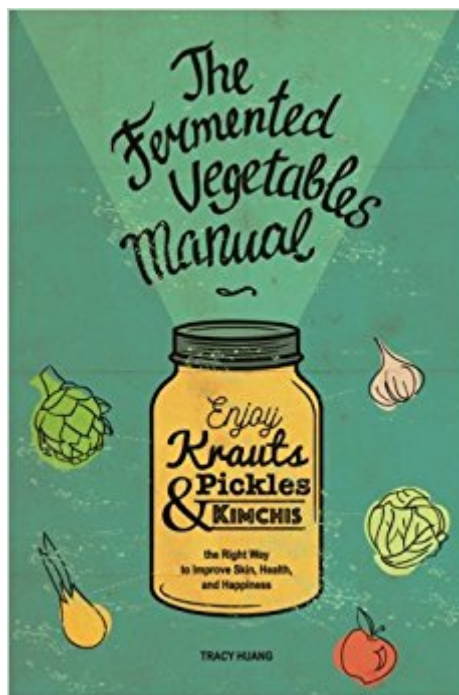




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# The Fermented Vegetables Manual: Enjoy Krauts, Pickles, And Kimchis To Improve Skin, Health, And Happiness



## Synopsis

Discover How to Improve Skin, Health, and Happiness with a Science-Based Approach to Enjoying Fermented Vegetables the Right Way Are you currently suffering from gastrointestinal issues, depression, lack of energy, poor immunity, weight gain, or skin problems? Did you know that fermented foods can actually help you address these problems and improve your overall health? Would you like scientific proof that reveals the incredible health benefits of fermented foods? Wouldn't it be nice that you can look and feel better simply by adding these easy-to-make foods into your diet? This book, *The Fermented Vegetables Manual*, gives you the science and big picture to help you understand the relationship between fermentation and your health; it also gives you a complete and detailed guide to properly and quickly make your first batch of fermented vegetables with easy-to-follow recipes and instructions. You can have your first batch ready in as little as three days. The book also shares tips on how to enjoy your fermented vegetables in fun and creative ways.

**You Will Discover:** Why eating fermented foods can lift up your mood. What fermented foods to eat to lose weight, renew energy, and heal acne. How to drastically improve your overall health by healing your gut. How I debunk myths regarding your concerns with fermentation. A fast lane to mastering vegetable fermentation even with zero experience. How to make your first batch in five minutes and start enjoying them in three days. Common mistakes to avoid to guarantee success. Secrets of making flavorful, crunchy, and juicy fermented vegetables. Quick and easy foolproof recipes. Fun ideas to introduce fermented vegetables into your daily life.

**You Will Also Learn:** Why bacteria are your friends and allies that make sure you look good and feel great. Why improving your gut health is a must for preventing diseases. How to improve digestion and strengthen immunity by cultivating two types of microbial communities. The importance of combining nutritional science and traditional food wisdom for optimal health.

**Who Should Read This Book?**

The cautious: if you are curious but skeptical about vegetable fermentation and want science and proof to justify this practice, this book will give you reassurance. The pragmatic: if you look to natural food to get healthy, look good, and feel great, this book shows you why fermented foods can help improve your health, skin, and happiness. The busy: if you want to live healthy but don't have a lot of time to cook or don't know how to get started, you will receive time-saving tips in the book. The health-conscious: if you are already making healthy choices and always look for more to add to your life, this book will teach you how to have more fun with vegetables. The GAPS diet community: if you are currently learning about or following the GAPS diet, this book will further your understanding of why you should eat fermented foods.

**Supporting Resources:** Trusted science-backed sources to ferment vegetables properly (expert

interviews included) A spreadsheet to take control of your progress Chapter summaries to save your time Homework to help you reflect and take actions Downloadable checklists to keep handy Step-by-step visual instructions on making all kinds of fermented vegetables FAQs Convenient access to recommended fermentation starter kit A list of 20 (and counting) other resources on food safety, creative and fun recipes, promoting health, and more Ongoing support Get your fermented foods recipes: click [“Add to Cart”](#) (or, "Buy Now") at the top of this page.

