

Where To
Download 100
Organic Water
100 Organic
Kefir Florida Sun
Water Kefir
Florida Sun
Kefir

**Slow food for a fast
world—discover the
joys of
fermentation.
Ferment for Good
is a guide to**

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**discovering the joys
of fermentation in
its myriad**

**variations - framed
through the eyes of
Sharon Flynn, who
was hooked early in
her 20s and has
since made it her
life's work to learn
and share all there
is to know about**

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Kefir, Florida Sun

Kefir

this most ancient of practices. Ferment for Good includes a how-to guide to the basics (why do it; what you need; and what you'll get), alongside sections on wild fermented vegetables (including sauerkraut, kimchi,

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brine); drinks

(including water

kefir, kombucha

and apple cider);

milk and dairy

(including yogurt

and milk kefir),

grains (simple

sourdough, dosa

and injera); and

Japanese traditions

(including miso &

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Kefir
**tamari, soy sauce,
sake kasu and
pickled ginger).**

**Sharon then shares
recipes and advice
for incorporating
these foods into
every meal. These
include nine
variations on kraut
and how to eat it
(mixed through**

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**mashed potatoes,
tossed through
scrambled eggs,
accompanying pork
chops or on the side
of a soft fish taco).**

**And let's not forget
about kimchi. The
book contains six
variations, plus a
handful of recipes
that incorporate it**

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(from kimchi gyoza
to Korean pancakes
to kimchi fried

rice). Ferment for
Good is a beautiful,
personal collection
to introduce you
into the

fermentation world
- complete with
photographs of
selected dishes and

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**Manga-style
cartoons that
channel the
author's connection
to Japan and offer
graphic, often
entertaining short
tales of her
adventures in
fermenting.
Jill Winger, creator
of the award-**

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**winning blog The
Prairie Homestead,
introduces her**

**debut The Prairie
Homestead**

**Cookbook,
including 100+
delicious,**

**wholesome recipes
made with fresh
ingredients to bring
the flavors and**

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Kefir
**spirit of homestead
cooking to any
kitchen table. With
a foreword by
bestselling author
Joel Salatin The
Pioneer Woman
Cooks meets 100
Days of Real Food,
on the Wyoming
prairie. While Jill
produces much of**

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her own food on

her Wyoming

ranch, you don't

have to grow all—or

even any—of your

own food to cook

and eat like a

homesteader. Jill

teaches people how

to make delicious

traditional

American comfort

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**food recipes with
whole ingredients
and shows that you
don't have to use
obscure items to
enjoy this lifestyle.
And as a busy
mother of three, Jill
knows how to make
recipes easy and
delicious for all
ages. "Jill takes you**

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**on an insightful
and delicious
journey of
becoming a
homesteader. This
book is packed with
so much easy to
follow, practical,
hands-on
information about
steps you can take
towards integrating**

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**homesteading into
your life. It is
packed full of
exciting and mouth-
watering recipes
and heartwarming
stories of her
unique adventure
into homesteading.
These recipes are
ones I know I will
be using regularly**

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in my kitchen." -

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Eve Kilcher These

Kefir

109 recipes include

her family's

favorites, with

maple-glazed pork

chops, butternut

Alfredo pasta, and

browned butter

skillet corn. Jill also

shares 17 bonus

recipes for

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**homemade sauces,
salt rubs, sour
cream, and the
like—staples that
many people are
surprised to learn
you can make
yourself. Beyond
these recipes, The
Prairie Homestead
Cookbook shares
the tools and tips**

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**Jill has learned
from life on the
homestead, like
how to churn your
own butter, feed a
family on a budget,
and experience all
the fulfilling
satisfaction of a
DIY lifestyle.
This accessible
home-brew guide**

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**for alcoholic and
non-alcoholic
fermented drinks,
from Apartment
Therapy: The
Kitchn's Emma
Christensen, offers
a wide range of
simple yet enticing
recipes for Root
Beer, Honey Green
Tea Kombucha,**

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**Pear Cider, Gluten-
Free Sorghum Ale,
Blueberry-
Lavender Mead,
Gin Sake, Plum
Wine, and more.
You can make
naturally
fermented sodas,
tend batches of
kombucha, and
brew your own**

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Kefir

**beer in the smallest
apartment kitchen
with little more
equipment than a
soup pot, a plastic
bucket, and a long-
handled spoon. All
you need is the
know-how. That's
where Emma
Christensen comes
in, distilling a wide**

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**variety of
projects—from
mead to kefir to
sake—to their
simplest forms,
making the process
fun and accessible
for homebrewers.
All fifty-plus
recipes in True
Brews stem from
the same basic**

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**techniques and core
equipment, so it's
easy for you to**

experiment with

your favorite

flavors and add-ins

**once you grasp the
fundamentals.**

Covering a

tantalizing range of

recipes, including

Coconut Water

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**Kefir, Root Beer,
Honey-Green Tea
Kombucha, Pear
Cider, Gluten-Free
Pale Ale, Chai-
Spiced Mead,
Cloudy Cherry
Sake, and Plum
Wine, these fresh
beverages make
impressive
homemade**

Where To
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offerings for
Kefir Florida Sun
hostess gifts, happy
Kefir
hours, and thirsty
friends alike.

