



## The Fermented Vegetables Manual: Enjoy Krauts, Pickles, and Kimchis to Improve Skin, Health, and Happiness (Paperback)

By Tracy Huang

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover How to Improve Skin, Health, and Happiness with a Science-Based Approach to Enjoying Fermented Vegetables the Right Way Are you currently suffering from gastrointestinal issues, depression, lack of energy, poor immunity, weight gain, or skin problems? Did you know that fermented foods can actually help you address these problems and improve your overall health? Would you like scientific proof that reveals the incredible health benefits of fermented foods? Wouldn't it be nice that you can look and feel better simply by adding these easy-to-make foods into your diet? This book, The Fermented Vegetables Manual, gives you the science and big picture to help you understand the relationship between fermentation and your health; it also gives you a complete and detailed guide to properly and quickly make your first batch of fermented vegetables with easy-to-follow recipes and instructions. You can have your first batch ready in as little as three days. The book also shares tips on how to enjoy your fermented vegetables in fun and creative ways. You Will Discover: Why eating fermented foods can lift up your mood. What...



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