

REFERENCE

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- Wilhelm Holzapfel (2014) Advances in Fermented Foods and Beverages

LINKS

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- 2.<https://baofoodanddrink.com/blogs/news/7136752-the-advantages-and-health-benefits-of-eatingfermented-foods>
- 3.<http://www.livestrong.com/slideshow/1011208-7-surprising-benefits-fermented-foods/>
- 4 .<https://wellnessmama.com/2245/health-benefits-fermented-foods/>
- 5.<http://www.drdauidwilliams.com/gut-health-and-the-benefits-of-traditional-fermented- foods>