



## Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods: Kefir, Kombucha, Cultured Vegetables (Paperback)

By Donna Schwenk

Hay House Inc, United States, 2015. Paperback. Book Condition: New. 232 x 193 mm. Language: English . Brand New Book. Following her book Cultured Food for Life (2013), Donna returns to help us take the next steps in transforming our kitchens and our health. Cultured Food for Health explores the science behind the benefits of cultured foods and shows how incorporating The Trilogy -- kefir, kombucha and cultured vegetables -- into our diet creates more powerful healing effects than any one of these foods alone, as the different types of probiotic bacteria work together to create a healthy gut and a truly healthy life. Donna explains how cultured foods can be used to address specific ailments --- from IBS and diabetes to allergies, colds and flu -- and teaches us, step by step, how to prepare these probiotic foods and easily incorporate them into a daily routine. In a positive and welcoming voice, she answers the sorts of questions a cultured-food novice is likely to have (yes, it's really all right to let vegetables ferment on the worktop for three days!) and offers troubleshooting tips and clear instructions to support even the most uncertain home cook. By sharing...

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