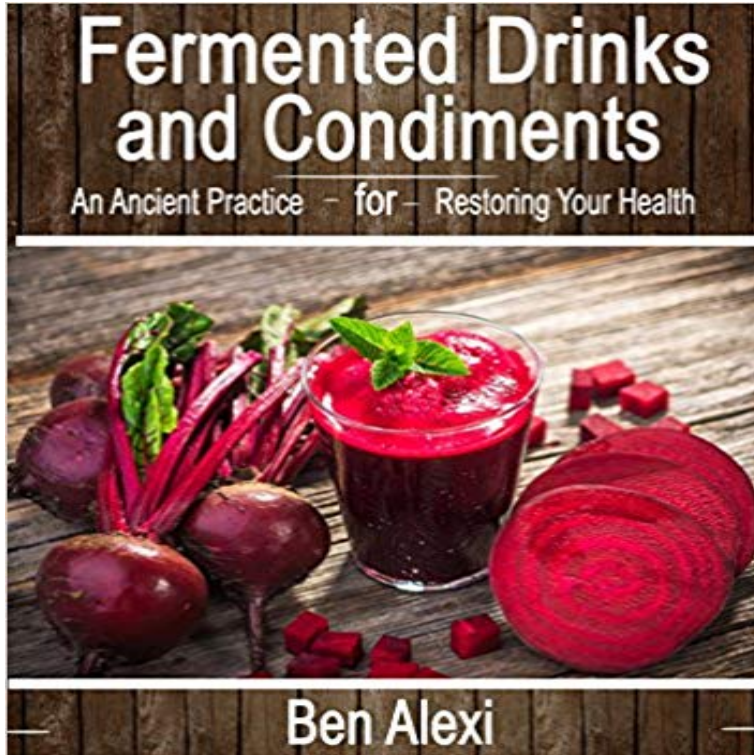


Fermented Drinks and Condiments: An Ancient Practice for Restoring Your Health



Fermented foods have been part of human diet for millennia. People traditionally used fermentation process so they can preserve foods since they did not have refrigerators or freezers. And it turned out to be a superior way to keep foods. Fermentation process makes foods and drinks much healthier by increasing their nutrient value such as vitamins and enzymes. Not only that but they also predigest macronutrients like proteins and carbohydrates so they can be digested easier and with less effort on the digestive system. In this book you will learn:

- How quickly to make fermented drinks with full of probiotics
- How to make fermented condiments from vegetables that are delicious
- Why fermented foods should be part of your daily meals
- To make quick and simple recipes that will save you money and possible health-care bills
- How to replace your sugary soda with refreshing and bubbly drinks full of probiotics
- Learn how fermented foods and drinks help in healing the Gut
- Excellent food choice for vegetarians and vegans
- Preserving food naturally

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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