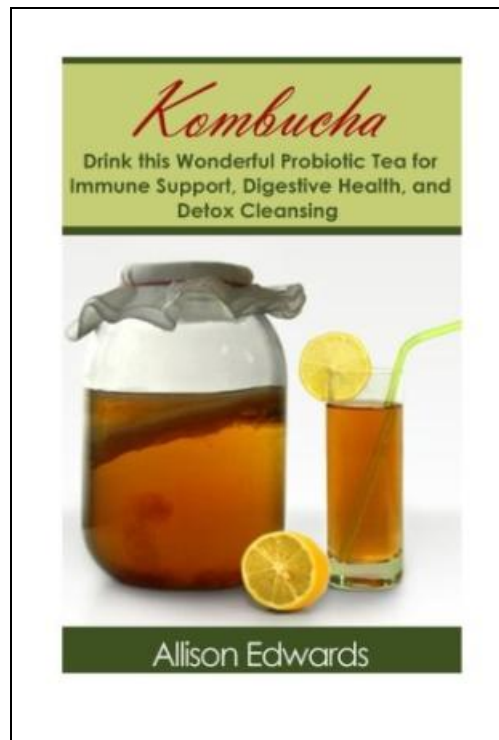


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Kombucha Scientifically Proven: The Secret Guide of Kombucha About the Book: Kombucha Everyone is looking to stay healthy in today s society. Everyday there seems to be a new fad diet or drink coming to the market. There are so many out there sometimes it is hard to make good choices. However, some health tonics and drinks haven t had the popularity, staying power, and centuries of usage as kombucha. Kombucha has been called the -Elixir of Immortality-, among other things, and has many names depending upon the region you may be in. It has been used for over 2000 years, and it has been tried and tested by millions of people throughout the centuries. Kombucha is a fermented tea that is full of healthy acids, enzymes, B vitamins, and it is antimicrobial, antioxidant, antifungal and antibacterial. Many swear by its healing and restorative properties, and now you can too. If you have heard about kombucha and are curious about its taste, where to get it, how to brew it, and exactly how it can help you, take a look at how versatile a kombucha beverage can be. Kombucha has a zesty taste, with just the right amount of fizziness. Kombucha comes in many flavors, and plain, and you can pick them up at local health food stores. If you try kombucha and become hooked on its energy boosting abilities and its overall health benefits, you can simply make your own kombucha using a simple fermentation process. Kombucha can also be used in cocktails, and used in recipes for marinades, and salad dressings. How exactly do you begin your journey with kombucha? Take a look at our e-book to...



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