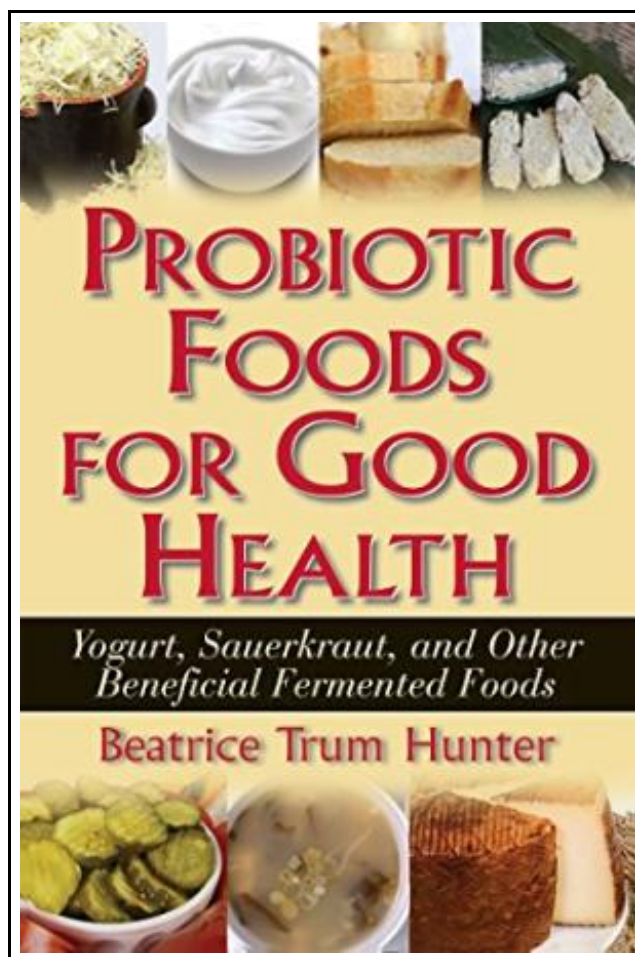


Probiotic Foods for Good Health



Filesize: 7.65 MB

Reviews

It is one of my personal favorite ebooks. It is probably the most awesome publication I have read through. You won't really feel monotony at anytime of the time (that's what catalogs are for regarding in the event you check with me).

(Juliet Kertzmann)

PROBIOTIC FOODS FOR GOOD HEALTH

[DOWNLOAD](#)

Basic Health Publications. Paperback. Book Condition: New. Paperback. 218 pages. Dimensions: 8.8in. x 5.9in. x 0.5in. Probiotics (for life) are fermented foods cultured by beneficial microorganisms. Probiotic foods such as yogurt and sauerkraut are the most familiar. There are many more, enjoyed for centuries in different parts of the world, but largely unknown in the United States. It is time to become acquainted with them and to use them for their benefits. Fermented foods have values beyond their original states. Fermentation increases some nutrients, gives foods a tasty zing, and keeps them well without preservatives. Fermented foods support the immune system. The beneficial bacteria in fermented foods help keep the digestive tract healthy and protect against virulent pathogens that cause foodborne illnesses. The typical American diet makes the body vulnerable to these infections. The problem is compounded by our over-reliance on antibiotics and our increasing resistance to them. Unfortunately, antibiotics kill the beneficial microorganisms along with the pathogens. Probiotic foods can prevent or alleviate many health disorders ranging from allergy and asthma to yeast infection and heart disease that result from foodborne infections and antibiotic resistance. In Probiotic Foods for Good Health, you will learn about the special nutritional and therapeutic features of traditional probiotic foods. You will learn about the special contributions of yogurt and other fermented milk products. You will become an enlightened consumer, able to choose wisely among these food products that, through commercialization, have undergone extreme modifications. You will learn about fermented foods based on vegetables, beans, and cereal grains. Yes, there are vegetables other than cabbage that can be fermented! Although probiotic supplements may be useful, this book focuses mainly on probiotic foods. Probiotic Foods for Good Health discusses in detail more than forty types of fermented foods. It provides you with practical information about reliable sources for fermented...

[Read Probiotic Foods for Good Health Online](#)[Download PDF Probiotic Foods for Good Health](#)

You May Also Like



Slave Girl - Return to Hell, Ordinary British Girls are Being Sold into Sex Slavery; I Escaped, But Now I'm Going Back to Help Free Them. This is My True Story.

John Blake Publishing Ltd, 2013. Paperback. Book Condition: New. Brand new book. DAILY dispatch from our warehouse in Sussex, all international orders sent Airmail. We're happy to offer significant POSTAGE DISCOUNTS for MULTIPLE ITEM orders.

[Download eBook »](#)



Readers Clubhouse Set B Time to Open

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. 222 x 148 mm. Language: English . Brand New Book. This is volume nine, Reading Level 2, in a comprehensive program (Reading Levels 1...

[Download eBook »](#)



365 Games Smart Toddlers Play, 2E: Creative Time to Imagine, Grow and Learn

Sourcebooks, 2006. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Table of Contents Section One: Day-to-Day Life Chapter 1: Toddler Survival Tips Parent-to-Parent Bonding Stay Safe Just the Two...

[Download eBook »](#)



Letters to Grant Volume 2: Volume 2 Addresses a Kaleidoscope of Stories That Primarily, But Not Exclusively, Occurred in the United States. It de

Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Volume 2 addresses a kaleidoscope of stories that primarily, but not exclusively, occurred...

[Download eBook »](#)



Diabetes Diet Plan: The Secret Tips to Diabetes and Heart Healthy Meals

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The Diabetic Diet Plan: Secret Tips to...

[Download eBook »](#)