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Episode.01 Gut-Healing \u0026amp; Yummy
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Probiotic Apple Cider Vinegar to Drink -
Part #1 Fermenting Homemade Giardiniera
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If.....

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Fermented Drinks. Write a review. Oct 06, 2016 Camilla rated it really liked it. The benefits of probiotics are no secret and is something we wholeheartedly already embrace. We lacto-ferment our own veggies.

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Probiotic Foods for Gut Health, consuming fermented foods regularly is an incredibly healthy and easy way to support various systems throughout our bodies.. Fermented foods like these Powerful Probiotic Drinks are made with a process called lacto-fermentation, wherein friendly bacteria and yeast break down sugar to form lactic acid.

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Kind of like a green smoothie with a probiotic addition! Ingredients. Celery, 2 stalks. Parsley, 1 handful. Spinach leaves, 1 handful. Kale leaves, 1 handful. Probiotic capsule, 1. Method. Juice all the ingredients, except the probiotic capsule. Open the

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probiotic capsule and empty contents into the juice. Stir well, and enjoy it!

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