

## *Truly Cultured:*

### Rejuvenating Taste, Health and Community with Naturally Fermented Foods

#### **TRULY CULTURED Information:**

order direct from [www.TrulyCultured.com](http://www.TrulyCultured.com)

1st Edition Perfect Bound \$25.95 plus \$5.95 S&H

1st Edition Wire-O Bound Hardcover \$34.95 plus \$5.95 S&H

#### **Key Copy Points:**

- ❖ A First, A Full-Spectrum Feast All About Some of Our Most Favorite Foods
- ❖ The full scoop on how and why our germ mentality “war on bugs” – in our bodies and on our farms – just isn’t working. And what we can do about it.
- ❖ How and why live cultured, fermented foods are the secret, missing key to our physical and environmental health, even to reenergizing our communities.
- ❖ Covers the waterfront: Combines delicious and nutritious recipes with simple, logical solutions to our unhealthy ways of living, skyrocketing obesity and a whole range of chronic health and environmental conditions; provides seeds of wisdom for personal and planetary transformation.

#### **Book Selling Points:**

- ❖ Fully Interactive Digital “Appeteaser” Edition available online.
- ❖ Email [media@TrulyCultured.com](mailto:media@TrulyCultured.com) for password access to the Full Interactive Digital Edition of the Entire Book for Reviews
- ❖ 272 power-packed pages. A treasury of quips, quotes, quizzes, history, anecdotes, puns, myths, food science, facts and figures, secrets, insights, how-to tips, and unabashed, call-it-like-it-is power truths plus 120 Basic and Healthy, Delicious Recipes with supporting how-to get started copy and coping tips.
- ❖ The first book to look at the whole dynamic archetype of this significant, yet overlooked phenomenon, the essential missing link in so many of our contemporary challenges.

#### **Market Focus:**

- ❖ Conscious Creative/Spiritual
- ❖ Natural/Organic/Nutrition/Health
- ❖ Eco/Green/Sustainable
- ❖ Foodies/Gourmet/Healthy Gourmet