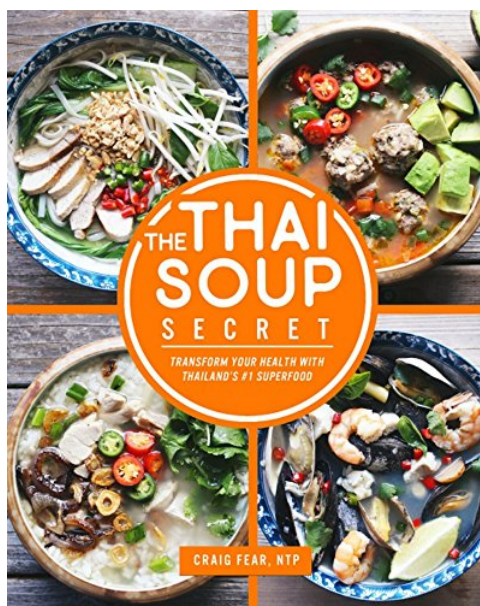


[Download] The Thai Soup Secret: Transform Your Health with Thailand's #1 Superfood



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The Thai people have a well kept secret. For hundreds of years, they've known about the healing power of their traditional soups. Over the course of several trips to Thailand, Nutritional Therapist Craig Fear, realized there were so many simple, delicious and healthy Thai soups that were unknown to most people in the West. He set about sampling, photographing, and collecting dozens of soup recipes that are easy to recreate in western kitchens. The result is the Thai Soup Secret! The Thai Soup Secret includes 40 recipes for medicinal broths, congees and authentic soups, all of which will help you progress towards a healthier life. Best of all, of the recipes are designed to be simple, without hours of preparation or long lists of hard to find ingredients. Besides being geared towards health and wellness The Thai Soup Secret is also for anyone who just loves Thai food! If a trip to Thailand is not on your agenda anytime soon then this book will be your next best option for discovering the wonderful world of Thai soups! The Thai Soup Secret focuses specifically on broth-based soups that work on a deeper level, promoting healing from the inside out. Imagine a warm bowl of soup, infinitely customizable, and filled with anti-inflammatory herbs and vegetables. Thai soups can be enjoyed at every major meal. Healthy, delicious, and versatile does it get any better than this? When you pick up a copy of The Thai Soup Secret: Transform Your Health with Thailand's Number One Superfood, you'll learn: The restorative power of real broths and why Thai-style broths are easier to make than western-style broths. The many health benefits of Thai herbs including 3 traditional Thai soup ingredients with powerful anti-inflammatory properties that can fight even the toughest gut bacteria. How to easily find Thai soup ingredients. There are no exotic, difficult-to-find ingredients in this book! You will learn to easily find Thai soup ingredients right where you live. How to make mouthwatering, nourishing Thai Soups including recipes for tom yum, tom kha and many more! How to make medicinal drinking broths (which have potent gut-soothing benefits) using a variety of simple Thai herbs, roots and spices. How to make delicious congees which are simple, rice-based soups commonly eaten for breakfast throughout Asia. You'll learn how to whip these up faster than a boring old bowl of oatmeal! How to make every recipe taste incredible. You'll learn to season your soups to your personal liking, just like they do it in Thailand. For example, if you don't like spicy, no problem! You'll learn how to alter each recipe to what you like. If you're looking for recipes that support your journey towards a healthier life, this book is for you. In fact, this book is designed to fit into busy schedules and the average kitchen setup. Every essential ingredient you need can be found very easily, and there are specific instructions on how to get started. You're covered every step of the way. Get your copy of The Thai Soup Secret: Transform Your Health with Thailand's Number One Superfood today! Simply scroll up and select the Buy Now button.

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