



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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