The country's
leading expert on
organic food
delivers the
ultimate guide to
the new culinary
health movement—f
easting on

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fermented
Kefir, Florida Sun
probiotics, from
Kefir
artisanal cheese to
kimchi. In his
extensive career as
a bestselling
cookbook author
and TV garden-
show host, Jeff Cox
has always been
keenly aware of the
microbiology that

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Kefir

helps his garden flourish. He has long known that microbes keep our bodies healthy as they ferment food, releasing their nutritional power and creating essential vitamins and enzymes. In

The Essential Book

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**of Fermentation,
Cox shares a
bounty of recipes
for nourishing the
internal “garden.”
Simplifying the art
and science of
fermentation, Cox
offers a primer on
the body’s
microbial
ecosystem,**

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Kefir
**complemented by
scrumptious
recipes, and easy-to-
follow pickling and
canning techniques.
Basics such as
bread and yogurt
help readers
progress to wine,
cheese, and a host
of international
delicacies,**

Where To
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including kim chi
Kefir Florida Sun
and chow chow.

**Inspiring and
innovative, The
Essential Book of
Fermentation
serves up great
taste along with
great health on
every page.**

**Vegetarian Times
FIZZ**

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**Miso, Tempeh,
Natto & Other
Tasty Ferments**

**75 Recipes for
Kombucha, Kefir,
Ginger Beer, and
Other Naturally
Fermented Drinks**

**Homemade Root
Beer, Soda & Pop**

**Handbook of
Fermented**

Where To
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Functional Foods
Kefir Florida Sun
Rethinking Our
Kefir
Way with Grains

Cultured Food

LifeXlibris

Corporation

Offers a guide to
child rearing and
child nutrition that
focuses on a
nutrient dense diet
from pregnancy

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Kefir, Florida Sun
Kefir
through childhood
and natural
treatments for

childhood illnesses.

The health benefits
of probiotics are no
secret—doctors from
both the Western
and Eastern
medicine camps
sing the praises of
probiotics for their
positive effects on

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digestion,
metabolism, and the
immune system.

Enthusiasts of
kombucha—a bubbly
probiotic drink now
sold regularly in
stores from
Manhattan delis to
Seattle food co-
ops—point to its high
levels of B vitamins
and amino acids,

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Kefir

improving mood,
energy levels, joint
function, ligament
health, and skin
health. Now you can
learn to make
kombucha, as well
as numerous other
probiotic drinks, at
home! With clear
step-by-step
directions, beautiful
photographs, and

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Kefir

more than seventy-five recipes, this is the ultimate guide to homemade probiotic drinks. You'll find numerous recipes for: Kombucha Jun Kefir Lacto-fermented lemonade Ginger beer Cultured vegetable juices And more! In

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Kefir

addition, you'll find recipes for making yogurt, smoothies, and kefir ice cream. Fermenting drinks may seem daunting, but Julia Mueller shows how it can be fun, much more cost-effective than buying ready-made drinks from the store, and delicious!

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Skyhorse
Publishing, along
with our Good
Books and Arcade
imprints, is proud to
publish a broad
range of cookbooks,
including books on
juicing, grilling,
baking, frying, home
brewing and
winemaking, slow
cookers, and cast

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iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun

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cooking, as well as
books on jerky,
canning and
preserving, peanut
butter, meatballs, oil
and vinegar, bone
broth, and more.

While not every title
we publish becomes
a New York Times
bestseller or a
national bestseller,
we are committed to

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books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

To do what no other magazine does:

Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively

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vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all.

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Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to

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Kefir
an increasingly
large group of
Americans. VT's
goal: To embrace
both.

