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Titolo	The microbiome cookbook : 150 delicious recipes to nourish your microbiome and restore your gut health // Pamela Ellgen
Pubbl/distr/stampa	Berkeley, CA : , : Ulysses Press, , [2016] ©2016
ISBN	1-61243-597-1 1-61243-628-5
Edizione	[1st ed.]
Descrizione fisica	1 online resource (187 pages) : illustrations
Disciplina	641.563
Soggetti	Cooking (Natural foods) Gastrointestinal system - Microbiology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Go with your gut -- Salads -- Appetizers & sides -- Soups & bone broths -- Juices & smoothies -- Fermented foods -- Vegetarian entrees -- Meat, poultry, & fish -- Sauces, dips, & spreads -- Desserts -- Gut-healing -- Gut-healing breakfasts -- Gut-healing entrees -- Gut-healing side dishes.
Sommario/riassunto	THE REVOLUTIONARY APPROACH THAT FIXES YOUR DIGESTION BY UNLEASHING NATURE'S TINY BUT POWERFUL ORGANISM The gastrointestinal microbiota comprises hundreds of trillions of bacteria, viruses and fungal organisms that inhabit your intestines and live symbiotically with you. When the microbiome is disrupted, a cascade of complications can ensue, including allergies and food sensitivities, mental health problems, weight gain, irritable bowel syndrome and autoimmune diseases. The Microbiome Cookbook provides you with the information and recipes to support a flourishing gut population. Follow the program in this book and you will gain the many benefits of having a healthy microbiome to naturally: * Improve digestion * Neutralize toxins * Quell inflammation * Support immunity * Boost metabolism.