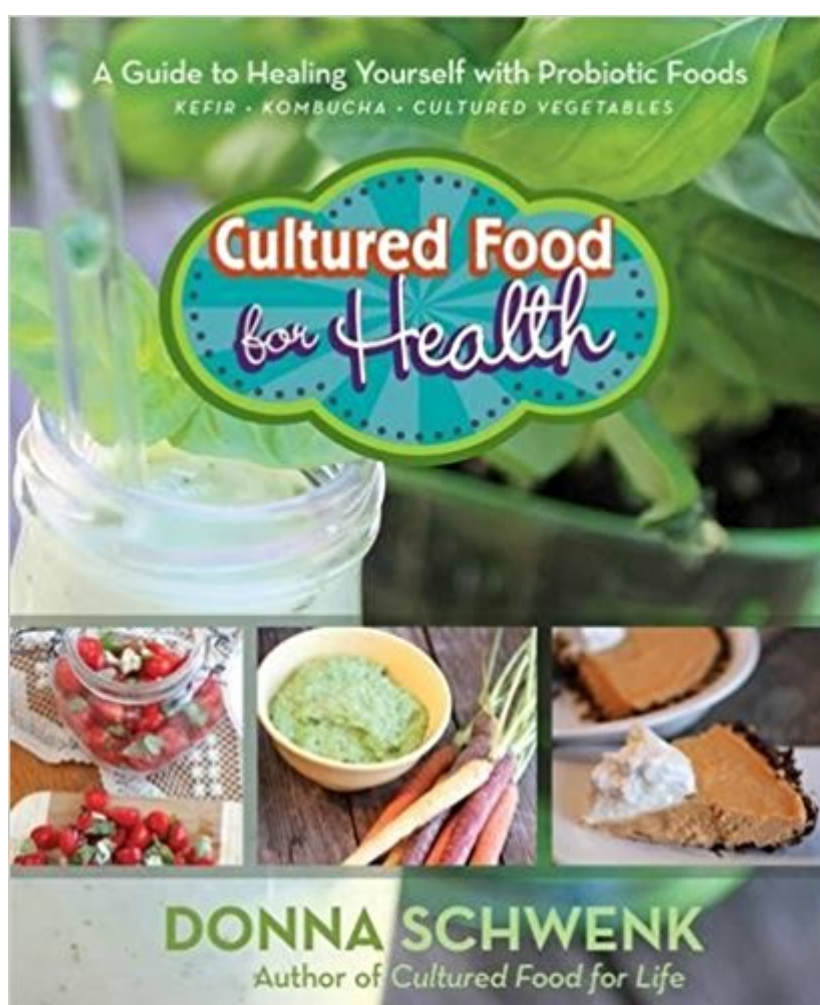


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# Cultured Food For Health: A Guide To Healing Yourself With Probiotic Foods Kefir \* Kombucha \* Cultured Vegetables



## 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

Donna Schwenk is the author of *Cultured Food for Life* and the founder of [www.culturedfoodlife.com](http://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*.

This is an awesome book, I look forward to healing my body through eating healthy fermented cultured foods. Thank You Donna for writing such a great insightful book.

this book sites interesting real scientific studies to help you further your research, or to solidify your need for proof. fermenting food is something that we would probably do everyday if it was a norm in our culture, but since we haven't seen many people do it or eaten it frequently throughout our lives, it seems distant and complicated. donna is like your little friend that bridges this gap and inspires you to perform this easy food preparation task that is a foundation for your health

Her book and her website are chock full of information. I feel like a kid in a candy store. I've got Mason jars everywhere in my kitchen now with all sorts of projects I never thought I'd be doing.

This is the best path to good health that absolutely everyone should embark upon. It is incredibly easy to do and profoundly powerful in restoring and maintaining good health all while tasting incredibly good! Donna presents facts and personal experiences that will have you smiling and nodding your head, even out right laughing at times. Get this book. Use this book. Give this book. The best gift we can give ourselves and those we care about is good health. Thank you Donna! And your family too!

I love the information in this book and the really delicious sounding recipes. I just put together my very first 2 jars of cultured foods ever and it was using recipes from this book. Donna's website is also a great place for recipes and information and I highly recommend following her on facebook too. She is fueling my obsession to eat more fermented foods as a way to build a healthy gut microbiome.

Donna is one of the "experts" on cultured food. The book is chuck full of info and how to's. If you are interested in improving your health, with no pills, or junk, this is the book for you. I have had several significant health improvements due to cultured foods, and they are really tasty.

I love the information in this book! Can't wait to be adding more of these things into my diet!

I love this very informative recipe book for Cultured Food preparation. Also the introduction and teaching chapters give great information and help to understand the need for cultured foods in our diets and also the benefits of adding these things to our diets on a regular basis. Donna's recipes are easy to incorporate into our meals. I highly recommend this to anyone who is learning and getting started in Cultured Food.

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