

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

The ultimate guide to healthy meals with the healing benefits of whole foods and the latest science-backed nutritional guidelines. With more than 60 seasonal recipes that celebrate invigorating and restorative foods, The Nutritionist's Kitchen offers an approachable guide to support optimal health and wellness through everyday meals. Learn from Carly Knowles, registered dietitian nutritionist, who shares her expertise to support you on your health journey. Organized by season, this book includes recipes like Yellow Pumpkin Curry with Toasted Cashews, Wheat Berry Salad with Butternut Squash and Maple Vinaigrette, Baby Spinach and Spring Onion Frittata with Goat Cheese, Salt and Pepper Grilled Prawns with Chimichurri Corn, and Blueberry Açai and Coconut Ice Pops. Each recipe contains a descriptive food-as-medicine themed headnote including valuable health information. Revitalize your meal planning with this accessible cookbook and find trustworthy nutrition information and wholesome recipes based on the latest scientific recommendations.

You will discover the healing secrets of different kinds of foods, for example: fruits, vegetables and chlorophyll -- how they cleanse your body and heal health problems; green superfoods and medicinal mushrooms -- how they work for faster healing; herbs and sea greens -- how they help the body remain in balance; spices and herbs -- how they boost thermogenesis to burn calories for hours. Also includes complete nutrient value reference sections for food, herbs and nutrients, and a complete section dedicated to the importance of organic foods. There are over 80 complete healing diets and programs -- from allergies, to childhood disease control, to recovery after radiation and surgery -- each detailed programme shows how to develop the healing diet and then refers to the easy-to-use recipes in 'Cooking For Healthy Healing: Book Two -- The Healing Recipes'.

Provides information about fermented foods, at-home starter cultures, and shopping tips for the foods needed on a daily basis. With this encyclopedia-style guide, you have at your fingertips everything you need to know to live a healthy, eco-friendly life in our industrialized, consumer-driven society. Collected here is concise information on every relevant topic imaginable, including: the food shortage myth, pollution caused by farm animals, poisons in cooked food, plant-based food and health, soaps and detergents, fair trade, heart disease, hunger and homelessness, etc. Woven in among the tips are countless quotes from Albert Einstein, Martin Luther King, Jr., David Attenborough, and many other famous, respected figures. The bulk of the book is made up by the Sunfood Living Directory, which directs readers to the organizations, publications, and other resources they can turn to for in-depth information on each topic.

Healthy Diet and Nutrition for Women - The Complete Guide, written by acclaimed health expert Susan M. Lark, M.D., is full of incredibly helpful dietary and nutritional information that will create huge health benefits in the lives of you and your family. This is the most comprehensive and useful guide on diet and nutrition for women that we have ever seen. It covers virtually every aspect of healthy diet and nutrition for women of all ages. An added benefit is that the book contains over 120 new and incredibly delicious and healthy recipes created by Dr. Lark and tested by her research group. Every woman should have a copy of this book to enjoy and treasure for years to come! In Dr. Lark's own words, "This book contains a wealth of information and resources that I have successfully used in my all-natural treatment programs for my women patients. I have always emphasized healthy diet and nutrition as an important part of my therapeutic programs. I have spent years studying the medical and scientific research in my field and customizing dietary and nutritional programs for my patients that have successfully restored their health and wellness." The book has been divided into five sections: Part I: Detailed nutritional and health information on foods to eat and foods to avoid and why. It includes many helpful charts, essential information on substitutions, products and shopping lists. Part II: Nutritional supplements and special nutrients for women's health and wellness, super antioxidant foods for women, the hormonal effects of plant foods, and many useful charts on the vitamin and mineral content of foods. Part III: Therapeutic diets for optimal health including raw food diets, food allergy diets, fermented (cultured) foods, detoxification diets and fasting, acid/alkaline diets, and blenderized meals. Part IV: Special dietary needs of children, families, dining out, and at work. Part V: The healthy kitchen including detailed information on food handling, preparation and cooking, food substitutions for cooking and more than 120 new delicious and healthy recipes that were created especially for this book.

