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THE ULTIMATE GUIDE TO BREWING YOUR OWN KOMBUCHA (PAPERBACK)



Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. What is Kombucha? Kombucha is an effervescent fermentation of sweetened tea that detoxifies the body and energizes the mind. Kombucha originated thousands of years ago in Manchuria and has since spread to the rest of the world. Once regarded as a beverage that contained magical powers that enabled people to live forever, it is know known that Kombucha contains billions of probiotics...

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- Authored by Spencer Rj Ash
- Released at 2012



Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

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