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The Well-Fed Microbiome Cookbook: Vital Microbiome Diet Recipes to Repair and Renew the Body and Brain (Paperback)

By Kristina Campbell

Rockridge Press, 2016. Paperback. Condition: New. Language: English . Brand New Book. Kristina Campbell has created an easy-to-follow roadmap that translates the exciting science on the microbiota into an actionable path to improve the state of your gut. ?Justin Sonnenburg, PhD Erica Sonnenberg, PhD, bestselling authors of The Good Gut: Taking Control of Your Weight, Your Mood, and Your Long-term Health GI discomfort, weight gain, and other debilitating symptoms are often signs of an imbalanced microbiome. Leading-edge studies show that following a microbiome diet can help counteract such negative effects. With The Well-Fed Microbiome Cookbook you ll begin healing your weakened digestive system by following this simple, creative approach to the microbiome diet. 150+ easy, affordable recipes offer simple suggestions for family-friendly microbiome diet options, such as Banana Oat Pancakes, Oven-baked Crispy Chicken Wings, and Chocolate Chia Pudding A scientifically-supported 2-phase microbiome diet meal plan to repair your damaged GI system, then restore healthy gut microbes Easy-to-follow DIY fermentation techniques show how to create probiotic-rich ferments that complement the microbiome diet Develop healthy microbiome diet habits with the help of Kristina Campbell, microbiome diet expert and science writer for Gut Microbiota for Health. Armed with her evidence-based guidance, you ll...



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Reviews

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