

How to make a simple Chicory Syrup

(Chicory can be replaced with dandelion root)

Ingredients

1 Cup Water

1 Cup Sugar

¼ Cup Roasted Ground Chicory

Instructions:

Put all ingredient into saucepan and heat until the sugar is dissolved.

Pour through a fine mesh sieve into a jar.



Improves Gut Health by Acting Like a Prebiotic

Chicory contains high levels of Inulin. Inulin is a type of carbohydrate called an oligosaccharide, which means its chemical composition consists of several simple sugars linked together to form what's known as a fructan. This composition makes inulin a non-digestible prebiotic, which allows it to pass through humans' small and large intestines unabsorbed. During this process, inulin naturally ferments and feeds the healthy intestinal microflora (bacterial organisms, including bifidobacterium) that populate the gut.

A 2005 report published in the *British Journal of Nutrition* stated that insulin and other fructan fibers can help improve gut health. This has very far-reaching benefits: improved immune functioning, protection from heart disease and diabetes, better weight management, improved nutrient absorption, healing leaky gut syndrome, and much more. Oligofructose acts like a prebiotic that impacts the lining of the gut and colon, changing the profile of organisms present and modulating the endocrine and immune functions. (2)

Fermentation of inulin-type fructans in the large bowel stimulates bacteria to grow, which causes significant positive changes in the composition of the gut microflora and significant decreases in the number of potentially harmful yeast, parasites and bacterial species living in the body that trigger inflammation. This is why inulin-type fructans have been found to reduce the risk of colon carcinogenesis and improve management of inflammatory bowel diseases.