Your Pregnancy
Nutrition Guide
Fermented Foods in
Health and Disease
Prevention
A Step-by-Step
Guide to Fermenting
Grains and Beans

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Kefir

How to Craft
Fermented Cider,
Beer, Wine, Sake,
Soda, Mead, Kefir,
and Kombucha at
Home

The Ultimate Guide
and Cookbook for
Milk Allergies,
Lactose Intolerance,
and Casein-Free
Living

Younger You

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Lactic Acid Bacteria

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Kefir

within the Food

Industry: What is

New on their

Technological and

Functional Role

The highly

anticipated

cookbook from

the immensely

popular food blog

Minimalist Baker,

featuring 101 all-

Where To
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*new simple,
Kefir Florida Sun
vegan recipes
Kefir
that all require
10 ingredients or
less, 1 bowl or 1
pot, or 30
minutes or less to
prepare Dana
Shultz founded
the Minimalist
Baker blog in
2012 to share her
passion for*

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*simple cooking
and quickly*

*gained a devoted
worldwide*

*following. Now, in
this long-awaited
debut cookbook,
Dana shares 101
vibrant, simple
recipes that are
entirely plant-
based, mostly
gluten-free, and*

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Kefir

***100% delicious.
Packed with
gorgeous
photography, this
practical but
inspiring
cookbook
includes: •
Recipes that each
require 10
ingredients or
less, can be made
in one bowl, or***

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**require 30
minutes or less to
prepare. •**

***Delicious options
for hearty
entrées, easy
sides, nourishing
breakfasts, and
decadent
desserts—all on
the table in a
snap • Essential
plant-based***

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Kefir

**pantry and
equipment tips •**

***Easy-to-follow,
step-by-step
recipes with
standard and
metric ingredient
measurements***

***Minimalist
Baker's Everyday
Cooking is a
totally no-fuss
approach to***

Where To
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cooking for
Kefir Florida Sun
anyone who loves
Kefir
delicious food
that happens to
be healthy too.
The Book That
Started the
Fermentation
Revolution
Sandor Ellix Katz,
winner of a James
Beard Award and
New York Times

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***bestselling
author, whom
Michael Pollan
calls the "Johnny
Appleseed of
Fermentation"
returns to the
iconic book that
started it all, but
with a fresh
perspective,
renewed
enthusiasm, and***

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Kefir

***expanded wisdom
from his travels
around the world.***

***This self-
described
fermentation
revivalist is
perhaps best
known simply as
Sandorkraut,
which describes
his joyful and
demystifying***

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Kefir, Florida Sun
Kefir

***approach to
making and
eating fermented
foods, the health
benefits of which
have helped
launch a
nutrition-based
food revolution.
Since its
publication in
2003, and aided
by Katz's***

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*engaging and
fervent workshop
presentations,
Wild*

*Fermentation has
inspired people to
turn their
kitchens into
food labs:
fermenting
vegetables into
sauerkraut, milk
into cheese or*

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Kefir
***yogurt, grains
into sourdough
bread, and much
more. In turn,
they've traded
batches, shared
recipes, and
joined thousands
of others on a
journey of
creating healthy
food for
themselves, their***

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Kefir
**families, and
their
communities.**

**Katz's work
earned him the
Craig Clairborne
lifetime
achievement
award from the
Southern
Foodways
Alliance, and has
been called "one**

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Kefir

***of the unlikely
rock stars of the
American food
scene" by The
New York Times.
This updated and
revised edition,
now with full
color photos
throughout, is
sure to introduce
a whole new
generation to the***

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*Organic Water
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Kefir*

**flavors and health
benefits of
fermented foods.
It features many
brand-new
recipes--includin
g Strawberry
Kvass, African
Sorghum Beer,
and Infinite
Buckwheat
Bread--and
updates and**

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*refines original
recipes reflecting*

the author's ever-

deepening

knowledge of

global food

traditions that

has influenced

four-star chefs

and home cooks

alike. For Katz,

his gateway to

fermentation was

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***sauerkraut. So
open this book to***

find yours, and

start a little food

revolution right

in your own

kitchen. Praise

for Sandor Ellix

Katz and his

books: "The Art

of Fermentation

is an

extraordinary

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Kefir

book, and an impressive work of passion and scholarship."--Deborah Madison, author of Local Flavors "Sandor Katz has proven himself to be the king of fermentation."--Sally Fallon Morell, President, The Weston A.

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***Price Foundation
"Sandor Katz has
already awakened
more people to
the diversity and
deliciousness of
fermented foods
than any other
single person has
over the last
century."--Gary
Paul Nabhan,
author of***

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Kefir

***Growing Food in
a Hotter, Drier
Land "The
fermenting
bible." --
Newsweek "In a
country almost
clinically
obsessed with
sterilization Katz
reminds us of the
forgotten benefits
of living in***

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Kefir

**harmony with our
microbial**

relatives." -- Grist

Fermented foods

have been an

important part of

the human diet in

many cultures for

many centuries.

