

READER PREVIEW

THE LONGEVITY CODE · BOOK VI OF SEVEN

The Living Foods Kitchen



Fermentation, 30 plants a week, the gut you share.

BOOK

VI

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WHAT'S INSIDE

- The shared microbiome — why couples rebuild it together
- 30 days of fermented-food and high-diversity meals
- Homemade ferment recipes, step by step
- The 30-plants-a-week game, made easy
- How food quiets cravings at the source

You share a microbiome with the person you live with — and you can rebuild it together in weeks. Thirty days of fermented-food integration and 30-plant cooking that visibly changes how you feel and what you crave.

Read the full book →