

Mayo Clinic Minute

Figuring out fermented foods

Video	Audio
Vivien Williams	Fermented foods are all the rage. But are they really healthy?
Joseph Murray, M.D. Gastroenterology Mayo Clinic	“Whenever we take what’s a natural product, we do have to beware there’s good and bad potential.”
Vivien Williams	Mayo Clinic’s Dr. Joseph Murray says fermented foods, such as kimchi or the tea product called kombucha contain prebiotics that encourage the growth of good bugs, which may promote health and aid digestion ...
Joseph Murray, M.D.	“... which, for people with some digestive complaints, can help them feel better – maybe help them have a more regular bowel habit. But it’s not to be underestimated. Some people don’t tolerate it so well.”
Vivien Williams	These foods may help treat diarrhea, prevent and treat urinary tract, yeast and intestinal infections; help manage irritable bowel syndrome; and may shorten the severity of a cold or flu.
Joseph Murray, M.D.	“We have a community of bugs that live in us and on us.”
Vivien Williams	Researchers continue to learn more about benefits and risks of fermented foods.
	For the Mayo Clinic News Network I’m Vivien Williams.

