



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:

Steve Pratt:

The actual book *Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods Kefir * Kombucha * Cultured Vegetables* has a lot associated with on it. So when you check out this book you can get a lot of gain. The book was written by the very famous author. Mcdougal makes some research previous to write this book. This particular book very easy to read you will get the point easily after looking over this book.

Joyce Matchett:

Your reading sixth sense will not betray you actually, why because this *Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods Kefir * Kombucha * Cultured Vegetables* publication written by well-known writer who really knows well how to make book that may be understand by anyone who all read the book. Written with good manner for you, dripping every ideas and creating skill only for eliminate your own personal hunger then you still doubt *Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods Kefir * Kombucha * Cultured Vegetables* as good book not simply by the cover but also with the content. This is one reserve that can break don't determine book by its handle, so do you still needing one more sixth sense to pick that!?! Oh come on your reading sixth sense already said so why you have to listening to an additional sixth sense.

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