This book brings together information concerning starter culture bacteria in the manufacture of many milk, meat, vegetable, and bakery products. The characteristics and functions of these bacteria in the production of cultured foods, as well as factors which affect their performance, are discussed in detail. Topics include the role of plasmids in starter culture bacteria, the function of these bacteria as food preservatives, nutritional and health benefits, and future applications. Authors provide historical background as an introduction to each chapter. This will be a valuable reference book for food industry technologists and academicians.

If you're experiencing discomfort, fatigue, or other symptoms that won't go away no matter what you do or how many doctors you see, chances are you're one of the millions unknowingly suffering from a systemic fungal/yeast infection, "the hidden invader." The result of an imbalance starting in your internal ecosystem, this can be a key factor in headaches, joint and muscle pain, depression, cancer, food allergies, digestive problems, autism, and other immune-related disorders. The Body Ecology Diet reveals how to restore and maintain the "inner ecology" your body needs to function properly, and eliminate or control the symptoms that rob you of the joy of living. Tens of thousands of people have already benefited from the Body Ecology way of life—Donna Gates shows you, step-by-step, how to eat your way to better health and well-being . . . deliciously, easily, and inexpensively! In this book, you will learn how to: use seven basic universal principles as tools to gain mastery over every health challenge you may encounter; focus on your inner ecology to create ideal digestive balance; conquer cravings with strategies for satisfying snacking and for dining away from home; and plan meals with dozens of delectable recipes, an array of menus, and detailed shopping lists.

Top 50 Original Fermented Meals Rich In The Good Microbes-Encourage Microbial Biodiversity For Improving Overall Health Lucky for you, it's easier than ever to load up on these cultured foods, thanks to a fermented renaissance that's bringing once obscure products like kombucha and kimchi to mainstream markets and restaurants Cultured and fermented foods, rich in the good microbes that help our flora flourish, have been consumed by humans for millennia. Turning cabbage into sauerkraut, milk into yogurt, and soybeans into miso isn't new. These practices were necessary to preserve food through lean times when fresh vegetables weren't available They often begin as whole foods, and with the help of microorganisms, their sugars and carbs are converted into compounds like lactic acid—the stuff that gives pickles and sauerkraut their signature sour taste. The process also

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turns these foods into probiotic powerhouses that boost levels of good bacteria in your digestive tract, improving the health and balance of your body's collective microbiome, or bacterial community. A healthier microbiome, in turn, has been shown to aid in digestion, increase immunity, prevent disease, and-according to some preliminary studies-reduce blood pressure and keep you slim. Here Is A Preview Of What You'll Learn... The Benefits of Eating Cultured Food
Cultured Buttermilk
Homemade Kombucha
Japanese Pickled Mustard Greens
Pickled Wasabi Carrots
Sourdough Scones with Kefir Cream and Mango
Kefir Strawberry Carrot Breakfast Smoothie
Spaghetti Squash Aglio e Olio with Kefir Cheese
Savory Probiotic Kale Salad
Beef Burgers with Sauerkraut
Tomato Linguine with Sauerkraut and Kefir Cheese
Semi-sweet Sprouted Grain Crackers
Baked Potato Fries with Probiotic Ketchup
Mayo Kombucha with Carrot Sticks
Much, much more!
Buy your copy today! Try it now, click the "add to cart" button and buy Risk-Free