Modern research,

especially on the

immune system,

is revealing how

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***these foods and
their active
ingredients
impact human
health. Handbook
of Fermented
Functional Foods
presents the
latest data on
fermented food
products, their
production
processes, an***

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Based on the groundbreaking study that shaved three years off a subjects' age in just eight weeks, discover a proven, accessible plan to prevent diseases and reduce your biological age.

It's true: getting

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***older is inevitable
and your
chronological age
can only move in
one direction.
But you also have
a biological age,
which scientists
can measure by
assessing how
your genes are
expressed
through***

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epigenetics.
Exciting new
research shows
that your bio age
can actually move
in reverse—and
Dr. Kara
Fitzgerald's
groundbreaking,
rigorous clinical
trial proved it's
possible. By
eating delicious

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***foods and
establishing
common-sense
lifestyle practices
that positively
influence genetic
expression, study
participants
reduced their bio
age by just over
three years in
only eight weeks!
Now Dr.***

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Fitzgerald shares the diet and lifestyle plan that shows you how to influence your epigenetics for a younger you. In Younger You you'll learn: It's not your genetics that determines your age and level of health,

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***it's your
epigenetics How
DNA methylation
powerfully
influences your
epigenetic
expression The
foods and
lifestyle choices
that most affect
DNA methylation
Simple swaps to
your daily***

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***routines that will
add years to your
life***

***The full
eating and***

lifestyle program,

with recipes and

meal plans, to

reduce your bio

age and increase

vitality

***How to
take care of your***

epigenetic

expression at

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***every life stage,
from infancy
through midlife
and your later
decades We don't
have to accept a
descent into
disease and
unwellness as we
age as inevitable:
when you reduce
bio age you
reduce your odds***

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***of developing all
the major
diseases,
including
diabetes, cancer,
and dementia.
With assessment
tools for
determining your
bio age, recipes,
and plans for
putting it all into
practice, Younger***

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***You helps you
repair years of
damage, ward off
chronic disease,
and optimize your
health—for years
to come.***

***A Four-Week Plan
to Reprogram
Your Microbiome,
Restore Health,
and Lose Weight
Official Gazette***

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Kefir
***of the United
States Patent and
Trademark Office
Super Gut
Vegetarian Times
Natural Health
Discover the
Slowest Kind of
Fast Food
History of
Tempeh and
Tempeh Products
(1815-2011)***

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Probiotics,
Kefir, Florida Sun
Prebiotics, and
Kefir
Synbiotics:
*Bioactive Foods
in Health
Promotion
reviews and
presents new
hypotheses and
conclusions on
the effects of
different
bioactive*

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components of
probiotics,
prebiotics, and
synbiotics to
prevent disease
and improve the
health of
various
populations.
Experts define
and support the
actions of
bacteria;

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*bacteria
modified
bioflavonoids
and prebiotic
fibrous
materials and
vegetable
compounds. A
major emphasis
is placed on
the health-
promoting
activities and*

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*bioactive
components of
probiotic
bacteria.*

*Offers a novel
focus on
synbiotics,
carefully
designed
prebiotics
probiotics
combinations to
help design*

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*functional food
and
nutraceutical
products*

*Discusses how
prebiotics and
probiotics are
complementary
and can be
incorporated
into food
products and
used as*

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*alternative
medicines
Defines the
variety of
applications of
probiotics in
health and
disease
resistance and
provides key
insights into
how gut flora
are modified by*

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*specific food
materials
Includes
valuable
information on
how prebiotics
are important
sources of
micro-and
macronutrients
that modify
body functions
Unknown*

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Kefir Florida Sun
Kefir
2016 Silver
Nautilus Book
Award Winner

*Brew your own
kombucha at
home! With more
than 400
recipes,
including 268
unique flavor
combinations,
you can get
exactly the*

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Kefir

*taste you want
– for a
fraction of the
store-bought
price. This
complete guide,
from the
proprietors of
Kombucha Kamp,
shows you how
to do it from
start to
finish, with*

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Kefir

*illustrated
step-by-step
instructions
and
troubleshooting
tips. The book
also includes
information on
the many health
benefits of
kombucha,
fascinating
details of the*

Where To
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drink's
Kefir Florida Sun
history, and
Kefir
recipes for
delicious foods
and drinks you
can make with
kombucha
(including some
irresistible
cocktails!).
“This is the
one go-to
resource for

Where To
Download 100
Organic Water
Kefir Florida Sun
Kefir

*all things
kombucha.” –
Andrew Zimmern,
James Beard
Award-winning
author and host
of Travel
Channel’s
Bizarre Foods
Best-selling
fermentation
authors Kirsten
and Christopher*

