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Tra i cibi fermentati che tratteremo molti sono già noti e comuni come il kefir, il miso e il tempeh (per non parlare dello yogurt), mentre altri sono ancora poco conosciuti (come il kombucha, il kimchi e il natto). È utile fare conoscenza

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Questo libro è stato scritto dagli esperti dell'Istituto Riza di Medicina Psicosomatica.

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