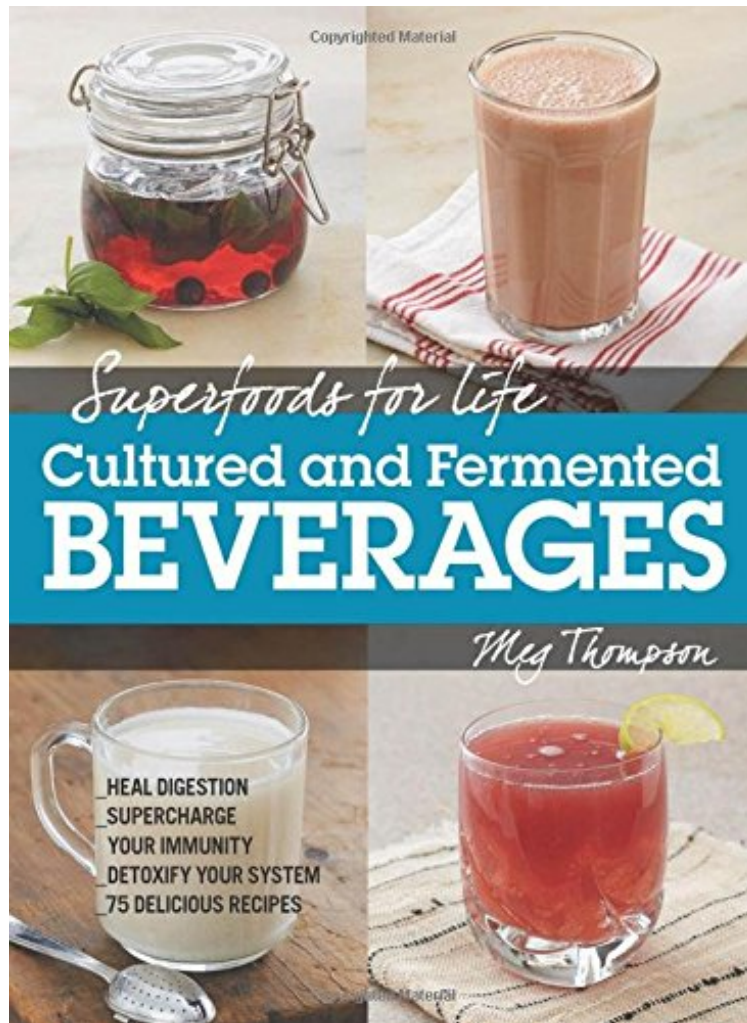


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# Superfoods for Life, Cultured and Fermented Beverages: Heal digestion - Supercharge Your Immunity - Detoxify Your System - 75 Delicious Recipes

Meg Thompson

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Maintaining good bacteria in the body is critical to achieving a healthy gut and a healthy immune system. Fermented beverages are brimming with hard-working, beneficial bacteria that work to improve your digestion, fortify your immune system, assist detoxification, and contribute to a radiant complexion and balanced mind. Healthy bacteria is sensitive to everyday habits such as sugar, caffeine, processed foods, and toxins, and fermented beverages provide some insurance against this. It's time to get back into balance with *Superfoods for Life: Cultured and Fermented Beverages*. Harness the powerful benefits of this amazing traditional superfood. Drink fermented and cultured beverages for a natural antiviral and antifungal tonic that is a great preventative for colds and flu. Sip kefir to improve lactose intolerance and protect and nourish intestinal cells. Make fermented and cultured beverages part of your beauty regimen for healthy, glowing skin and their natural detoxification benefits. Enjoy 75 recipes for cultured drinks such as kombucha, kefir, herbal and medicinal ferments, and cultured smoothies you can brew at home, including Cayenne Lemon Kombucha, Blueberry Basil Kefir, Beet Kvass, Kiwi Soda, Ginger Turmeric Fermented Tea, Morning Liver Tonic, Berry Rooibos Kombucha, and Sweet Potato Soda.

About the AuthorMeg Thompson is a naturopath, holistic nutritionist, mother, health writer and wholefood cook. She has a passion for whole, real food, which she believes not only staves off hunger, but provides nourishment, joy, deliciousness and social connection.Meg's interest in health, food and the role of food as medicine have shaped her career and lifestyle, and in her practice she specialises in women's and children's health, along with digestive disorders and detoxification. She is passionate about sharing her knowledge, and does this through workshops, consultations and her website My Wholefood Romance.[www.mywholefoodromance.com](http://www.mywholefoodromance.com)