



Superfoods for Life, Cultured and Fermented Beverages: Heal digestion - Supercharge Your Immunity - Detox Your System - 75 Delicious Recipes

Meg Thompson

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Maintaining good bacteria is critical to a healthy gut—unfortunately our modern-day diet, replete with sugar, caffeine, processed foods, additives, toxins, stress, and common medications wildly disrupts that balance. Probiotics found in these cultured beverages that you can brew at home will help to add the good bacteria back into your system— and they're delicious!

It's time to get back into balance with *Superfoods for Life, Cultured and Fermented Beverages*. Join author Meg Thompson as she explains the powerful benefits of this amazing superfood. This book also contains 75 enjoyable recipes for cultured drinks like Kombucha, Kefir, Fermented Nut and Grain Beverages, Herbal and Medicinal Ferments, Ciders and Ales, and Cultured Smoothies.

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People live in this new morning of lifestyle always make an effort to and must have the time or they will get large amount of stress from both way of life and work. So , once we ask do people have free time, we will say absolutely indeed. People is human not just a robot. Then we inquire again, what kind of activity are there when the spare time coming to a person of course your answer may unlimited right. Then ever try this one, reading textbooks. It can be your alternative inside spending your spare time, typically the book you have read will be Superfoods for Life, Cultured and Fermented Beverages: Heal digestion - Supercharge Your Immunity - Detox Your System - 75 Delicious Recipes.

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