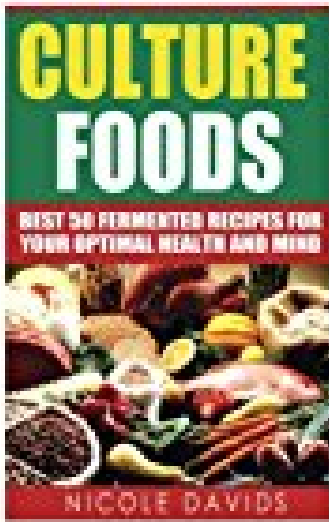


Cultured Foods Best 50 Fermented Recipes for Your Optimal Health and Mind



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