



Fermented Foods: Your Beginner's Guide to a Healthy, Balanced Diet full of Probiotics! (Holistic Health, Natural Healing, Healthy Living, Holistic Medicine, Holistic Fitness, Holistic Living Book 1)

Andy Shepherd

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Today only, get this Amazon bestseller for just \$4.99 \$0.99! Read on your PC, Mac, smart phone, tablet or Kindle device.

You're about to discover...

The benefits of fermented foods, proven steps and strategies on how to ferment food that you can find around you. You see, food fermentation is a process that allows you to prolong a food's shelf life. And these days, it's so important to make sure that you have something to eat wherever you are, whatever time of the day it is, and whatever time of the year it is.

With the help of this book, you'll learn about food fermentation, probiotics, and why fermented foods are good for you!

If you suffer from candida overgrowth or you just came off the candida diet you need this book.

Understanding how to populate your gut flora properly is paramount to your health. If you are coming off the diet and you don't re-populate with healthy bacteria you will always feel sub par and drained.

If you have the symptoms of overgrowth (bloating, gas, diarrhea, constipation, new sensitivities to commonly eaten foods fatigue, headache, depression, irritability, disorientation, dizziness, inability to concentrate sugar cravings, sensitivities to chemicals and perfumes, alcohol intolerance, increased susceptibility to the side effects of medications muscle and joint aches, sinusitis and recurrent colds, recurrent skin rashes, premenstrual syndrome (PMS), decreased libido, recurrent vaginal yeast infection, vulvar itching and pain, prostate and bladder infections) Then you need to at least try putting more good to outweigh the bad.

The main reason I created this book was to save you time and money. I really enjoy giving as much value as possible. With that said my time is valuable and I would rather give you a shot of information that can change your life! By this being a short book I didn't have to spend as much time and money making it come to life. Therefore me spending less time on making this book **allows me to sell it at a lower price for your benefit!**

I'm a very frugal person but I know the importance of health. The problem with taking kombucha,

acidophilus, probiotic supplements and prepackaged fermented foods is the cost! With that in mind I learned to ferment and now I'm sharing how you can enjoy these healthy foods with your family!

Here Is A Preview Of What You'll Get...

- What Are Fermented Foods?
- What Probiotics Are And Why They Are Good For You
- Using Fermented Foods For Health
- How To Make Fermented Vegetables Yourself
- What Forms Of Fermented Foods There Are
- And Instant Access To My 19 Favorite Fermented Food Recipes and My 5 Favorite Meditations!

Download your copy today!

Take action today and download this book for a limited time discount of only **\$0.99!**

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Martha Robertson:

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Judith Judd:

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