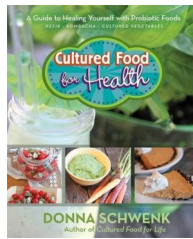


Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods: Kefir, Kombucha, Cultured Vegetables



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