



# Fermented Foods for a Healthy Gut: 9 Traditional Fermented Foods that Boost Digestive Health

*Alison Jones*

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**For centuries, people have known that fermented food is one of the keys to gut health through natural probiotics—and a healthy body**

Traditionally used as a way to preserve food for longer and over cold winter months when little grows, fermented food had a double benefit: encouraging the growth of good bacteria and improving the nutritional value of this real food.

*In this book, you'll discover why fermentation is so good for you—and also how you can make your own fermented food in the comfort of your own home!*

You'll learn how to make the following traditional foods—and just why they're so good for you in the first place:

**Yoghurt**—a staple in any kitchen, you can make your own with just a little time and some key ingredients

**Soft cheese**—tasty and good for you, soft cheese is also surprisingly easy to make

**Sauerkraut**—traditionally buried underground, these days you can make this German staple indoors

**Beverages**—kombucha and ginger beer are two refreshing drinks for a summer's day that you can make in your kitchen

Improve your gut health while enjoying delicious homemade fermented food—get **Fermented Foods for a Healthy Gut** today!

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