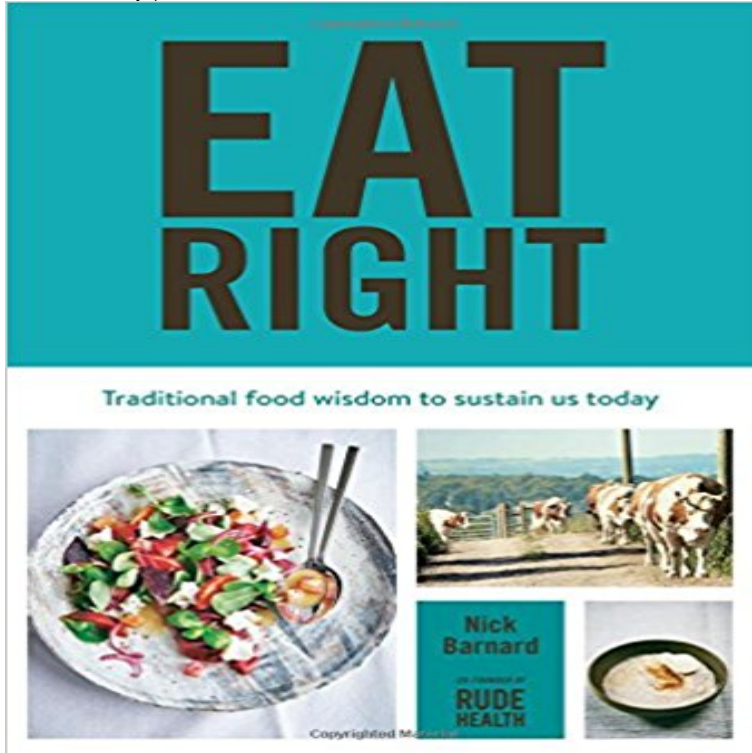


Eat Right: Traditional Food Wisdom to Sustain Us Today



This comprehensive guide will show you how to find true nourishment and pleasure in the discovery, preparation and eating of real food and drink. Its not about fashionable dieting or being anxious about food choices, its about positive eating. Techniques include making your own butter, yogurt, ghee, lard, broth, dairy and water kefir, kombucha, coconut water, kimchi, sauerkraut, sourdough, as well as sprouting grains and activating nuts and seeds. And there are also 100 wholesome recipes that encourage the use of good animal fats, well-fed meat, sprouted grains, local and seasonal produce, which will leave you feeling happy and satisfied. This is an easy book to dip into for advice, inspiration and truly health-giving recipes.

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