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Kefir Florida Sun
Kefir

*Shockey explore
a whole new
realm of
probiotic
superfoods with
Miso, Tempeh,
Natto & Other
Tasty Ferments.
This in-depth
handbook offers
accessible,
step-by-step
techniques for*

Where To
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Organic Water
fermenting
Kefir Florida Sun
beans and
Kefir
grains in the
home kitchen.
With 50
recipes, they
expand beyond
the basic
components of
these
traditionally
Japanese
protein-rich

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Kefir
ferments to
include not
only soybeans
and wheat, but
also chickpeas,
black-eyed
peas, lentils,
barley,
sorghum,
millet, quinoa,
and oats. Their
ferments
feature

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creative combinations such as ancient grains tempeh, hazelnut cocoa nibs tempeh, millet koji, sea island red pea miso, and heirloom cranberry bean miso. Once the ferments are

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Kefir

*mastered, there
are 50
additional
recipes for
using them in
recipes such as
miso flank
steak, natto
polenta, and
Thai marinated
tempeh. For
enthusiasts
enthralled by*

Where To
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the flavor
Kefir Florida Sun
possibilities
Kefir and the health
benefits of
fermenting,
this book opens
up a new world
of
possibilities.
A Simple Guide
for Creating
Your Own
Great Taste and

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Good Health
Kefir Florida Sun
with Probiotic
Kefir
Foods
Delicious
Probiotic
Drinks
Probiotics,
Prebiotics, and
Synbiotics
Reduce Your Bio
Age and Live
Longer, Better
Medical News

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*What to eat
when you're
pregnant*

Lactic acid bacteria (LAB) have historically been used as starter cultures for the production of fermented foods, especially dairy products. Over recent years, new

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areas have had a strong impact on LAB studies: the application of omics tools; the study of complex microbial ecosystems, the discovery of new LAB species, and the use of LAB as powerhouses in the food and medical industries. This

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second edition of
Biotechnology of
Lactic Acid Bacteria:
Novel Applications
addresses the major
advances in the
fields over the last
five years.

Thoroughly revised
and updated, the
book includes new
chapters. Among
them: The current

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status of LAB
systematics; The
role of LAB in the
human intestinal
microbiome and the
intestinal tract of
animals and its
impact on the
health and disease
state of the host;
The involvement of
LAB in fruit and
vegetable

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fermentations; The
production of
nutraceuticals and
aroma compounds
by LAB; and The
formation of
biofilms by LAB.
This book is an
essential reference
for established
researchers and
scientists, clinical
and advanced

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Kefir
students, university
professors and
instructors,
nutritionists and
food technologists
working on food
microbiology,
physiology and
biotechnology of
lactic acid bacteria.
Add some fizzy
sparkle to your life
and discover the

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delicious and
Kefir Florida Sun
refreshing world of
Kefir
homemade soft
drinks. Drawing on
centuries-old
traditions from
American general
stores and
pharmacy soda
fountains, this fun
and informative
guide has recipes
for perennial

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Kefir
favorites like birch
beer and ginger
beer, as well as
more adventurous
concoctions like
Molasses Switchel
and Dandelion
Champagne.
Stephen Cresswell
provides easy-to-
follow directions
that cover
everything from

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Kefir

extracting the
earthy undertones
of saffras for an
exciting root beer to
whipping up a
caffeine-charged
Coffee Whizzer.
Making thirst-
quenchingly healthy
kombucha, kefir,
and natural
sparkling sodas at
home is easier than

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Kefir
you probably
think--this book
breaks the process
down step-by-step.
This simple and
stunningly
photographed book
explains the basics
of brewing your
own kombucha,
kefir, and natural
soda--right from
your very own

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home. Truly, this
book couldn't arrive
in your life at a
better time. At this
crucial moment of
consumer
awareness, many of
us are starting to
make better and
more informed
choices about what
we eat and
drink--and we're

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given plenty more
choice than in the
years gone by. The
drinks-cooler
section in all
supermarkets and
corner stores is now
laden with healthier
options which
challenge the classic
selection of
commercialized,
sugar-filled sodas of

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our youth. Today
you'll find anywhere
a whole range of
naturally low-sugar,
fermented
alternatives such as
kombucha, switchel,
and kefir--all
healthy, gut-friendly
drink options. These
thirst-quenchers
might seem too
complicated to

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consider making
yourself--but in fact,
fermented drinks
are much easier to
create at home than
you might think.
That's the thing
about
fermentation... You
just bottle it up and
wait. This book
contains forty easy-
to-create drinks that

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will not just save
you money, but will
make you feel great
too! Recipes in the
book include kefir,
kombucha,
grapefruit soda,
cider, switchel, and
mead. You'll be a
(mocktail)
mixologist in no
time!

