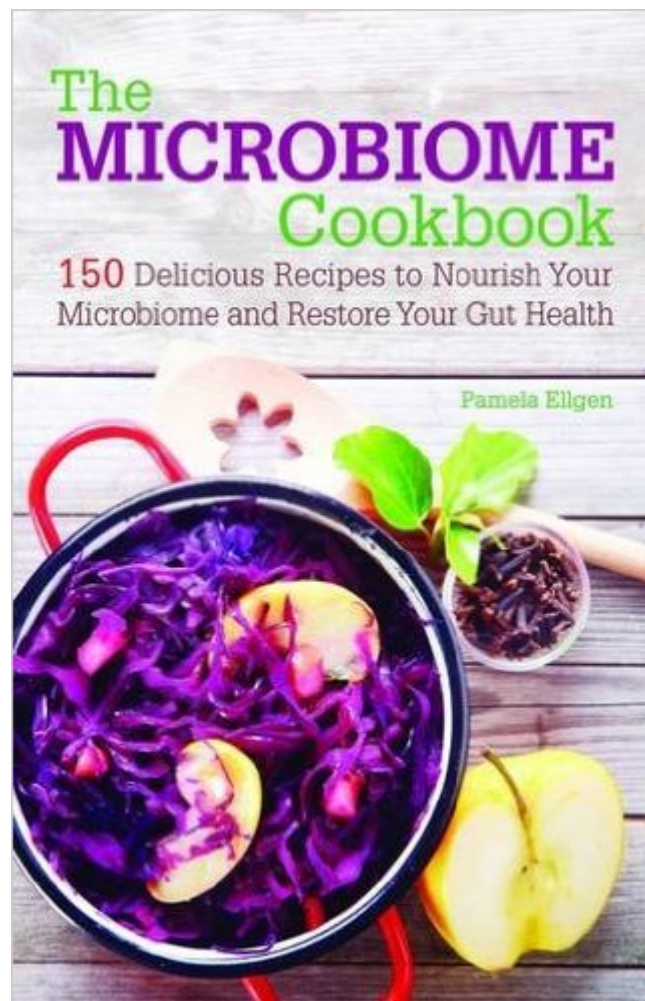


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# The Microbiome Cookbook: 150 Delicious Recipes To Nourish Your Microbiome And Restore Your Gut Health



## Synopsis

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

## Book Information

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## Customer Reviews

I have been on the Paleo diet and had a lot of success and have been interested in keeping my gut healthy for many reasons. I have some understanding of what a microbiome diet is and how keeping your gut healthy is beneficial. I needed more recipes for a variety and to continue with the microbiome diet. This book is just what I was looking for. This book gives a short review of the basics of microbiota and then a multitude of recipes that expands my meal planning. The recipes I've trying are quite tasty. The miso glazed salmon is delicious. It has all the recipes for a full meal from soup, salad, sides and main course, and yes, desserts. It also has smoothies and breakfast choices too. This is a great book for staying on a microbiome diet with many different recipes. It also has recipes for those who need their gut healed from symptoms of irritable bowel

syndrome.

A diet that doesn't restrict eating long-term, but instead offers a ton of science and delicious options? Yes please! This is the best cookbook out there to make the Microbiome diet. The two recipes I've tried so far-- the goat cheese polenta and the lamb chops-- were really delicious. This is an excellent companion to books detailing the finer points of the diet-- it should be noted that if you need a detailed explanation of the diet, including the science and the timeline, you might want to look online or at other books. But for healthy, microbiotic recipes, this is the perfect book. I really love that the steps are simple and don't bog you down with too much information. You won't find anything too difficult to make here either-- all manageable for a night with a friend, spouse, or the kids if you double a recipe.

This book is AMAZING. I've gotten real into eating and my body since learning more about metabolic profiling and my body. This book has amazing recipes to truly help restore my body's natural being. The recipes provided have thus far been delicious and easy to follow. A lot of cookbooks over complicate things but this one truly simplifies things so that it's easy to digest but also easy to execute. There is nothing worse than buying a book only to open it and realize it's not very helpful and you get lost in the little things. This recipe book is great - only thing missing is beautiful visual photos but we can't always get everything in one place ;) I love the brief introductions about food for your microbiome and what it means. Those knowledge packed but brief intros give you the why to accompany the how. It was really helpful to know why these things make an impact - for me, it was more motivating to use the recipes since that's been answered. So far my favorite recipe has been the miso-glazed salmon - it's SO delicious. Even my boyfriend will eat it, now that's a winner!

Since finding out my mother was diagnosed with intestinal cancer, I've been looking into diets for her, even more than before. The Microbiome Cookbook breaks down the best ways to take care of your gut, as well as great recipes that can be used by those who need to heal as well as those who are using the recipes for preventative measures. This will be me. As a person with not a lot of time on her hands, I need recipes that aren't labor intensive. There are a lot of recipes in this book that only take between 10 and 30 minutes to prepare. Some recipes that really peaked my interest: Creamed Broccoli, Quinoa and Avocado Salad, Indian Coconut Curry with Spinach and Sweet Potatoes, and the Cashew Chicken and Mango Stir-Fry. The whole third section of the book is

dog-eared for me since all the recipes are centered around gut-healing. Everything, and I mean everything looks like it'll taste amazing! And what makes it even better is that I won't need to do double-duty in the kitchen. All these recipes will work for my mom, the notoriously picky eater and I'll just make sure to make more for myself! I'll have to check if the author, Pamela Ellgen has any more cookbooks. If they are anything like this one, I'll definitely have to add them to my bookshelf.

This is a great cookbook for anyone experiencing stomachaches or having intestinal or bowel discomfort. There are great recipes to help build the microbiota in your gut. Recipes are easy to read and follow. All of the ingredients are readily available at the supermarket if not already in your kitchen. There are a variety of recipes so they could be used for weeks and not repeat or get tired of eating the same food. What I like best about the recipes is that they are only for 2 servings. Many of these will not keep for long periods of time so there will be no waste and dishes will always be fresh. Prep times and cook times are also included so meal planning will be a breeze. There are also gut healing recipes. Can't wait to try more recipes.

I've been looking into this new, to me at least, diet, and this recipe book has been a great addition to my collection! Previously, I have tried the paleo diet, ketogenic diet, etc., and now the diet to improve gut health. These are the reasons I would recommend this book.1. Great layout. The book is clearly divided into three sections (introduction, recipes for gut health, and repair recipes), and each one is clear and easy to follow..2. Good, concise information. The introduction supplies the most important information on the microbiome diet, and doesn't go overboard. It is a recipe book after all, and there are lots of other resources out there.3. Delicious recipes! The most important aspect of this book are the recipes. So far, they have all been really tasty and fairly easy to make. especially the Shrimp Scampi.

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