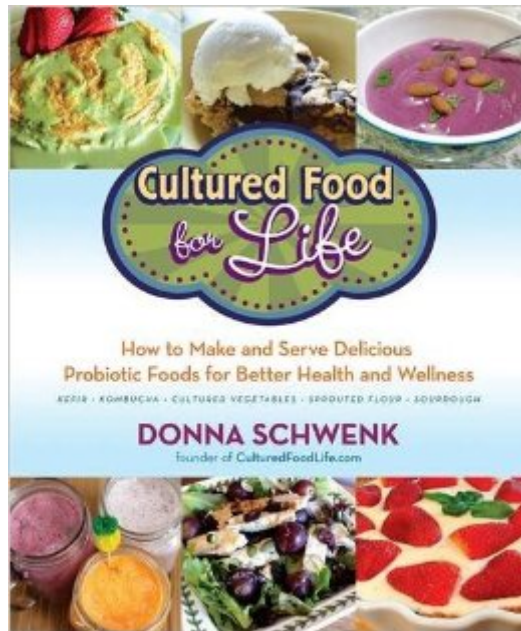


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# Cultured Food For Life: How To Make And Serve Delicious Probiotic Foods For Better Health And Wellness



## Synopsis

Donna Schwenk's world changed when she discovered cultured foods. After a difficult pregnancy and various health problems, she became determined to find answers to what ailed her. And in her quest, she came across the ancient art of home fermentation, a food preparation technique that supercharges everyday foods with beneficial bacteria to balance your digestive system, and vitamins and minerals to enhance your overall health. This simple, natural process has been used for thousands of years to create everything from drinks like kefir and kombucha to foods like kimchi and pickles. After incorporating fermented foods into her life, Donna began to experience a vitality that she had never known. And then she was hooked! She started a new life as a teacher and writer, blogging on her website [culturedfoodlife.com](http://culturedfoodlife.com), in an effort to bring the beautiful world of fermented foods to as many people as possible. She now works with thousands of people to open the door to a world of foods that can help improve an array of health problems including high blood pressure, diabetes, allergies, acne, hypertension, asthma, and irritable bowel syndrome. In *Cultured Food for Life* Donna brings this same information to you and shows you that preparing and eating cultured foods is easy, fun, and delicious! After speaking to the science behind the healing power of probiotic foods and telling the astonishing story of how she healed herself and her family, Schwenk walks you, step by step, through the basic preparation techniques for kefir, kombucha, cultured vegetables, and sprouted flour, plus more than 135 recipes that use these foods to create dishes to please any palate. With recipes like Herbed Omelet with Kefir Hollandaise Sauce, Sprouted Ginger Scones with Peaches and Kefir Cream, Kefir Veggie Sprouted Pizza, Apple Sauerkraut, and Brownie Cupcakes with Kefir Frosting, along with inspirational stories from Donna's family and friends, you'll learn everything you want to know about a diet that's as tasty as it is healthy.

## Book Information

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## Customer Reviews

In the first week I have already fermented the broccoli, red onions and cherry tomatoes. I used the broccoli for a salad and it tasted great, who would have thought it could be fermented. I really like all the ideas and can't wait to try more. The cherry tomatoes will keep fermented in the fridge for up to a year. We really like to have them in our taco salad and I don't have to worry about them going bad before we use them. I also have a huge jar of fermented garlic that I use in everything! This was a great book to go along with the re Cap lids and air locks that I bought to ferment in my mason jars. I like that the books tells which spices to use and the days to ferment before putting in the fridge and how long it will keep.

The author is clearly writing from experience. The instructions are clear and the author covers what can go wrong and how to fix it. While the extraordinary benefits that were seen by the author and family may not be there for everyone, at the least cultured foods taste great and are for sure a lot better for you than sodas and energy drinks. I have been making Kefir for several months and I like it and am ready to try other cultured foods. I think I can proceed with confidence using the instructions in this book. I have several other books on probiotics but they lack in detail about how to do the cultures. I have only tried one of the recipes but it really turned out well. The book is recommended for anyone wanting to try cultured foods.

I love Donna Schwenk, I've never met her but I love her. Almost everything I know about making kombucha, kefir and cultured vegetables I've learned from her on her great website and from her youtube videos. I've been fermenting for about 3 months now and my family and I are experiencing all the same health miracles you can read about all over the internet. She is passionate about health through probiotics. She keeps everything simple and practical. She generously shares her secrets and genuinely wants us to succeed at this. She is a rare gem.

I didn't know I could get this EXCITED about probiotic foods! Kefir cheeses, ice cream, homemade kombucha floats, sourdough bread, you name it, it's in this book! After a discussion of what probiotic foods are, what kefir is, and what it does in the body, Donna Schwenk (Author & Probiotic Goddess)

shows you exactly how to begin or pump up your home fermentation adventure! Making homemade kefir and adding more probiotics into our lives, has been the cure to unexplained gastrointestinal problems and fatigue for me. It's also helped my kids break a sugar addiction my hubby and I created. "Cultured Foods" has had a curative effect on my son's health and that continues to be very exciting! It's been 2 weeks since we've started eating cultured foods and I've noticed the following: \* the whole family is more energized, less cranky pants \* increased speech, clearer communication with my son (3 y/o) \* my kids crave less sugar, staying fuller between meals \* clearer skin \* no bloating \* shinier hair \* less mental foggiess! I'm hooked! I have no plans to stop eating probiotics. I just "mastered" kefir...now it's on to sprouted breads and kombucha teas :) \* I received Cultured Foods from Hay House for review purposes. The opinions are completely my own based on my experience.\*

Donna Schwenk is an angel!!! This book will change your life! After months of doctors, tests and medications and worsening symptoms, the very simple items in this book resolved the issue within a few days. I cannot recommend this book enough!! If you know anyone that has digestive issues, asthma, allergies, etc. this book is a MUST HAVE!! Do not wait, health is a short delightful trip away with Donna's book. I will never be without this book and will be ordering many more copies to give out since I won't part with my copy.

This is a great book that I was very excited to receive! I guess it is not the authors fault it is the book company that printed it! Looks like they were trying to save money on the ink! The problem with this book is that they did not use enough ink and the letters are very faint! The letters are very light and you really have to strain your eyes to look at it! I'm pretty disappointed because now I have to take the page and print it on my printer so I can darken the words! Just terrible! But I love the recipes you just cannot see it that well! Not enough ink not dark enough.

Most of this information is available for free on the Internet. That being said, it's always nice to have books on hand so one doesn't need to be on the computer 24/7. I found that sometimes instructions were a little less than clear; a few more steps or clarifications would help. However, one really nice thing about this author is that she responds to emailed questions very quickly, and seems to be very generous with her time and knowledge.

Although the content of the book is good, the font used for the text is a small sans-serif gray that is

very hard on the eyes to read. The font's point size in the Reference section looks like it may even drop down to a smaller size, say 6 points. I would recommend getting this book as a Kindle, rather than a paperback, so you can increase the text size.

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