

Health Benefits of Kombucha

Kombucha Tea is JUST A FOOD – a naturally carbonated, healthy tonic enjoyed by those who brew and consume it regularly, often throughout the day in small doses. People are usually very loyal to their daily Kombucha consumption, and consider the drink healthy for several reasons, such as:

- *Contains living bacteria and yeast
- *Substituted for sugary sodas or multiple trips to the coffee pot
- *Acts as a snack or pre-meal hunger control
- *Alkalizes like vinegar or lemon juice – balances internal pH
- *Compounds in the drink may bond to and help excrete toxins from the liver – happy liver = happy mood
- *May speed metabolism
- *The acids present may improve digestion or alleviate constipation
- *Improved flexibility & fluidity of movement
- *Smooth energy from low levels of tea
- *Relieve headaches & migraines
- *Antioxidants & polyphenols from the tea are partially fermented and so more bioavailable
- *Kills *h.pylori* on contact
- *Certain acids present are considered candida-cides

Simply put, Kombucha is an all-natural, healthy beverage, but the Kombucha benefits you experience may vary. There are more and more scientific studies being done all the time and we may never understand everything about how food works with our bodies. We never expect the full-blown trials, double-blind Western medicine-style trials required for FDA approved medical claims to be completed on Kombucha because it cannot be patented. Each person must simply remember: Trust Your Gut. People have been consuming Kombucha for generations because they believe it works for them. The continued spread of Kombucha can only be attributed to the safe consumption of a delicious beverage that inspires people to believe they are receiving benefits.

However, **Kombucha is NOT a panacea – it doesn't cure ANYTHING!** It may help the body bring itself back into balance naturally. That is how it is able to do so much – because it's really just your body working with nutrition, like any other food. Even though some think of it as a medicinal tonic, it's just a delicious and healthy beverage choice and one of many fermented food options.

