



Fermentation for Beginners: Start Fermenting Veggies & Food and Live Healthier and Longer by Eating Fermented Food

Michael E. Reese

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Discover Today The Health Benefits of Fermented Foods and Why Fermented Vegetables & Foods Are Good For You.

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This Book Will Teach You Step-by-Step on How To Ferment Food and Live a Longer, Stronger and Healthier Life.

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Americans used to ferment relishes and ketchup in the comfort of their homes. Today, they consume at least half a billion bottles of ketchup that do not contain beneficial enzymes. These bottles of ketchup contain high-fructose corn syrup and distilled vinegar.

The food produced through fermentation is far superior as compared to the food that modern people eat today. In addition, most people nowadays spend huge amounts of money to be able to eat nutritious food found mostly in jars, boxes, cans, and other packages.

However, it is not yet too late to change your perception about the food you grow, purchase, store, and/or eat. You can grow, forage, and/or buy real food through learning the proper way to ferment food.

This book provides all the information you need about food fermentation

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