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Hay House, Inc

The purposeful application of fermentation in food and beverage preparation, as a means to provide palatability, nutritional value, preservative, and medicinal properties, is an ancient practice. Fermented foods and beverages were among the first processed food products consumed by humans. The production of foods such as yogurt and cultured milk, wine and beer, sauerkraut and kimchi, and fermented sausage were initially valued because of their improved shelf life, safety, and organoleptic properties. This book 'Health Benefits of Fermented Foods and Beverages' presents the state of the art reviews on the use of fermentation in foods and beverages and key aspects of fermented food production. It presents insight into new findings concerning the ways in which fermentation changes dietary items pre-consumption, and in turn, the ways in which fermentation-enriched chemicals (for example, lactoferrin, bioactive peptides) and newly formed phytochemicals may act upon our own intestinal microbiota profile. The consumption of fermented foods may be particularly relevant to the emerging research linking traditional dietary practices and positive mental health. Today, scientific advances allow for some answers in the direction toward the potential of fermented foods. It is well established that with traditional dietary patterns, fermentation can magnify protein quality and the bioavailability of mood-regulating B vitamins, magnesium, and zinc. It is increasingly understood that fermented foods can also have enhanced nutritional and functional properties due to transformation of substrates and formation of bioactive or bioavailable end-products. Fermented foods and beverages continue to make a significant contribution to the overall patterns of traditional dietary practices. As our knowledge of the human microbiome increases, including its connection to mental health (for example, anxiety and depression), it is becoming increasingly clear that there are untold connections between our resident microbes and many aspects of physiology. Contributions are by worldwide scientists and researchers; this book provides the food industry with new insights on the development of value-added fermented foods products, while also presenting nutritionists and dieticians with a useful resource.

What are probiotics? Did you know that over 70% of your immune system is located in your gut system? Your autoimmunity starts in your gut which is why both science based medical professionals, and alternative medicine practitioners recommend the consumption of healthy bacteria. Probiotics are live bacteria and are taken to prevent and treat diseases. A regular intake of beneficial probiotics can help maintaining healthy intestinal flora. There are also many more benefits of probiotics. Are you aware that the amount of bacteria inside you outnumbers your cells by approximately 10 to 1? Probiotics play an important role in maintaining an ideal ratio between harmful and beneficial bacteria. Why probiotics? There is nothing new about probiotics. The only thing that's new is that you can now buy them from the billion dollar health industry in the form of probiotic supplements. Throughout history people from all over the world have consumed large amounts of probiotics in the form of fermented and cultured foods, which were invented long before refrigeration and other types of food preservation were available. This series will also explore some of the factors that have complicated our relationship with food, including fashion, technology, diet, and culture, along with simple ways we can begin to address these unhealthy obsessions and begin to readdress the true role of food as a source of pure energy and health. The first of the series will focus on probiotics foods, traditional and nourishing food that when added to a healthy and balanced diet, can provide energy and health benefits. This guide is both a practical, and a philosophical guide to the benefits of probiotics. Take Action. Why wait? You could be enjoying your homemade probiotic yoghurt and benefiting from the best probiotic foods.

This book, about the art and application of Clinical Kinesiology, introduces the energetic system that links mind and body. It shows how the body can "talk," and therefore be used as a diagnostic tool, and to determine which healing approach will best suit an individual. Clinical Kinesiology allows us to interpret this new "body talk." This method of muscle-testing "reads" the body's innate wisdom; when "asked" a question, or presented with a stimulus, the muscles respond clearly, either strongly or weakly. This system, which expedites the application of acupuncture, also helps realign the body's energy imbalances. Readers will find specific methods of fighting disease that emphasize the dangers of unnecessary drugs, antibiotics and immunization, and the need for a fortified immune system – especially through natural foods. Other topics include: rebuilding the body's ecology after an overgrowth of unhealthy bacteria or Candidiasis; how to maintain the integrity of the energy system through minimizing exposure to unhealthy electromagnetic fields or EMFs; optimal health for woman; and issues of men's health. New material in this 2nd edition includes an extensive chapter on children's health, which addresses pregnancy, birthing procedures and breastfeeding, and illustrates a road map for giving your children (and children yet to come) the best potential for optimal health.

