

How Green Supremefood Changed This Doctor's Life

For many years, I suffered from Chronic Irritable Bowel Syndrome also known as IBS. I was faced with bouts of diarrhea and constipation, day in and day out. At the same time, I suffered from Psoriasis and spent much time trying to cover up sores on my body.

For more than 10 years, I tried *many* different treatment methods including prescriptions, topical applications, and other conventional means. In my determination to be healed of these conditions, I decided to search for alternative means which would soon bring me renewed health and enhanced wellness in life.

Dietary Modifications

In my diet, I began to make changes that included removing specific “inflammatory” foods. I added natural probiotics routinely to my regime. Fermented foods were added to my diet on a regular basis as well. After a very short amount of time, the results were *truly* amazing. The sores I suffered from began to disappear. I started to have days where IBS did not control my life. I was totally *full of energy and vitality*.

Fermented Foods

Fermented foods are a special type of food that holds wonderful benefits for the body. Some examples of fermented foods include kombucha, cultured vegetables, tempeh, kefir, miso, rejuvelac, pickled beets, and sauerkraut. These foods are “cultured,” or “fermented” to contain friendly bacteria which improve digestive health; they are *tremendously* beneficial to living a healthy life.

Fermented foods are *easily* digested by the body, as they are

in a “partially digested” form. Beneficial bacteria are also introduced into the gut by these foods, which further aids digestion. These foods also help the body to absorb more nutrients and support the process of enzyme creation.

History of Fermented Foods

Fermented foods have been celebrated around the world throughout history. Originally, foods were fermented as a preservation method. Earliest records of using fermentation for foods date as far back as 6000 B.C. Nearly every civilization known includes some form of culturing foods within their history.

Korean cultures create kimchi as well as banchan while Indian cultures use the fermentation process to create yogurts, cheeses, and sauerkrauts. African countries create garri using this special fermenting method. Tanzania ferments togwa while the Japanese create natto out of fermented soybeans. In many areas of the world, fermented foods are used for medicinal purposes to improve health. These foods are a part of the ordinary “culture” of the world.

Why I Created Green Supremefood

After an *amazing recovery* in my health, I searched to learn more about these types of foods. The more I studied about fermented foods and their health benefits; I desired to create a product that would provide *renewed health and wellness* for others. I *knew first-hand* the change in health I had experienced and knew others would *definitely* benefit.

Green Supremefood contains 10 organic vegetables in every serving along with fermented grasses, digestive enzymes, probiotics, and natural herbs. My specially created product does not use any GMO ingredients. The supreme formula is also soy free, dairy free, and gluten free.

Organic fiber, included in this special formula, is essential

for satiety and it also provides support for healthy glucose levels within the body. Digestive enzymes provide the body with wonderful quantities of natural energy. Organic antioxidants in this high-quality supplement help the body to neutralize free radicals that are harmful. Green SupremeFood also provides the body with a *healthy alkaline* environment.

To Live a Truly Healthy Life

I continue to make fermented foods a part of the *daily routine*, to live a truly healthy life. Green SupremeFood helps provide the *proper balance* of daily nutrients to keep the digestive tract and body functioning *exceptionally*. This product will provide you with *increased* vitality, strength, and wellness. I encourage you to see *the results* I have seen in my own life!

Don Colbert, M.D., has been board-certified in Family Practice for over 25 years and practices Anti-Aging and Integrative medicine. He is a New York Times best-selling author of books such as The Bible Cure Series, What Would Jesus Eat, Deadly Emotions, What You Don't Know May Be Killing You, and many more with over 10 million books sold. He is the Medical Director of the Divine Health Wellness Center in Orlando, Florida, where he has treated over 50,000 patients.

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