New York Times

Page 110/182

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Bestseller Discover
Kefir Florida Sun
the critical link
Kefir
between your brain
and the food you
eat and change the
way your brain
ages, in this cutting-
edge, practical
guide to eliminating
brain fog,
optimizing brain
health, and
achieving peak

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mental performance
from media
personality and
leading voice in
health Max
Lugavere. After his
mother was
diagnosed with a
mysterious form of
dementia, Max
Lugavere put his
successful media
career on hold to

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learn everything he could about brain health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and

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Kefir, Florida Sun
Kefir
visited the
country ' s best
neurology
departments—all in
the hopes of
understanding his
mother ' s
condition. Now, in
Genius Foods,
Lugavere presents a
comprehensive
guide to brain
optimization. He

Where To
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Kefir
uncovers the
stunning link
between our dietary
and lifestyle choices
and our brain
functions, revealing
how the foods you
eat directly affect
your ability to
focus, learn,
remember, create,
analyze new ideas,
and maintain a

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balanced mood.
Weaving together
pioneering research
on dementia
prevention,
cognitive
optimization, and
nutritional
psychiatry,
Lugavere distills
groundbreaking
science into
actionable lifestyle

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changes. He shares invaluable insights into how to improve your brain power, including the nutrients that can boost your memory and improve mental clarity (and where to find them); the foods and tactics that can energize and rejuvenate your

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brain, no matter
your age; a brain-
boosting fat-loss
method so powerful
it has been called
“ biochemical
liposuction ” ; and
the foods that can
improve your
happiness, both
now and for the
long term. With
Genius Foods,

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Lugavere offers a cutting-edge yet practical road map to eliminating brain fog and optimizing the brain ' s health and performance today—and decades into the future.

Extensively
Annotated
Bibliography and
Sourcebook

Where To
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Kefir
Me you and the
Kids
Brewing, Flavoring,
and Enjoying the
Health Benefits of
Fermented Tea
Exuberant Health
Eating on the Wild
Side
The Big Book of
Kombucha
The Nourishing
Traditions Book of

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Baby & Child Care

Kefir Florida Sun

Fermented Foods in
Kefir Health and Disease

Prevention is the first

scientific reference

that addresses the

properties of

fermented foods in

nutrition by examining

their underlying

microbiology, the

specific characteristics

of a wide variety of

fermented foods, and

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Kefir

their effects in health and disease. The current awareness of the link between diet and health drives growth in the industry, opening new commercial opportunities.

Coverage in the book includes the role of microorganisms that are involved in the fermentation of

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bioactive and potentially toxic compounds, their contribution to health-promoting properties, and the safety of traditional fermented foods. Authored by worldwide scientists and researchers, this book provides the food industry with new insights on the development of value-

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added fermented foods products, while also presenting nutritionists and dieticians with a useful resource to help them develop strategies to assist in the prevention of disease or to slow its onset and severity.

Provides a comprehensive review on current findings in the functional

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properties and safety
of traditional
fermented foods and
their impact on health
and disease prevention
Identifies bioactive
microorganisms and
components in
traditional fermented
food Includes focused
key facts, helpful
glossaries, and
summary points for
each chapter Presents

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food processors and
product developers
with opportunities for
the development of
fermented food
products Helps
readers develop
strategies that will
assist in preventing or
slowing disease onset
and severity

Winner of the 2014
IACP Cookbook

Award in the category

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of "Food Matters."

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Kefir

The next stage in the
food revolution--a

radical way to select

fruits and vegetables

and reclaim the flavor

and nutrients we've

lost. Ever since

farmers first planted

seeds 10,000 years ago,

humans have been

destroying the

nutritional value of

their fruits and

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vegetables.

Unwittingly, we've
been selecting plants
that are high in starch
and sugar and low in
vitamins, minerals,
fiber, and antioxidants
for more than 400
generations. EATING
ON THE WILD SIDE
reveals the
solution--choosing
modern varieties that
approach the

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nutritional content of wild plants but that also please the modern palate. Jo Robinson explains that many of these newly identified varieties can be found in supermarkets and farmer's market, and introduces simple, scientifically proven methods of preparation that enhance their flavor

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and nutrition. Based on years of scientific research and filled with food history and practical advice, EATING ON THE WILD SIDE will forever change the way we think about food.

