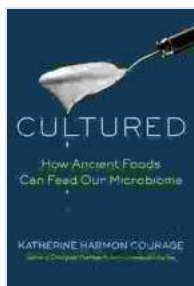


Cultured: Ancient Foods to Feed Your Microbiome and Heal Your Health

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Cultured: How Ancient Foods Can Feed Our Microbiome by Katherine Harmon Courage

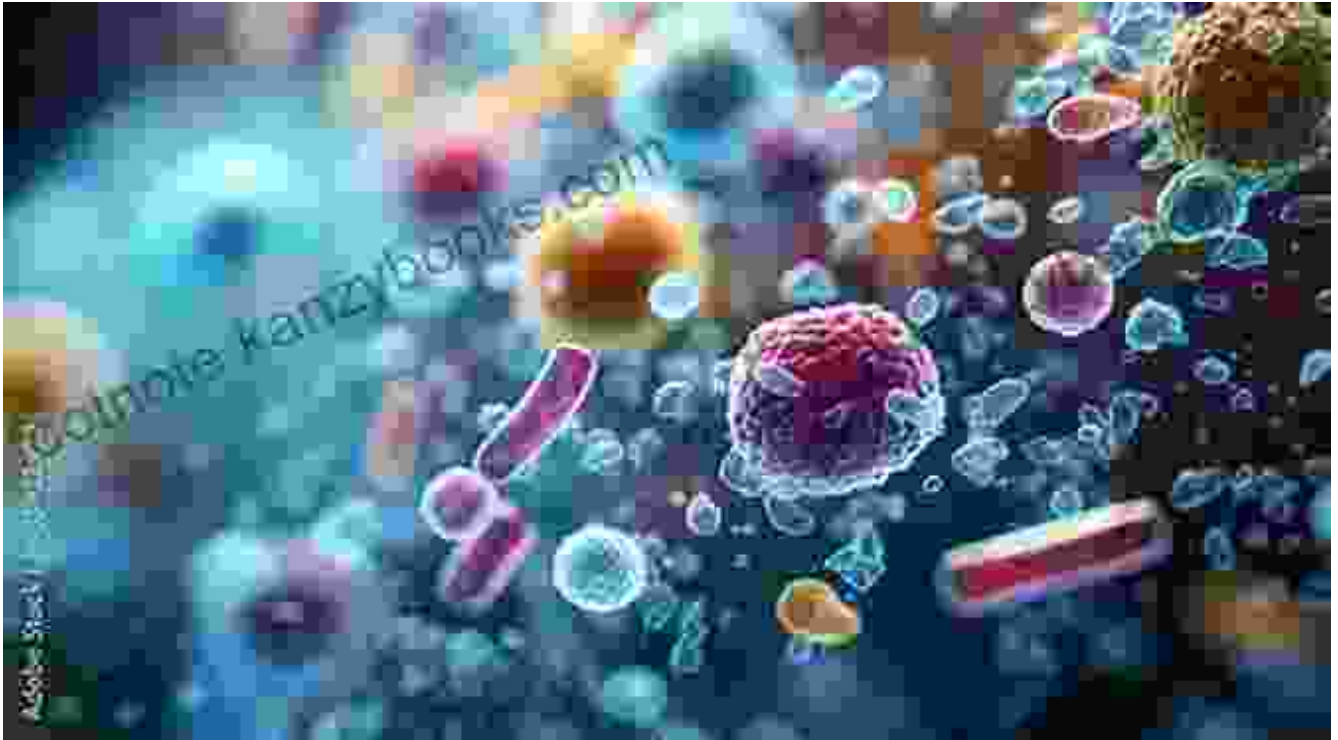
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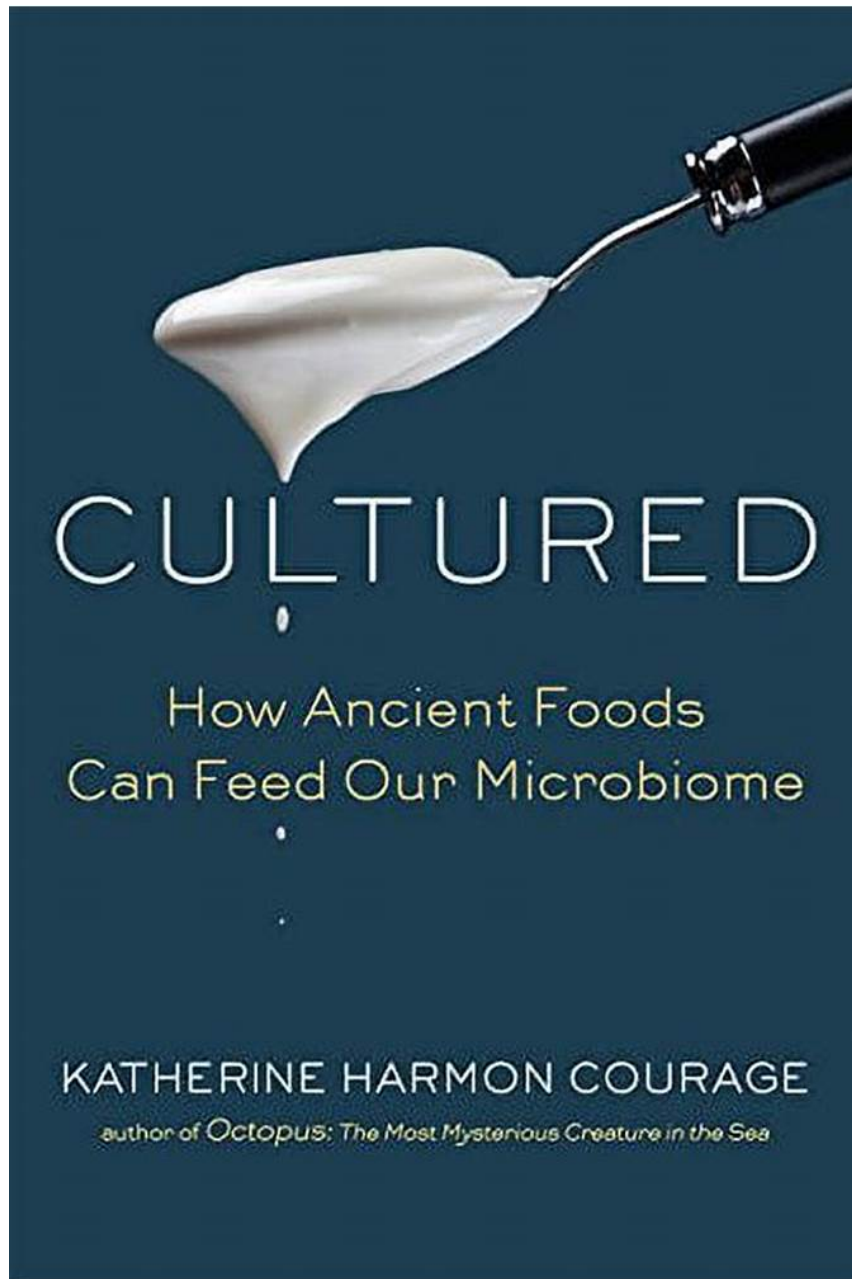
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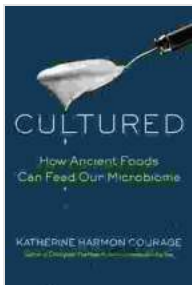
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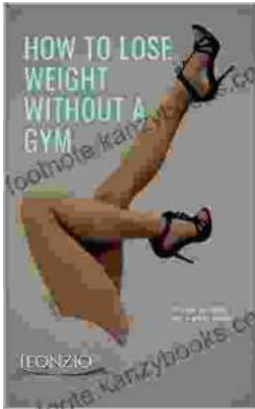
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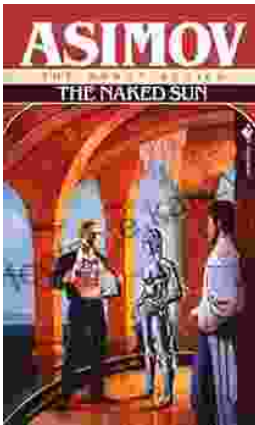
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