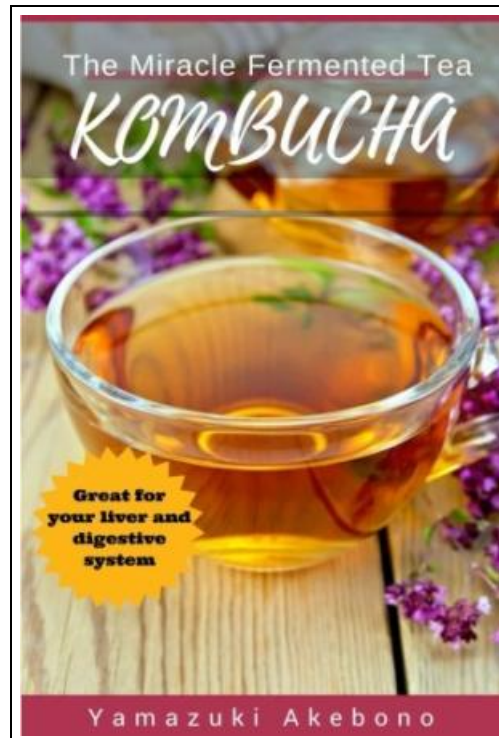


Kombucha: The Miracle Fermented Tea (Kombucha for Beginners) (Paperback)



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Reviews

This publication is wonderful. I could comprehend every thing out of this published e publication. You can expect to like the way the blogger write this publication.
(Eliseo Rippin)

KOMBUCHA: THE MIRACLE FERMENTED TEA (KOMBUCHA FOR BEGINNERS) (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This Simple Kombucha books is a nice short-read for learning about kombucha for beginners, a little about kombucha brewing etc. It is meant as a stepping stone into the exciting field of fermented tea and fermented drinks. So If You already know a bit about the subject - I advice you find more elaborate kombucha books. Otherwise, This is perfect for you. What Is Kombucha? Kombucha is a fermented drink of black coffee and sugars (from different sources which includes cane sugar, fruit or honey) that s put to use as an effective food. It includes a colony of microorganisms and yeast which are liable for initiating the fermentation method once coupled with sugar. After becoming fermented, kombucha evolves into carbonated and consists of vinegar, b-vitamins, enzymes, probiotics as well as a high concentration of acidity Kombucha Brewing - Health Benefits: When I first read about the various health benefits of Kombucha Tea, this probiotic tea that people slar by -, I was skeptical. How could one beverage do so many things? But then I realized that it s not so much that the beverage does something to our bodies, like a medicine targeted at curing specific symptoms. It s more that this beverage promotes health. It gives your body what it needs to heal itself by 1)aiding your liver in removing harmful substances, 2)promoting balance in your digestive system, and 3)being rich in health-promoting vitamins, enzymes, and acids. Why Should You Buy This Book? You CAN Benefit from letting the kombucha enter your life. The general consensus seems to be that with regular, daily consumption, you ll notice improvement in immune system functioning and energy levels within about a...



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