The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive

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subject and geographic
index. 205

photographs and
illustrations - many
color. Free of charge in
digital PDF format.
Fermentation
produces fantastic non-
alcoholic drinks. Think
of a fresh and tart
kombucha, a thirst
quenching water kefir,
or an earthy beet
kvass.. They all fizz

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with healthy bacteria and they all surprise you with their complex taste. More and more, you'll see these drinks offered in top restaurants and cocktail bars. But you can also make them yourself. Fermented drinks, with their natural sparkle and slightly yeasty taste, are a great alternative

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to wine or beer. They are perfect for those who want to consume less alcohol and those who want to give a probiotic boost to their body. This book tells you everything you need to know to brew these healthy and alcohol-free drinks yourself. You will find accessible recipes with step-by-step

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illustrations, scientific
background
information on the
fermentation process,
and 'juicy' anecdotes
about the origin of
these extraordinary
drinks.

The Prairie
Homestead Cookbook
Become Smarter,
Happier, and More
Productive While
Protecting Your Brain

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for Life
Kefir, Florida Sun
Biotechnology of
Lactic Acid Bacteria
Grains for Every
Season
Wild Fermentation
Simple Recipes for
Heritage Cooking in
Any Kitchen

**Drawing on over
a decade of
work with
mothers-to-be,**

Where To
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expert
Kefir, Florida Sun
nutritionist
Kefir
Henrietta

**Norton provides
you with clear
and practical
advice on what
to eat during
preconception,
pregnancy and
the early stages
of motherhood.**

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You'll find out: ·

What to avoid

and which

supplements to

take · Ways to

eat a healthy

vegetarian or

vegan

pregnancy diet ·

Which nutrients

are important at

each trimester ·

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How to manage symptoms such as morning sickness and fatigue ·

Pregnancy and preconception superfoods and recipes · How to allergy-proof your baby and optimise their

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**development
With meal
planners for
each trimester,
a handy list of
food to access
on your smart
phone and with
chapters on
preconception,
breastfeeding
and labour**

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**nutrition, let
Your Pregnancy
Nutrition Guide
be your close
companion on
this precious
journey.**

**Yogurt in Health
and Disease
Prevention
examines the
mechanisms by**

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Kefir

**which yogurt,
an important
source of micro-
and
macronutrients,
impacts human
nutrition,
overall health,
and disease.**

**Topics covered
include yogurt
consumption's**

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**impact on
overall diet
quality, allergic
disorders,
gastrointestinal
tract health,
bone health,
metabolic
syndrome,
diabetes,
obesity, weight
control,**

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metabolism, age-related disorders, and cardiovascular health.

Modifications to yogurt are also covered in scientific detail, including altering the protein to

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carbohydrate ratios, adding n-3 fatty acids, phytochemical enhancements, adding whole grains, and supplementing with various micronutrients. Prebiotic, probiotic, and

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**synbiotic yogurt
component are
also covered to
give the reader
a
comprehensive
understanding
of the various
impacts yogurt
and related
products can
have on human**

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health. Health
Kefir Florida Sun
coverage

encompasses
nutrition, gastro
enterology,
endocrinology,
immunology,
and cardiology
Examines novel
and unusual
yogurts as well
as popular and

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common
Kefir Florida Sun
varieties Covers
Kefir
effects on diet,
obesity, and
weight control
Outlines
common
additives to
yogurts and
their respective
effects Reviews
prebiotics,

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Kefir
**probiotics, and
symbiotic
yogurts Includes
practical
information on
how yogurt may
be modified to
improve its
nutritive value
The world's
most
comprehensive,**

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well
Kefir Florida Sun
documented,
Kefir
and well
illustrated book
on this subject.
With extensive
subject and
geographic
index. 28
photographs
and illustrations
- mostly color.

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Kefir
**Free of charge
in digital PDF
format.**

**If ONE simple
change could
resolve most of
your symptoms
and prevent a
host of
illnesses,
wouldn't you
want to try it?**

Where To
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Go Dairy Free
shows you how!
There are plenty
of reasons to go
dairy free.
Maybe you are
confronting
allergies or
lactose
intolerance.
Maybe you are
dealing with

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**acne, digestive
issues, sinus
troubles, or
eczema—all
proven to be
associated with
dairy
consumption.
Maybe you're
looking for
longer-term
disease**

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**prevention,
weight loss, or
for help
transitioning to
a plant-based
diet. Whatever
your reason, Go
Dairy Free is the
essential
arsenal of
information you
need to change**

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**your diet. This
complete guide
and cookbook
will be your vital
companion to
understand
dairy, how it
affects you, and
how you can
eliminate it
from your life
and improve**

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your
Kefir Florida Sun
health—without
Kefir
feeling like
you're
sacrificing a
thing. Inside: •
More than 250
delicious dairy-
free recipes
focusing on
naturally rich
and delicious