"Cultured Food for Life is a part of a new genre of cookbooks gaining popularity among a growing demographic of health and wellness aficionados. In this work, fermentation guru Donna Schwenk introduces readers to the healing properties of kefir, kombucha, cultured vegetables, sprouted flour, and sourdough. Fermentation has been used in food preparation for thousands of years, but in the past few decades it has moved from being a commonplace kitchen ritual to being

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something done only by a few health-conscious proponents. Most fermentation now is done at factories, whose processes strip away some of the abundant vitamins, minerals, and healthy bacteria that make this way of preparing foods so beneficial. But Donna Schwenk is working to bring this staple of food preparation back to readers by showing that these now-unfamiliar processes are actually easy and fun. And by doing this, she opens the door to a world of foods that can help rid readers of health problems including high blood pressure, diabetes, allergies, acne, hypertension, asthma, and irritable bowel syndrome. After telling the astonishing story of how she healed herself and her family with these probiotic foods, Schwenk walks readers, step by step, through the basic preparation techniques for kefir, kombucha, cultured vegetables, sprouted flour, and sourdough plus more than 120 recipes that use these foods to create dishes to please any palate. With recipes like Herbed Omelet with Kefir Hollandaise Sauce, Sprouted Ginger Scones with Peaches and Kefir Cream, Kefir Veggie Sprouted Pizza, Apple Sauerkraut, and Sprouted Brownies Kefir Cupcakes, along with inspirational stories from Donna's family and friends, readers will enjoy a diet that's as delicious as it is healthy. Schwenk originally self-published a portion of this book through Balboa Press. It garnered solid sales and positive reviews"--

Are You Interested in Adding Probiotics to Your Diet? Scientists are just now realizing the health of the digestive system is intricately tied to the health of the entire body. Having the right types and amounts of probiotic bacteria are one of the keys to ensuring your digestive system stays in good health. Fermenting your own vegetables is a great way to take a food that's already healthy and make it even better for you. The fermentation process adds both probiotic bacteria and additional nutrients to already-healthy vegetables, creating nutritional powerhouses that will boost your immune system and have the potential to improve your overall health. Here are just some of the many recipes found in the book:

Sauerkraut. Kimchi. Cortido. Fermented kale and cabbage. Fermented asparagus. Fermented Brussels sprouts. Ginger carrots. Dilly carrots and dilly beans. Lactofermented summer squash "Pickled" peppers. Cultured green tomatoes. Lacto-salsa. Miso-fermented garlic. ...and many more. In addition to providing a number of fermenting recipes with step-by-step directions, this handy guide also covers the following topics: The bacteria that live in your gut and why they're critical to good health. How to restore good bacteria to the gut. How and why fermented vegetables are more nutritious than they were prior to fermentation. Die-off: What it feels like when toxins leave the body. The many health benefits of fermented foods. Why you should make fermented vegetables instead of going to the store and buying them. Food preservation through fermentation. Safety first: How to ensure your vegetable ferments stay safe. Fermenting vegetables in 5 easy steps. How to make brine with various salinity percentages. The best types of salt and water for brine. What starter cultures are and how you can use them to your benefit. Equipment you're going to need and want. How to tell when fermented foods are ready to be moved to cold storage. Burping airtight containers. Frequently asked questions. If you want to ferment vegetables, you need this book! Click the "Buy Now" button to purchase it today.

Fermentation has been part of our history for thousands of years. More than just preserving food, studies on fermented food show that there is quite a lot of benefits that consumption of fermented food provide. Health experts even describe fermented or cultured food as the ultimate superfood because of how it can help radically improve our health. Studies even show that fermented foods were an integral part of man kind's survival during the time when refrigerators, canning and preservatives didn't exist. In this book you will not only get to learn about all the amazing benefits of fermented food, but also has plenty of secret and helpful tips so you can successfully create healthy fermented foods for you and your loved ones before you get your hands dirty and start making your own fermented foods at home. More than 60 fermented food recipes waiting for you to explore inside!

The Ultimate Resource For Improving Your Health Naturally! Over 1 million copies sold! In its first edition nearly 20 years ago, Dr. Linda Page's book, Healthy Healing, was the only one of its kind. Now updated and expanded, Healthy Healing is still the easiest to use bestselling natural health reference book on the market. Customize your own personal healing program using natural therapies for more than 300 ailments through diet, whole herb supplements and exercise. Live Longer, feel better and look better, naturally!