## Book Information

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## Customer Reviews

"Even if you don't want to ferment vegetables, the information contained in this book should lead you to a better and healthier lifestyle of eating." [William J. Rockwell MD, allergist](#) "If overall health & happiness is important to you, don't miss reading this book." [Mike Goncalves, founder of The Wellness Bucket and Entrepreneur Fitness Academy](#) "Clever, poignant, and peppered with tips and tales, you'll find yourself revisiting your own lifestyle and implementing delicious changes that make everything just plain better from the inside out. A home run in health and happiness that tastes good!" [Andy Lehrer, president of 24/7 Performance](#) "Tracy has completely changed my belief that consuming fermented foods is not a healthy practice. Instead, I now have understood the importance of cultivating good bacteria by eating fermented vegetables to improve my digestion. I'm thankful for her research and sharing!" [Annie Huang, yoga instructor](#) "I've read several books on this topic over the last few years and this is the best one I've come across! It's really comprehensive and covers why you want to eat fermented

foods, including all about gut flora." – Karen Dimmick, best-selling author of

Tracy Huang is a certified hatha yoga instructor pursuing her quest for finding out how to best take care of oneself physically, emotionally, and spiritually. She is particularly passionate about functional eating (or, using food as medicine to heal the body) and connecting inner Self to real peace, joy, and happiness. You can learn more about her pursuit at [www.tracyhuang.me](http://www.tracyhuang.me), a site she is running to fulfill her mission of helping people find more focus, peace, and joy. She's currently living in Londonderry, New Hampshire, with her husband Chris and a "furry baby" Liberty.

I didn't realize how much fun it was to ferment vegetables! Tracy's book is filled with everything you need to know in order to produce your own high quality fermented foods. It is a lot easier than I thought, and it only took me 10 minutes to prepare my first batch of pickles for fermenting and they taste incredible! Lots of other great recipes are included as well. I also really liked all the in depth knowledge that comes with this book. I never quite understood just how powerful fermented foods could be for your health until I read this book. There are over 100 trillion microbial cells that exist within all of us and many of them love fermented foods! I was also fairly astonished at the amount of things that fermented foods can help with such as fatigue, depression, weight loss, allergies, high blood pressure, better focus and many other incredible benefits. The book is very well researched and filled with all kinds of helpful facts, such as you should only eat small amounts of your fermented food when it is first made so that your body has time to adjust to it, and not to go overboard with eating them, a little bit does a lot. All sorts of other great information included as well, with a lot of quotes from experts in the field. The recipes in this book are explained in detail which make them easy to make, and the fermented foods taste really great while giving you all the healthy benefits that many times store bought items do not give. Highly recommended!

Full disclosure first...I know Tracy personally. With that said, I didn't know how epic this book would be. You know how you have a friend that's writing a book and think to yourself, "Oh that's nice..." Well, this is much more than that. From the first few pages of the book, you can tell you're in for an education in a major way. This book is well researched, well thought out but not too complex that the average Joe can't comprehend it. She has a unique command of the topic and a true desire to help you succeed in eating healthy. I'm already ashamed about what I ate this week. And that's the kind of response you want from reading a book of this magnitude. Not just a want to change your eating habits but a true need. Tracy is my friend, yes. But this is a five-star rating because it

deserves it. I've had friends who've asked me to review their books before but I couldn't because there was nothing nice to say about. This one, however, will make you rethink how you eat and really give the fermented vegetables a shot. I highly recommend it without reservation.

This book is great for anyone looking to enjoy fermented vegetables. It covers everything from the benefits of eating fermented vegetables and the best way to ensure you take advantage of their nutrients. It shows how you can improve your skin, your overall health, and your overall happiness by teaching you the benefits of the gut flora. The clear and concise writing makes this book simple and easy to follow.

