



Fermentation: 49 Awesome Fermented Food Recipes Rich in Probiotics, Enzymes, Vitamins, and Minerals-Learn about Health Benefits of Fermentation and How to Incorporate Fermented Foods Into Your Diet (Paperback)

By Rebecca Herbertson

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Discover Why Traditionally Fermented Foods, Are Essential To Your Diet, And How They Can Radically Improve Your Health. For people living without modern medicine and refrigeration, fermentation has always been not only a simple means of food preservation, but also a way to imbue foods with health-promoting properties, an essential tool for maintaining the gut health. Fermented foods are filled with probiotics, and there is a growing awareness of the benefits of these friendly bacteria in maintaining optimal health. They may sound too exotic for you, but don't be put off. Here you will learn more about fermented foods and why they should become a regular part of your diet. Recently, fermented foods have started to disappear from our plate. Sauerkraut and modern pickles are prepared with vinegar instead of the conventional technique of lacto-fermentation with the use of salt. Pasta and bread are prepared with commercial yeast rather than with natural wild yeast. Cheese, beer and wine are being pasteurized, which eliminates all of the beneficial bacteria we so very much need to maintain our overall health. Well,...



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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- Romaine Rippin

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lyda Davis II