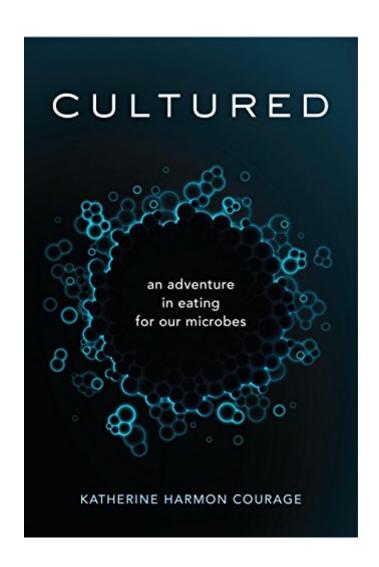
## The book was found

## Cultured: An Adventure In Eating For Our Microbes





## **Synopsis**

Journalist Katherine Harmon Courage shows readers why and how we should be eating for the 300 trillion bacteria, fungi, and Archaea our bodies depend on to keep us healthy. Â In Cultured, Katherine Harmon Courage investigated the essential role our gutâ "or as we now know itâ ™s more accurately called, the microbiomeâ "plays in our overall health and well-being. Through our efforts to keep our bodies and living environments clean and disinfected, we are actually wiping out the essential microbes we need to maintain our immunity. Fortunately, simple dietary changes may be all we need to right the ecology of our microbiome. By examining digestive health through a foodieâ ™s lensâ "looking to other cultures and their gut-friendly food traditions, from kimchi to kefir, and teaching us the differences between probiotic and prebiotic foodsâ "Courage is able to break down the complex science behind digestive health to make it accessible for all readers. Highly informative yet accessible and practical, Cultured is the resource readers need in order to learn what they can and should be doing to cultivate the essential microbes they need to live healthier, happier lives.

## **Book Information**

Print Length: 304 pages

Publisher: Pam Krauss/Avery (April 25, 2017)

Publication Date: April 25, 2017

Sold by: A Penguin Group (USA) LLC

Language: English

ASIN: B015BCX0IA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,135,423 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #183 in Kindle Store > Kindle eBooks > Nonfiction > Science > Biological Sciences > Biology > Microbiology #243 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Manage to the store | Manage to th

Macrobiotics #333 in Books > Health, Fitness & Dieting > Nutrition > Macrobiotics

Download to continue reading...

Cultured: An Adventure in Eating for Our Microbes Cultured Food for Health: A Guide to Healing

Yourself with Probiotic Foods Kefir \* Kombucha \* Cultured Vegetables Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Missing Microbes: How the Overuse of Antibiotics Is Fueling Our Modern Plagues Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) Teaming with Microbes: A Gardener's Guide to the Soil Food Web Microbiome Diet: Top 50 Healthy Gut Microbes Recipes-Dump Some Extra Pounds By Feeding Microbiome The Right Foods Alcamo's Microbes And Society (Jones & Bartlett Learning Topics in Biology) The Cult of the Amateur: How blogs, MySpace, YouTube, and the rest of today's user-generated media are destroying our economy, our culture, and our values Our Story: 77 Hours That Tested Our Friendship and Our Faith Modified: GMOs and the Threat to Our Food, Our Land, Our Future Vaccine Epidemic: How Corporate Greed, Biased Science, and Coercive Government Threaten Our Human Rights, Our Health, and Our Children The Story of Stuff: How Our Obsession with Stuff Is Trashing the Planet, Our Communities, and Our Health-and a Vision for Change runing from the truth: its an adventure..its a great adventure (1) Pathfinder Adventure Card Game: Wrath of the Righteous Adventure Deck 2 - Sword of Valor Pathfinder Adventure Card Game: Wrath of the Righteous Adventure Deck 3 - Demon's Heresy

**Dmca**