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!

A fertility guidebook to becoming pregnant through holistic practices rooted in a real food diet and Chinese medicine.

Even beginners can make their own fermented foods! This easy-to-follow comprehensive guide presents to you delicious recipes for fermenting with different vegetables and herbs. The art of fermenting foods is an ages-old craft that is enjoying a resurgence as people are discovering not only the health benefits of live-culture foods, but the true pleasure of creating their own fermentations at

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home. From kombucha to kefir, and from sourdough to kimchi, research is proving that live-culture foods can help reduce high cholesterol, strengthen and support digestive and immune systems, and help fight and prevent chronic diseases. Here is what you will learn in this book;- delicious recipes for ferments of all types, including beverages, cultured dairy, fermented grains, vegetable ferments, and much more, and each with detailed instructions- Helpful insight on the tools and techniques you'll need to know to safely create nearly any type of fermented food- Detailed guidance on how fermentation works, how to troubleshoot common fermentation issues, and how to grow your own starters

A guide which offers advice on healthy living including diet, nutrition, hygiene, health care, and fitness.

Fermented and preserved foods are beloved for their bold and layered flavors as well as their benefits for gut health, boosting immunity, and curbing sugar cravings, but until now, there hasn't been a book that is both authoritative and easy to use.

Fermenting a Culture provides you with the history, health information, and safest methods for preserving, along with 115 recipes for krauts, pickles, kimchi, fermented vegetables, hot sauces, preserved fruits and jams, yogurt, kombucha, and even hard ciders and mead. With trusted authors Kathryn Lukas and Shane Peterson, owners of mega-brand Farmhouse Culture, and their thoroughly tested recipes, this is the fermentation book that every home fermenter needs--whether you are about to make your first batch of pickles or have been preserving foods for decades.

For thousands of years, people have been making naturally fermented vegetables, fruits, dairy products, and ales. Japanese cuisine features many fermented foods, such as umeboshi (pickled plum), miso and nattō, which are both made using fermented soy beans. In South Korea, live cultured cabbage, or kimchi, is a culinary mainstay and is spreading far and wide. Sourdough bread, made from naturally fermented dough is now coveted across the world. These fermented foods transform sugars and carbohydrates into probiotic powerhouses, containing friendly bacteria that help to maintain a healthy digestive tract. This can help increase energy levels, stabilize blood pressure, improve sleeping patterns, and lead to healthier, radiant-looking skin.

Creative chef, teacher, and health-food expert Dunja Gulin presents over 60 tantalizing ways to introduce fermented foods to your everyday diet. Start the day with Banana and Blueberry Kefir Muffins or Comforting Cacao Oatmeal. Lunch & Dinner ideas include Probiotic Gazpacho and Egyptian-inspired Rice and Lentil Stew. Try Red Lentil Dosas and Pesto Focaccia in the Breads & Pancakes section and Turmeric and Chile Kimchi in Condiments, Dressings, & Dips. There are also health-boosting Probiotic Drinks, while Something Sweet provides recipes that will delight and surprise, like Sweet Cinnamon & Yogurt Scones.

Make your own delicious cultured foods--safely and easily! Fermenting foods is an ages-old craft that's continues to enjoy a resurgence as people are discovering not only the health benefits of live-culture foods but also the true pleasure of creating their own fermentations at home. From kombucha to kefir and from sourdough to kimchi, research is proving that live-culture foods can help reduce high cholesterol, strengthen and support digestive and immune systems, and help fight and prevent chronic diseases. This newly revised edition covers the amazing health benefits of fermented foods and the techniques for safely fermenting food at home. Fermenting Foods includes these features: More than 100 recipes for ferments of all types, including beverages, cultured dairy, fermented grains, vegetable ferments, and much more, and each with detailed instructions Helpful insights on the tools and techniques you'll need to know to safely create nearly any type of fermented food Expert guidance from Wardeh Harmon on how fermentation works, how to troubleshoot common fermentation issues, and how to grow your own starters If you've thought about trying to ferment your own food, this book will help you ease into this exciting hobby!

