



Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods Kefir * Kombucha * Cultured Vegetables

By Donna Schwenk

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If you're having digestive problems or feeling sick and rundown—or if you simply want to feel better and have more energy—this is the book for you.

In *Cultured Food for Health*, Donna Schwenk opens your eyes to the amazing healing potential of cultured foods. Focusing on the notion that all disease begins in the gut—a claim made by Hippocrates, the father of medicine, more than 2000 years ago—she brings together cutting-edge research, firsthand accounts from her online community, and her personal healing story to highlight the links between an imbalanced microbiome and a host of ailments, including high blood pressure, allergies, depression, autism, IBS, and so many more.

Then she puts the power in your hands, teaching you how to bring three potent probiotic foods—kefir, kombucha, and cultured vegetables—into your diet. Following the advice in these pages, along with her 21-day program, you can easily (and deliciously!) flood your system with billions of good bacteria, which will balance your body and allow it to heal naturally.

In this book, you'll find:

- Step-by-step instructions on how to make basic kefir, kombucha, and cultured vegetables
- More than 100 tasty, easy-to-make recipes, from smoothies to desserts, that feature probiotic foods
- A three-week program with day-by-day instructions on gathering supplies and ingredients, and making and eating cultured foods
- Helpful answers to some of the most frequently asked questions about culturing
- Hints and tips about how to easily incorporate cultured foods into your life
- Exciting information on the probiotic-enhancing properties of prebiotic foods, such as apples, broccoli, onions, squash, brussels sprouts, and honey

Cultured Food for Health takes the fear out of fermentation so you can heal your gut and experience the energy, health, and vitality that are available when

your body is working as it's meant to. So join Donna today, and learn to love the food that loves you back!

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Editorial Review

About the Author

Donna Schwenk is the author of Cultured Food for Life and the founder of www.culturedfoodlife.com. She is the Kansas City Chapter leader for the Weston Price Foundation, a worldwide organization made up of people dedicated to restoring nutrient-dense food to the human diet through education, research, and activism. Donna teaches classes around the country to open people's eyes to the power of cultured foods, which dramatically changed her health and the health of her family when she began making and eating them in 2002. She and her work have been featured on radio and television—including two PBS specials—in Britain's Daily Mail, and in magazines including Energy Times, Vegetarian Times, and Mother Earth News.

Users Review

From reader reviews:

Jeffrey Nathanson:

This Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods Kefir * Kombucha * Cultured Vegetables book is simply not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is definitely information inside this publication incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. This specific Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods Kefir * Kombucha * Cultured Vegetables without we understand teach the one who reading it become critical in pondering and analyzing. Don't be worry Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods Kefir * Kombucha * Cultured Vegetables can bring once you are and not make your handbag space or bookshelves' turn into full because you can have it in the lovely laptop even cell phone. This Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods Kefir * Kombucha * Cultured Vegetables having very good arrangement in word and layout, so you will not sense uninterested in reading.

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Dianne Roy:

In this particular era which is the greater man or who has ability to do something more are more special than other. Do you want to become one among it? It is just simple approach to have that. What you are related is just spending your time little but quite enough to possess a look at some books. One of several books in the top checklist in your reading list is actually Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods Kefir * Kombucha * Cultured Vegetables. This book that is certainly qualified as The Hungry Inclines can get you closer in getting precious person. By looking upwards and review this reserve you can get many advantages.

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