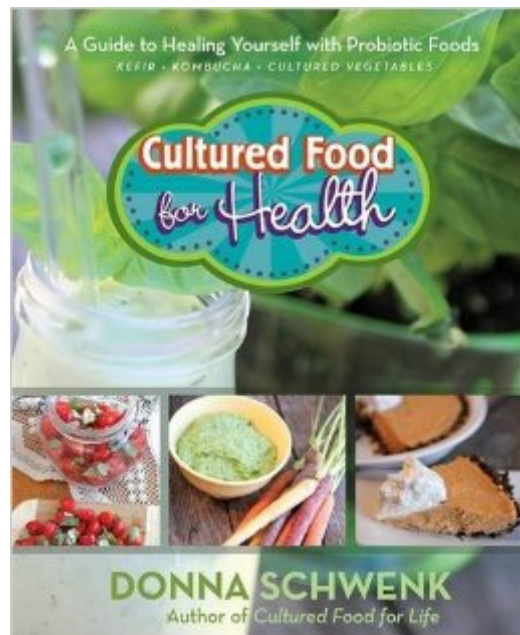


The book was found

Cultured Food For Health: A Guide To Healing Yourself With Probiotic Foods Kefir * Kombucha * Cultured Vegetables



Synopsis

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!

Book Information

Paperback: 248 pages

Publisher: Hay House, Inc.; 1 edition (November 3, 2015)

Language: English

ISBN-10: 1401947832

ISBN-13: 978-1401947835

Product Dimensions: 7.5 x 0.7 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (119 customer reviews)

Best Sellers Rank: #27,674 in Books (See Top 100 in Books) #13 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #15 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods

Customer Reviews

Cultured Food for Health is a cookbook and introduction to the health benefits of cultured foods; specifically: kefir, kombucha, and cultured vegetables. The recipes are varied and there are some fascinating things to cook - from Watermelon Pico De Gallo to Flu-Prevention Cultured Vegetables. But the lack of images, ingredients hard to come by in normal stores, and that every single recipe includes an ingredient you have to buy from the author's website/webstore do let the book down. The book breaks down as follows: Part I: Fermenting Health (The hundred trillion friends you didn't know you had; The trilogy; Prebiotics: another digestive ally; Your health and cultured foods; Bringing the trilogy into your life). Part II: The Recipes (The basics; Breakfast treats and smoothies; Dips and appetizers; Main courses; Side dishes and salads; Desserts; Beverages; Condiments, dressings, flavorings, and pickles. Afterward, appendix (21 day trilogy program, metric conversion table, index, endnotes). I can't fault the author for her enthusiasm over the topic - the introduction chapters are full of health accolades of what cultured foods might do for you: from curing acne to IBS. From the description, the three cultured food types, when taken together and regular, are one step toward curing cancer, not to mention the common cold. Yes, it is a lot of anecdotal evidence of how it helped her family with nearly any ailment with an occasional study result thrown in - but certainly probiotics and the gut are hot topics right now in the diet and health industry. I just don't believe they are the panacea the author makes them out to be. There were two frustrations with this book I had, though. First and foremost, nearly everything requires a starter.

[Download to continue reading...](#)

Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods Kefir * Kombucha * Cultured Vegetables How To Make Kefir: The Complete Guide On How To Ferment and Make Your Own Kefir Milk: Enjoy This Probiotic Drink With Dairy-Free and Alternative Milk Options and Kefir Recipes Kefir Recipes: Kefir for Breakfast, Lunch and Dinner (The Easy Recipe) Perennial Vegetables: Vegetable Gardening: 21 Vegetables to Plant Once and Harvest Forever (Perennial Vegetables, Perennial Plants, Gardening, Gardening ... Garden Vegetables, and Vegetable Gardening) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Healing:

Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)
Medical Medium Life-Changing Foods: Save Yourself and the Ones You Love with the Hidden Healing Powers of Fruits & Vegetables Genetically Modified Foods : Banned By Other Countries but is a main staple of our diet! (Genetically modified organisms, Gmo, Food that ruin your life, ... Foods, organic food, Food addiction Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Fermentation for Beginners: The Step-By-Step Guide to Fermentation and Probiotic Foods Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea Kombucha Brewing: Improve Your Health One Glass at a Time (Easy recipes. Wheat free. Gluten free) Preserving Food Box Set: 33 Easy to Follow Steps For Canning, Freezing and Dehydrating Your Favorite Fruits and Vegetables plus The Ultimate Guide to Food ... food without freezing or canning) GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) 100 Exotic Food Recipes (Puerto Rican Food Recipes, Picnic Food Recipes Caribbean Food Recipes, Food Processor Recipes,) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods

[Dmca](#)