Simplified Chinese edition of The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes from around the World (Eggs, Milk, Meat, Fish and Drinking)

Truly Cultured is a delicious and nutritious feast of facts, recipes and figures, quips, quotes, quizzes, history, food science, anecdotes and insight, puns, myths, secrets, how-to tips, tidbits and unabashed, call-it-like-it-is power truths that help readers understand how important live, cultured, fermented foods - and the microorganisms that produce them - are to our health, environment and communities. Although many people will pick up Truly Cultured just for its sumptuous recipes and lush, four-color photos, the book is much more, an unprecedented archetype on this subject. Bentley hopes it will change the way we think about food, health and life and how this impacts the world. Her "Hello, hasn't anyone else seen what's going on?" approach will have you laughing one minute, then groaning and crying the next.

Food processing is now the biggest industry in the UK and in many other countries. It is also rapidly changing from what was essentially a craft industry, batch processing relatively small amounts of product, to a very highly automated one with continuously operating high speed production lines. In addition, consumers have developed a greater expectation for consistently high standard products and coupled this with demands for such things as a more natural flavour, lower fat etc. The need for an increased knowledge of the scientific principles behind food processing has never been greater. Within the industry itself, increased automation, company diversification and amalgamations etc. have meant that those working in it have often to change their field of operation. Whereas twenty years ago, someone starting work in one branch of the food industry could expect, if he or she so desired, to work there all their working lives, this is now seldom the case. This means that a basic knowledge of the principles behind food processing is necessary both for the student at university or college, and for those already in the industry. It is hoped, therefore, that this book will appeal to both, and prove to be a useful reference over a wide range of food processing.

In her third cookbook, creator and founder of the Cultured Food Life blog and author of Cultured Food for Life and Cultured Food for Health Donna Schwenk offers over 100 probiotic recipes for the on-the-go lifestyle. These cultured food recipes are easy-to-make and all portable in jars. Schwenk covers everything from the basics like making your own kefir, kombucha, and nondairy milks, to snacks and beverages, to filling, savory meals. Complete with full-color photos and clear, thorough instructions, Cultured Food in a Jar offers an accessible, mouthwatering approach to probiotic eating and gut health.

Did you know? It's estimated that fermentation practices have been around since as early as 6000 BC, when wine was first being made in Caucasus and Mesopotamia. Today, there are roughly 5000 varieties of fermented foods and beverages prepared and consumed worldwide, which accounts for between five and forty percent of daily meals.

Fermented Foods a

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Fermented vegetables begin with lacto-fermentation, a method of food preservation that also enhances the nutrient content of the food. The action of the bacteria makes the minerals in cultured foods more readily available to the body. The bacteria also produce vitamins and enzymes that are beneficial for digestion. Here's what you will discover: - Types Of Fermented Foods - Easy Steps to Make Fermented Vegetables at Home - What is Lacto-Fermentation - Getting Started - Equipment - Choosing Your Fermentation Vessels - Covering and Weighting Methods - Preparing Your Vegetables for Fermentation - Tips for Delicious Fermented Vegetables - Substitutions in Fermentation Recipes - Fermented Food Options and Recipe Ideas - Health Benefits of Fermented Vegetables

Provides recipes and meal plans featuring fermented foods that are intended to address specific ailments, strengthen immunity, and increase enzyme production.

Now in tradepaper: New York Times best-selling author presents a solution for brain drain and anxiety. Are you anxious, frazzled, exhausted? Do you find yourself constantly worrying? Do you feel like you're "running on empty"? Do you have trouble sleeping? Like millions of people living today, your brain has become drained. It seems like everything in our day-to-day lives--from our increasingly unpredictable world, to the smart phones we can't stop using, to the processed foods we eat all day long, to the many hours we spend at our jobs--is setting us up to feel drained. The short-term effects of becoming drained are uncomfortable, but the long-term effects can be life-threatening. Left untreated, it can quadruple your risk of high blood pressure--the #1 cause of preventable death. Finding natural solutions to anxiety and insomnia is becoming increasingly vital as sleeping pills, antianxiety medications, and hospitalizations have seen a dramatic spike recently. More and more people are desperate to heal their drained brains. In his latest book, Dr. Mike Dow offers a 2-week plan designed to help you naturally balance your brain. He explains what drains modern brains, which groups are wired for it, and provides clinically proven tools to help you feel less drained. The book includes nutritional tips, recipes, cognitive behavioral tools, supplements, breathing techniques, self-hypnosis, and mindfulness.