I really enjoyed reading this short fermented veggie manual by Tracy Huang! It is short yet packs with very helpful and inspirational information on how to improve your overall health and skin conditions by the way you eat, particularly in some simple, delicious, yet easy to make fermented veggi dishes. This is my first time learning about fermented anything and this truly opened my mind and heart on a great deal of benefits about fermented vegetable. I loved those pictures the book offers what made me wanted to get started making the whatever Tracy was making! Tracy did a great job on explaining things in an easy to understand, step by step manner. The recap at the end of each chapter is my best friend to reiterate that chapter highlights, which I needed. I am so glad that I picked up this book this summer and started healthy eating habits for long term health benefits.

The timing could not be more perfect. I just got diagnosed with breast cancer and this book is one of those things I've been searching for! We humans need to learn to go back to nature. This is one of those books that brings us back to our core. It reminds us of a lost art, eating from our hearts and aligned hearts. I'm absolutely overjoyed that I found this book and will use it as a reference for years and years to come! I'm glad the author shared her wisdom with us! Get the book! You will LOVE it!

This book is very informative and helpful for the people who care about their health and daily nutrition intake. I so enjoyed the process of reading this book because it answered my questions about the nutritions from fermented vegetables. From Tracy's book, I understand better that there are trillions of protective microbes that are crucial for your health and well-being; Good to know that that women who regularly consumed beneficial bacteria known as probiotics demonstrated "altered brain function", both in a restful state and in response to an

emotion trigger. I truly learned a lot. Just love reading this book. Two thumbs up book on the nutrition series!!

Very impressed with the amount of information on GUT HEALTH in this book, which is far better than some of the books on that subject. This was given in easy to understand language. The actual information on fermenting vegetables is easy to understand although a little repetitive at times throughout the book.

The Fermented Vegetables Manual is such a wonderful and comprehensive book to read on fermented foods. It helped me greatly in understanding the fermented foods and changed my previous ideas or perhaps stereotypes on this type of food relating to people's health. As a health-conscious person, I will definitely check more into this kind of food. I love and appreciate how the book provides those simple and easy to follow recipes. The author has done a great job introducing and explaining the fermented food concept to people. I highly recommend it to people who like to know more in this area.

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Fiery Ferments: 70 Stimulating Recipes for Hot Sauces, Spicy Chutneys, Kimchis with Kick, and Other Blazing Fermented Condiments  
Asian Pickles: Sweet, Sour, Salty, Cured, and Fermented Preserves from Korea, Japan, China, India, and Beyond  
Asian Pickles: Korea: Recipes for Spicy, Sour, Salty, Cured, and Fermented Kimchi and Banchan  
DIY Pickling: Step-By-Step Recipes for Fermented, Fresh, and Quick Pickles  
Kombucha: for Beginners: How to Make Kombucha at Home (Kombucha, Kombucha Recipes, How to Make Kombucha, Fermented Drinks, Fermented Tea, Kombucha Mushroom Book  
1) Organic Skin Care: Heal Eczema and Eliminate Problem Skin with DIY Organic Skin Care Recipes That Nourish, Protect and Hydrate All Skin Types  
Ferment Your Vegetables: A Fun and Flavorful Guide to Making Your Own Pickles, Kimchi, Kraut, and More  
The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas  
Skin Care: Eczema Treatment for beginners (2nd EDITION REVISED AND EXPANDED) - How to get rid of eczema forever - Natural Treatments and Available Cures ... Eczema Therapy - Skin Care - Skin Disease)  
Psoriasis Cure: Treatments, Natural Remedies and Best Home Managements (Skin Disease, Skin

Problems, Skin Diseases and Disorders Book 1) The Mario Badescu way to beautiful skin: How to have radiant, healthy skin using the techniques and all-natural formulas of one of America's leading skin care specialists The New Science of Perfect Skin: Understanding Skin Care Myths and Miracles For Radiant Skin at Any Age Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea Organic Homemade Lotion Recipes - For All Skin Types (The Best Lotion DIY Recipes): Lotion Making For Beginners (organic lawn care manual, organic skin care, beauty and the beast) Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes) Habit Stacking: 127 Small Changes to Improve Your Health, Wealth, and Happiness Just the Essentials: How Essential Oils Can Heal Your Skin, Improve Your Health, and Detox Your Life

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