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Kefir
**whole foods,
with numerous
options to
satisfy those
dairy cravings •**

**A
comprehensive
guide to dairy
substitutes
explaining how
to purchase,
use, and make**

Where To
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your own
Kefir, Florida Sun
alternatives for
Kefir
butter, cheese,
cream, milk, and
much more •
Must-have
grocery
shopping
information,
from sussing
out suspect
ingredients and

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Kefir

**label-reading
assistance to
money-saving
tips • A detailed
chapter on
calcium to
identify
naturally
mineral-rich
foods beyond
dairy, the best
supplements,**

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Kefir

**and other keys
to bone health •**

**An in-depth
health section
outlining the
signs and
symptoms of
dairy-related
illnesses and
addressing
questions
around protein,**

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**fat, and other
nutrients in the
dairy-free
transition •
Everyday living
tips with
suggestions for
restaurant
dining, travel,
celebrations,
and other social
situations •**

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**Infant milk
allergy
checklists that
describe
indicators and
solutions for
babies and
young children
with milk
allergies or
intolerances •
Food allergy-**

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**and vegan-
friendly
resources,
including recipe
indexes to
quickly find
gluten-free and
other top food
allergy-friendly
options and
fully tested
plant-based**

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**options for
every recipe**

**The Missing Link
to Optimum
Health**

**Yogurt in Health
and Disease
Prevention**

**Bioactive Foods
in Health
Promotion**

Minimalist

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Baker's
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Everyday
Kefir
Cooking
Ferment for
Good: Ancient
Food for the
Modern Gut
Novel
Applications
Genius Foods
Dramatically
improve your

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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

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such as natural
Kefir Florida Sun
fermentation.
Kefir
Author and
educator Donna
Schwenk tells her
compelling story of
how she
transformed her
family's health by
creating foods that
conquer
sicknesses,

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including diabetes,
Kefir Florida Sun
high blood
Kefir
pressure and IBS.
Hundreds of
families have
attended Donna's
seminars and
renewed their
health, changing
their lives forever!
After numerous
requests from her

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seminar
Kefir Florida Sun
participants,
Kefir
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

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Kefir, Florida Sun
Kefir
to make delicious
probiotic foods that
will create
wellness and
restore your
health. You can
enjoy a preview at:
[www.culturedfoodli
fe.com](http://www.culturedfoodlife.com) or follow
Donna on her blog
at [www.blog.cultur
edfoodlife.com](http://www.blog.cultur
edfoodlife.com)

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****National
Bestseller**** The
bestselling author
of the Wheat Belly
books brings his
next big, game
changing
idea—the human
microbiome and
the silent epidemic
of SIBO—to the
mainstream.

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Kefir

Wheat Belly was a breakthrough, informing readers that the wheat and grains we consume today are not the same wheat and grains of our ancestors and were making us overweight and sick. In Super Gut,

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Dr. Davis takes his research and findings a step further and shows that because of our highly processed diet, pesticides, and overuse of antibiotics, our guts are is now missing so many

Where To
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of the good
Kefir Florida Sun
bacteria required
Kefir
to be healthy. As a
result, many of us
have lost control
over health,
weight, mood,
even behavior.
The ancient
bacteria that keep
our gut in
alignment and our

Where To
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digestion easy
Kefir Florida Sun
have been dying
Kefir
off, replaced by
harmful microbes
that don ' t serve to
keep us physically
healthy and
mentally fit. With
cutting-edge
research, Dr.
Davis has
connected the dots

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between gut health
and modern

ailments and

complaints. There

are entire species

of microbes that

have disappeared,

creating health

issues that were

uncommon one

hundred, or even

fifty, years ago. A

Where To
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Organic Water
major
Kefir Florida Sun
consequence is
Kefir
SIBO (small
intestinal bacterial
overgrowth), a
silent and
profound
epidemic, which
affects one out of
three people and
is responsible for
an astounding

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Kefir, Florida, Sun
Kefir

range of human
health conditions.
Super Gut shows
readers how to
eliminate bad
bacteria and bring
back the missing
“good” bacteria
with a four-week
plan to reprogram
your microbiome
based on research

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and techniques

that not only get to
the root of many

diseases but

improve levels of

oxytocin (the

bonding/happy

hormone), brain

health, and

promote anti-

aging, weight loss,

mental clarity, and

Where To
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Organic Water
Kefir Florida Sun
Kefir
more restful sleep.
Super Gut
explains the
science clearly and
includes more than
forty recipes, a diet
plan, and
resources so you
can pinpoint your
gut issues, correct
them, and
maintain your long-

Where To
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term health and
Kefir Florida Sun
well-being.

James Beard
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