

Eat Dirt, Drink Vinegar and Sleep on the Floor By Charlotte O'Neil **Book Eat Dirt, Drink Vinegar and Sleep on the flooring** There are many recipes on creating the good food you need to be healthy including sections on lacto-fermenting vegetables such as sauerkraut brewing nourishing beverages such as kombucha or real ale and making natural earth-based mineral supplements to counteract the lack of minerals in our foods. **Eat Dirt, Drink Vinegar and Sleep on the floornotes** There is also a section on making chocolate products at home with simple basic recipes that are inexpensive easy to make and do not have all the chemical processing in them that commercial chocolate products do: This book is about nature-based routes to good health favoring the least expensive and do-it-yourself over store-bought: **Eat Dirt, Drink Vinegar and Sleep on the floormuffler** It emphasizes good food over medicine and natural medicines over synthetic. **Eat Dirt, Drink Vinegar and Sleep on the floorway** There is a section on home remedies taken from anecdotes from people who said they worked for them and other folk cures that have been passed down for generations, **Eat Dirt, Drink Vinegar and Sleep on the Floor pdf download** Eat Dirt Drink Vinegar and Sleep on the Floor



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More than just a healing foods cookbook. There are some tips for living a healthy lifestyle frugally