Let me share some really cool ways kimchi can help you be your very best!

NEW STUDIES ON KIMCHI!
Just came out first week of October 2018:
Glutathione super antioxidant, the master of all antioxidants in humans...
cognitive and memory loss from amyloid beta plaques

Glutathione levels increased with kimchi possibly help with Dementia/
Alzheimer’s Disease:

Neuroprotective effects of kimchi extract

CARDIOVASCULAR HEALTH
Kimchi decreases atherosclerosis, plaquing of the arteries!

Beneficial Effects of Kimchi, a Korean Fermented Vegetable Food, on
Pathophysiological Factors Related to Atherosclerosis

Animal study, kimchi retards fatty streaks in aortic sinus

Kimchi increase Nitric Oxide, and anti-inflammation for vascular protection

HYPERLIPIDEMIA
Significant changes in cholesterol, triglycerides and LDL levels (lowering the
biomarkers) with kimchi:

Leuconostoc Kimchii : Kimchi fermented with Lc. kimchii GJ2 as a starter culture
has efficient cholesterol-lowering effects.

Hypercholesterolemia mitigated with Kimchi bacteria, by assimilation of
cholesterol and excreting cholesterol in the feces

Kimchi improve serum lipid profiles
METABOLISM/METABOLIC SYNDROME
Fermented Kimchi improve metabolic parameters in obese and overweight patients

-significant decreases in body weight, body mass index, and body both fermented and fresh kimchi

- significant decrease in the waist-hip ratio and fasting blood glucose.
Net differences in the systolic blood pressure, diastolic blood pressure, percent body fat, fasting glucose, and total cholesterol in the fermented kimchi group were significantly greater

-Therefore, the ingestion of fermented kimchi had positive effects on various factors associated with metabolic syndrome, including systolic and diastolic blood pressures, percent body fat, fasting glucose, and total cholesterol, compared with the fresh kimchi.

Study on kimchi intake and pre diabetes, decrease weight, BMI, waist circumference, insulin resistance, etc... also found to lower systolic and diastolic levels (blood pressure)

Fermented kimchi decreased insulin resistance, and increased insulin sensitivity (P = 0.004 and 0.028, respectively). The percentages of participants who showed improved glucose tolerance were 9.5 and 33.3% in the fresh and fermented kimchi groups, respectively

SIBO, ANTIMICROBIAL, GUT
Anti-microbial action of one specific LAB (Leuconostoc mesenteroides) found in Kimchi...first to report conclusively antimicrobial activities against pathogenic bacteria

SIBO, linked to Alzheimers, Restless leg syndrome, diabetes, multiple sclerosis

SIBO and diabetes

Multiple sclerosis
SIFO Small Intestinal Fungal Overgrowth

ANTI-INFLAMMATORY
Butyrate and dietary for Neuroinflammation and Aging

Anti-inflammatory effects from Lactobacillus Plantarum (commonly found kimchi LAB).

Butyrate and brain health

ALLERGY
Analysis on patients with Asthma and kimchi intake…lower intake, higher asthma

Less rhinitis with Kimchi intake

Specific LAB, show anti-allergy effect by decreasing IgE levels

Anti-inflammatory chemicals found in kimchi which suppresses inflammatory markers…

SKIN INFLAMMATION AND CONDITIONS
Eczema (atopic dermatitis)

Kimchi isolated LAB reduce allergic inflam and control Staph Aureus bacteria

House dust mite atopic dermatitis suppression isolated new LABs including Lactococcus lactis KR-050L from Gajuknamu kimchi,

MOOD/NEUROTRANSMITTER

Production of gamma-aminobutyric acid (GABA) by Lactobacillus buchneri isolated from kimchi and its neuroprotective effect on neuronal cells. LAB isolated from Kimchi increase production of GABA, neuro protective [https://www.ncbi.nlm.nih.gov/pubmed/18051360](https://www.ncbi.nlm.nih.gov/pubmed/18051360)

Improve Serotonin levels: 90-95% is made in the gut/brain connection, neuroenteric pathway [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4037665/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4037665/)

CANCER


Wow, you can’t deny the science of kimchi, kimchiology…need I say more?