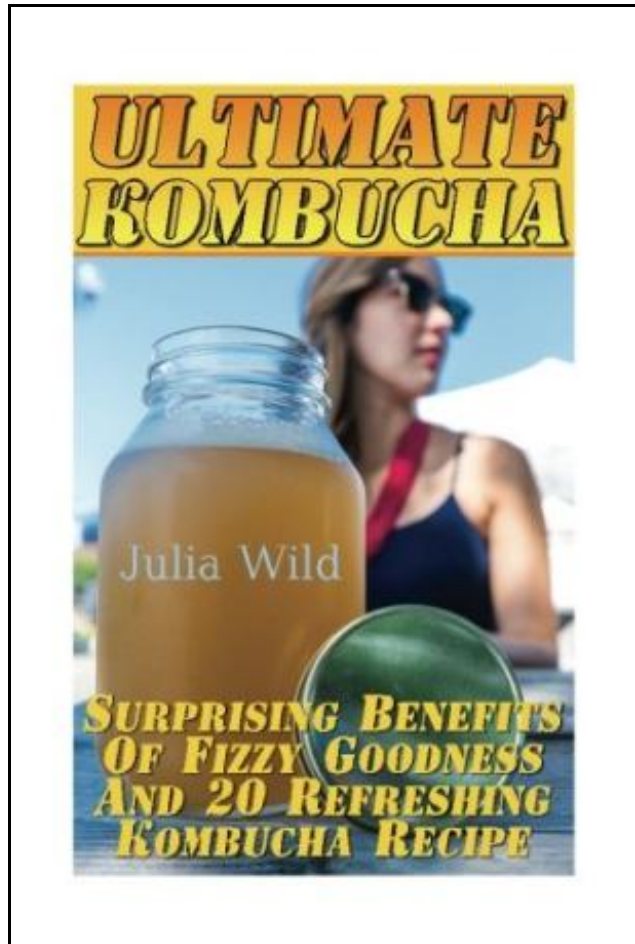


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(Dr. Raven Ledner)

ULTIMATE KOMBUCHA: SURPRISING BENEFITS OF FIZZY GOODNESS AND 20 REFRESHING KOMBUCHA RECIPE (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Ultimate Kombucha: Surprising Benefits Of Fizzy Goodness And 20 Refreshing Kombucha Recipe The market is flooded with all kinds of beverages, all claiming to be just what you need on a hot day to cool off and feel refreshed. There are countless options available, all at competitive prices, and each of the bright labels makes it hard to decide which one you want to have. Until you read the ingredient list. Then you realize all of the sugars, dyes, and chemicals that are loaded into all kinds of the beverages you see, including the beverages that claim to be healthy. So what do you do? You are dedicated to eating healthy, you want to do what is best for your body, and you want your drinks to taste good. It seems by looking at the options available, those standards are going to take away most of what you can drink. Until now. If you have ever read anything about Kombucha, you know that it s a drink that not only tastes great, but one that is loaded with countless benefits. If you want something that is cool and refreshing, but also healthy, Kombucha is the best way to go. And what better way to know you are getting the best there is than making it yourself? Kombucha is also one of the easiest drinks there is to make, and in no time at all, you will be able to make your own batches. giving you as much Kombucha as you can possibly drink! Loaded with great recipes for you to try, simple directions anyone can follow, and expert advice that will ensure your drinks turn out as the absolute best, consider this...

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