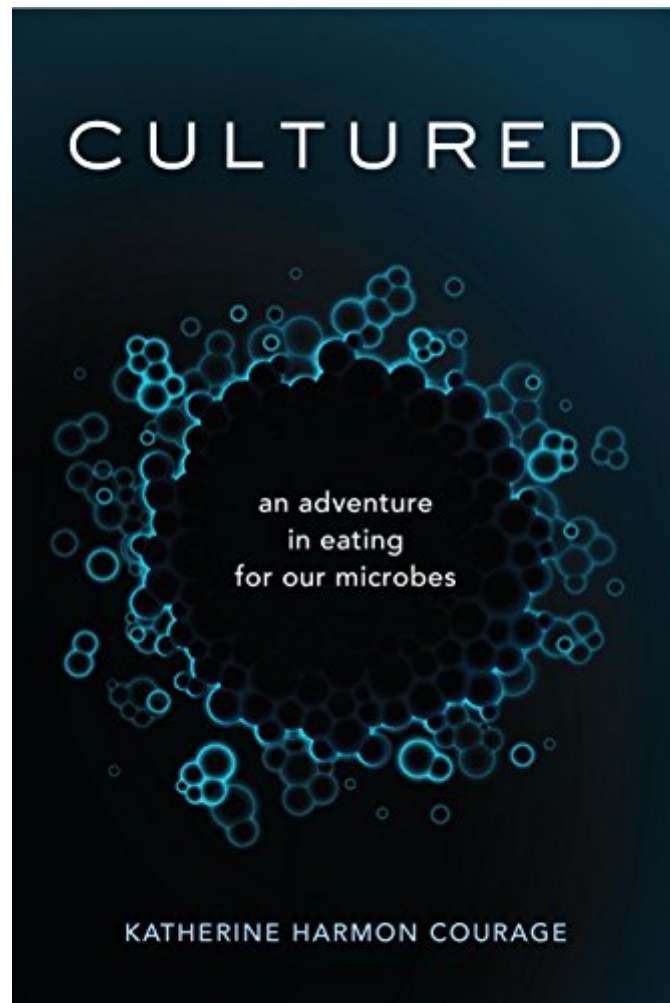


The book was found

# 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. In *Cultured*, Katherine Harmon Courage investigated the essential role our gut—or as we now know it—more accurately called, the microbiome—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 foodie’s lens—looking to other cultures and their gut-friendly food traditions, from kimchi to kefir, and teaching us the differences between probiotic and prebiotic foods—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: 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 >

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

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