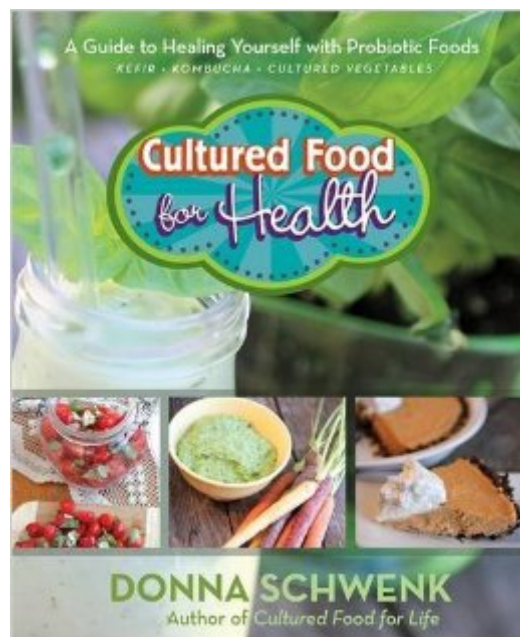


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# Cultured Food For Health: A Guide To Healing Yourself With Probiotic Foods Kefir \* Kombucha \* Cultured Vegetables



## 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

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## 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.

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