



Fermentation for Beginners: The Simple Step By Step Guide to Fermenting Vegetables, Foods and Beverages (Abdominal Health Book 2)

Heather Crawford

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Realize The Amazing Health Benefits Of Fermentation With This Excellent Step-By-Step Beginners Guide!

For a limited time this bestselling Kindle book is priced at only \$2.99. Regularly priced at \$4.99. Available on your PC, Mac, smart phone, tablet or Kindle device.

This book "Fermentation for Beginners" will reveal a great understanding and appreciation of the amazing gastronomical and health benefits of fermenting foods.

Practice does help you make perfect fermented vegetables, foods, and beverages in the long run and this fermentation cookbook contains proven steps and strategies on fermenting vegetables and other foods in the comfort of your home, while having fun learning it as well as taking advantage of the numerous health benefits they provide.

Fermented vegetables, foods, and beverages are not only delightful gastronomic treats – they are extremely abundant sources of nutrients that your body needs. Fermentation is the driving force behind the products that we enjoy consuming, such as cheese, sauerkraut, wine, yogurt, kimchi, corned beef, beer, and bread. A healthier digestion and more delicious foods are at your fingertips because of fermentation.

Here Is A Preview Of What You'll Learn...

- Why Fermentation Rocks
- The process of fermentation
- Fermentation health benefits
- Improving your intestinal tract
- Practical benefits of fermenting
- Breaking Down the Fermentation Process
- Steps to Fermenting Vegetables
- Steps to Fermenting Foods
- Steps to Fermenting Beverages

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Take action right away to harness the miraculous benefits of Fermentation. Download this book

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