amazing liquid for digestion (and so much more). And beet kvass can literally be made in less than 10 minutes, minus the time it sits on your counter fermenting. From [Nourishing Traditions](#) we learn: “One 4-ounce glass, morning and night, is an excellent blood tonic, promotes regularity, aids digestion, alkalizes the blood, cleanses the liver and is a good treatment for kidney stones and other ailments.” And unlike medicine from the store – absolutely no harmful side effects.



An Internet search of the benefits of beets will keep you reading for days. [A search in PubMed](#) points out the benefits of lowering blood pressure (among other things) as well as [increasing exercise performance](#).

So we have this wondrous root vegetable which we then take and lacto-ferment. The [Weston A Price Foundation](#) is a wonderful [source for information on lacto-fermented foods](#) like beet kvass.

Every group of people Dr. Price studied consumed some fermented food in their diet. Through the ages they had paid attention to what happened to their foods when trying to store

them. They learned to harness the power of nature to preserve food naturally and in the process that food became more nutrient dense with enzymes and healthy bacteria.

Before the days of refrigeration and canning, food was preserved through a process called lacto-fermentation. Lactic acid is nature's best preservative – it inhibits putrefying bacteria. Starches and sugars in vegetables and fruits are converted into lactic acid by lactic-acid producing bacteria that are present on the surface of all plants and animals.

These **bacteria** synthesize nutrients that are essential to us, enable us to digest nutrients that we otherwise would not be able to digest, make nutrients bio-available to us, and work with our immune systems to protect us.

The nutritive elements in our food do us no good if our bodies cannot assimilate them. Food preparation and processing should make our foods easier to digest. Unfortunately, most food processing techniques, such as canning, preserving in sugar and chemicals, pasteurizing and irradiation, all make food much more difficult to digest. When we consistently eat foods that are difficult to digest, we compromise our vitality because the body is forced to use a great deal of energy breaking the food down. People who do take the care needed to prepare food in such a way to make it easier to digest report increased energy since the body does not have to work so hard at digestion. **Fermenting makes enzymes** – enzymes break down our food.

More and more we see probiotics (good bacteria) and enzymes in stores and on commercials. When we ferment, we get these substances naturally.

What do you need to make kvass?

2 large or 3 medium peeled raw organic beets – chopped in chunks about 1/2 to 1" (if you cut them smaller, you'll have too much liquid)

1 tablespoon of sea salt
1/4 cup [whey](#) – must not be powdered
A 2 quart canning jar
Clean filtered water

Here is all you do: Put the beets, whey and salt in the jar and fill it to about an inch from the top with filtered water. Stir well and cover with a cloth and rubber band (to keep out fruit flies). That was easy. Now leave the jar at room temperature for 48-96 hours then put it in the frig. You're done.

I have found that I personally like to do about 3 days when my house is around 70 degrees. In Nourishing Traditions, Sally says that once you've consumed most of your first batch, you can refill the container with filtered water, set it back on the counter for 2 days and have another slightly less strong batch. After that, your beets are pretty well spent, so just throw them in the compost pile and start over again.

Over the years, I've learned to add water to the jar each time (or every other time) to refill it, put it back in the frig and just keep doing that until it tastes weaker than you like. I've found I get a lot more use out of my beets when I do that.

I like to keep at least 2 batches "brewing" in the frig. Just like kombucha, the kvass continues to ferment at cool temperatures, but much more slowly than on the counter. I think it tastes best when it's been in the refrigerator for 3+ weeks.

To me, beet kvass is the simplest way to add the benefits of lacto-fermentation to our daily routine. Sauerkraut is also incredibly easy, it just takes a bit more time to prepare the cabbage.

Hopefully this will motivate you to give kvass a try. One more way for you to have **real food** for **real health** so you can be

real happy. Remember that **real food** is the new medicine (actually, it's always been).