



LINDGREN
functional medicine

FERMENTED FOODS



SAUERKRAUT

PROBIOTIC
PICKLES



KIMCHI



COTTAGE CHEESE



KOMBUCHA &
WATER KEFIR



SOURDOUGH BREAD

RAW APPLE
CIDER
VINEGAR



GOUDA
CHEESE

YOGURT & KEFIR
(ideally raw)

CHEDDAR
CHEESE

