



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

[YourBodyCanTalk2@Gmail.com](mailto:YourBodyCanTalk2@Gmail.com)

[www.YourBodyCanTalk.com](http://www.YourBodyCanTalk.com)

## Basic Sauerkraut

*Adapted by Dianne Koehler, MNT  
from Nourishing Traditions by Sally Fallon*

- 1 med. Cabbage, cored and shredded
- 1 Tbsp. Sea Salt
- 4 Tbsp. Whey  
(if not available, use an additional Tbsp. salt)



(Image credit: [Emma Christensen](#))

1. In a large bowl, mix cabbage with sea salt.
2. Let sit for ½ hour to wilt and accumulate juices.
3. Add whey.
4. Pound with a wooden pounder or a meat hammer to increase the juices.
5. Place in a quart-sized, wide-mouth mason jar.  
Press down firmly until juices come to the top of the cabbage.  
(The top of the cabbage should be at least 1 inch below the top of the jar.)
6. Cover tightly and keep at room temperature for about 3-5 days before transferring to cold storage.

The sauerkraut may be eaten immediately, but it improves with age.