A revealing look at the 300 trillion microorganisms that keep us healthy--and the foods they need to thrive These days, probiotic yogurt and other "gut-friendly" foods line supermarket shelves. But what's the best way to feed our all-important microbiome--and what is a microbiome, anyway? In this engaging and eye-opening book, science journalist Katherine Harmon Courage investigates these questions, presenting a deep dive into the ancient food traditions and the latest research for maintaining a healthy gut. Courage's insights include: * Meet your microbiome: What it is, how it works, and why it's essential for our immune system--and overall health * Gut-friendly food traditions: A guided tour of artisanal makers of yogurt, kimchi, kefir, kombucha, olives, cocoa, and other vibrant, ancient foods from around the world that feed our microbiome (along with simple recipes for curious at-home cooks) * Cutting-edge science: A first-hand look at some of the top lab facilities where microbiologists are working to better understand the human gut and how to feed it for good health Equal parts science explainer, culinary investigation, and global roadmap for healthy eating, Cultured offers a wealth of information for anyone interested in making smart food choices in our not-so-gut-friendly modern world.

Dramatically improve your health by eating foods filled with dynamic probiotics that supercharge your body! Ordinary foods become powerful health agents in a few easy steps using ancient wisdom and time-tested techniques such as natural fermentation. Author and educator Donna Schwenk tells her compelling story of how she transformed her family's health by creating foods that conquer sicknesses, including diabetes, high blood pressure and IBS. Hundreds of families have attended Donna's seminars and renewed their health, changing their lives forever! After numerous requests from her seminar participants, Donna has provided this compilation of over sixty delicious recipes that were the key to her own success. With her simple step-by-step instructions, you too can learn to make delicious probiotic foods that will create wellness and restore your health. You can enjoy a preview at: www.culturedfoodlife.com or follow Donna on her blog at www.blog.culturedfoodlife.com

Linda Page has been saying it for years: Good food is good medicine. Now, in her new revolutionary cookbook set, she presents the latest information about the problems with today's food supply and shows how to use food as medicine, for healing, and for wellness.

What does your favourite farmhouse cheese have in common with crusty sourdough bread, a glass of sparkling ginger beer or a bowl of marinated olives? The answer is each is a product of fermentation, a process that harnesses good bacteria in order to preserve ingredients and transform them into uniquely delicious foods with remarkable health benefits. Thanks to an increasing awareness of the crucial role probiotic-rich foods play in our wellbeing, the ancient art of fermentation is experiencing a renaissance. Add to this the joy, ease and economy of making fermented foods at home, and it's no wonder we are scrunching, pickling and bottling our way to better gut health and a deeper connection with our food. With this extensive collection, wholefood pioneer Holly Davis shares familiar and lesser-known recipes, as well as the wisdom and experience accumulated over 40 years of teaching fermentation techniques around the world. Her gentle and thorough guidance guarantees you will find a place in your home for one or more ferments that make your heart and stomach sing.

Transform Everyday Foods into Mouth-Watering Superfoods Detailing everything you need to begin fermenting in your home kitchen, The Cultured Cook offers recipes and tips for making vegan, gluten-free foods even better for you. From delicious plant-based yogurt and cheese, to basics such as sauerkraut, pickles, and kombucha, to tempting desserts — even ice cream! — you'll discover ways to add fermented foods to every meal. Your body will enjoy the benefits of probiotics, as well as the increasingly recognized prebiotics, to supercharge your health.

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