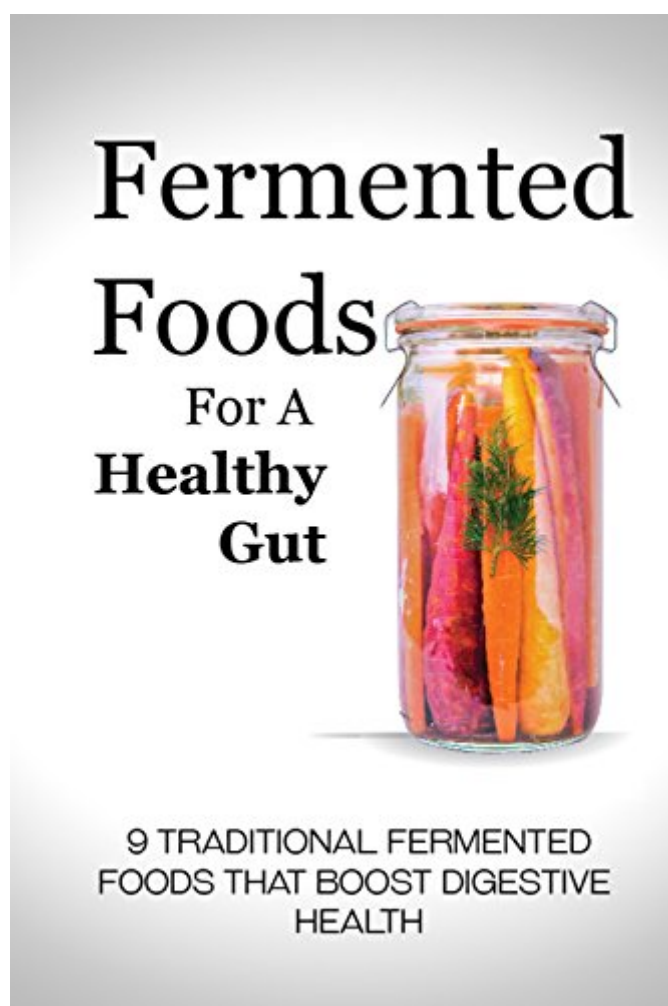


The book was found

# Fermented Foods For A Healthy Gut: 9 Traditional Fermented Foods That Boost Digestive Health



## Synopsis

For centuries, people have known that fermented food is one of the keys to gut health through natural probiotics and a healthy body. Traditionally used as a way to preserve food for longer and over cold winter months when little grows, fermented food had a double benefit: encouraging the growth of good bacteria and improving the nutritional value of this real food. In this book, you'll discover why fermentation is so good for you and also how you can make your own fermented food in the comfort of your own home! You'll learn how to make the following traditional foods and just why they're so good for you in the first place: Yoghurt—a staple in any kitchen, you can make your own with just a little time and some key ingredients. Soft cheese—tasty and good for you, soft cheese is also surprisingly easy to make. Sauerkraut—traditionally buried underground, these days you can make this German staple indoors. Beverages—kombucha and ginger beer are two refreshing drinks for a summer's day that you can make in your kitchen. Improve your gut health while enjoying delicious homemade fermented food—get *Fermented Foods for a Healthy Gut* today!

## Book Information

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## Customer Reviews

Been trying to eat healthy and lose weight so I picked up this book on fermented foods. At first I was kind of intrigued because I did not know fermented foods were so healthy for you. But Alison explained in great detail on how they can be. She even told you how to make your own cottage cheese, even homemade sauerkraut and pickles. The thing I liked most about the book is that Alison even told you how to make beer with fermented foods that makes it healthy. I will definitely try some of these recipes in my eating healthy journey....and I would recommend you try them too!

Fermented food are the foods which pass through the process of fermentation and generate lactic acid. This process preserves the food, creates good enzymes, vitamins and omega 3 fatty acids. This book is a great one for the fermented food lovers. I myself find them quite delicious. The small booklet contains some great recipes which are easy to prepare and are very healthy. They are worth trying and they are going to keep your digestion in a good state, which is the root of the good health overall. Good effort by the author!

This book contains much information about the fermentation of foods and beverages. Also, the health benefits of fermenting. A must have for those who experience digestive problems. I suffer from celiac disease and found some relief by fermenting milk into kefir, and love the taste. I added fruit and honey, simply delicious. Next week, I plan to brew kombutcha. Happy brewing All!

Good guide for to achieve good health via fermented foods. Author has discussed the background and the history and how it is being a dying tradition. Author has produced this guide being hopeful to support this tradition and support the revival. Fermented foods are my favourite's always , I love Yoghurt and Ginger beer. It is a short but a good guide which helps you to prepare and store your own fermented foods. The preparation is simple and steps are easy to follow. Looking to read some advanced level topics in the same niche from the Alison Jones!

Great resource with health benefits. Easy to follow recipes. Will most likely do most of the recipes. Would be better if there were photos. Thank you!

Great resource

Really good

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