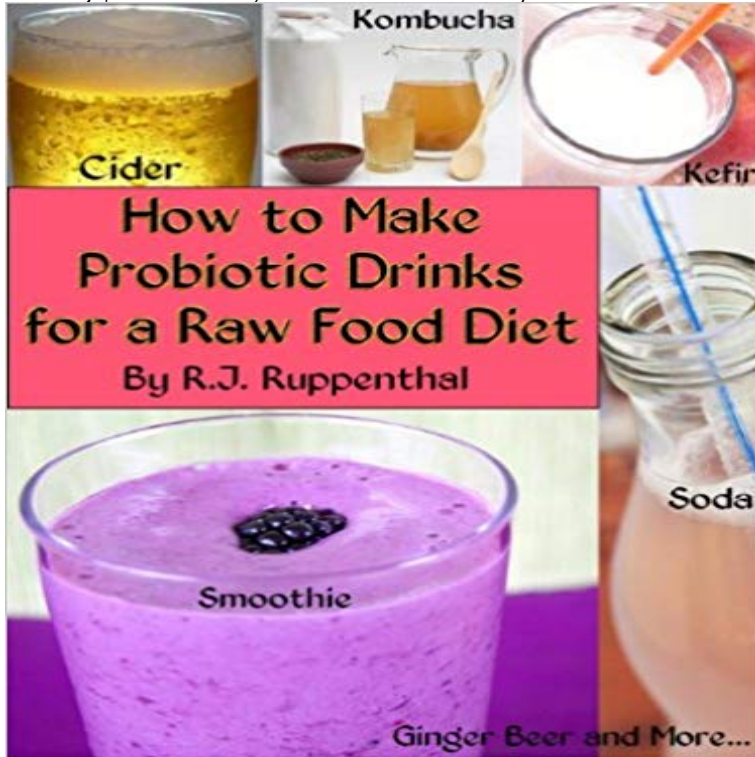


How to Make Probiotic Drinks for a Raw Food Diet: Kefir, Kombucha, Ginger Beer, and Naturally Fermented Ciders, Sodas, and Smoothies



This short book is a guide to making your own fermented, probiotic drinks. Using beneficial cultures, like the good bacteria in yogurt, you will learn how to create healthy, delicious drinks that benefit your body. For thousands of years, long before sugary soft drinks were invented, our ancestors enjoyed the whole food goodness of fermented drinks such as kefir, kombucha, and naturally fermented ciders and sodas. If delicious raw food smoothies were not around 5,000 years ago, it is only because our Stone Age ancestors did not have good blenders. Fermented drinks are tasty, easy to prepare, and incredibly healthy. Yogurt, kefir, kombucha, and other probiotic drinks are made by adding cultures to base ingredients such as milk, sweet tea, or fruit juice. The cultures consist of beneficial microorganisms, such as *Lactobacillus acidophilus*, which add live enzymes, B vitamins, and protein to your food. Contents Include: 1. Probiotic Foods for Better Health Improve Digestion and Strengthen Your Immune System 2. The Benefits of Fermented Beverages Lose Weight, Nourish Your Body, and Boost Energy Levels 3. Drinkable Yogurt Its Easy, Quick to Make, and Tastes Great 4. Rejuvelac The Goodness of Sprouted Grains in a Glass 5. SCOBIES: Ancient and Modern The Worlds Most Natural, Complex Probiotic Cultures 6. Alcoholic Content of Fermented Beverages Booze Content is Usually Less Than 1%, But Be Careful 7. Kefir: Milk and Water-Based Versions The Secret to Longer Life? 8. Kombucha Delicious and Healthful Beverage 9. Ginger Beer Naturally Brewed With a Unique Culture 10. Home Brewed Ciders and Sodas Bottle Your Own Naturally Effervescent Sodas in Any Flavor 11. Probiotic Smoothies Drink Your Food... Delicious and Nutritious 12. Additional Recipes Wait till you try some of these! In addition, the good bacteria make it easier for you to digest

your food, helping your body to assimilate more nutrition and rid itself of toxins. Improved digestion is the most natural way to improve the radiance of your skin, keep your bowel movements regular, and help you sleep better. With less excess sugar and toxic waste, your body will find itself with a lot less work to do. Many people who add probiotics to their diets wake up feeling more vibrant, rejuvenated, and full of energy. Along with these benefits often comes a loss of excess weight and an immune system that seems more resistant to invaders. While only a handful of scientific studies have measured the effects of probiotics on immune system health, individuals have used them to treat everything from cancer to the common cold. Of course, fermented foods are less of a medicine than a healthy addition to your diet. Eat and drink more of them, and you may provide your body with the stronger support it needs to resist diseases, infections, and other health problems.

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