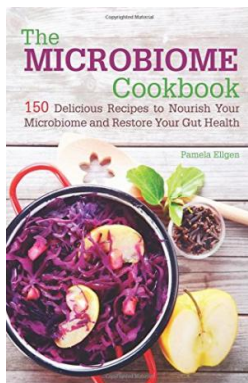


## The Microbiome Cookbook: 150 Delicious Recipes to Nourish Your Microbiome and Restore Your Gut Health



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