



"All disease begins in the gut"  
~Hippocrates



## Benefits:

## Health:



100 trillion microorganisms (500+ different species) inhabit every healthy digestive tract!



Fermented foods & drinks are a great way to keep the microbiome healthy!



A healthy gut flora helps to boost immunity & fight off harmful bacteria, parasites, viruses, infections, & disease.



Not all kombucha is made the same, so start with a few ounces & see how your body adapts. Drink kombucha regularly. All good things in moderation!



## History:



Kombucha is a probiotic-rich, fermented beverage that originated in China over 2,000 years ago.



Once thought to be a tonic for immortality, it exists in numerous ancient cultures—China, Japan, Korea, Russia, & Eastern Europe.



Home-brewed or small-batch crafted, kombucha became commercially available in the 1990s.



Booch became a local alternative to mass produced kombucha in 2014!



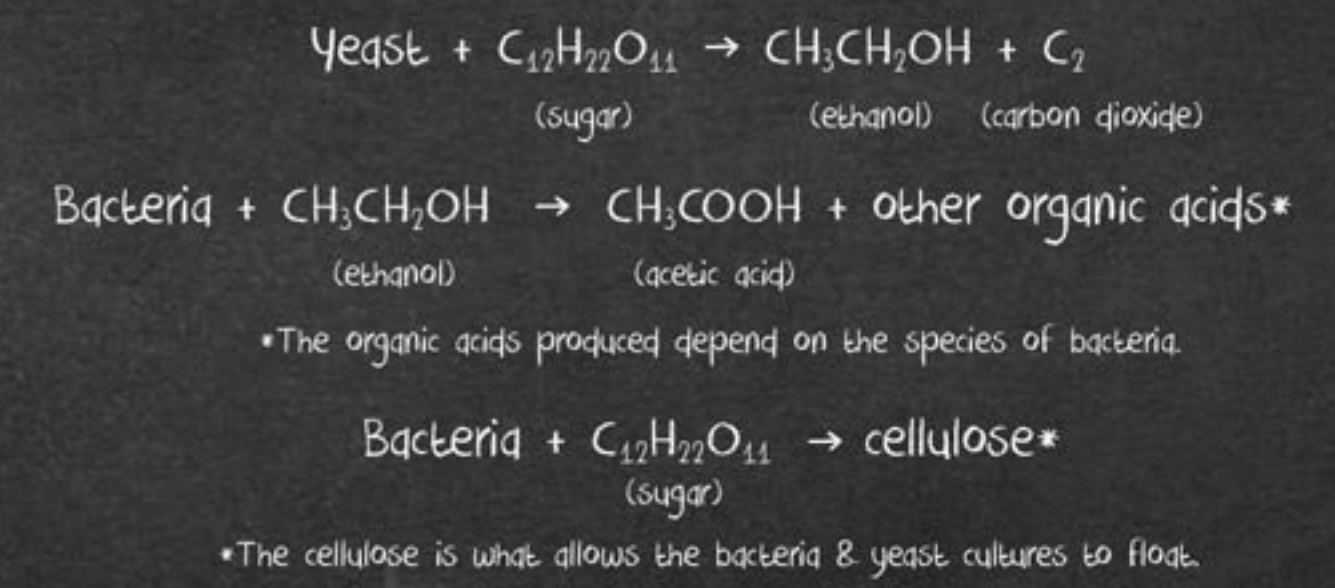
## Technique:



\*SCOBY = Symbiotic Culture of Bacteria & Yeast



## Chemical Breakdown:



Kombucha's acidity levels cause disease-creating germs to die. Yeast cultures survive because the bacteria present protect the yeast from the acidic solution. In return, the yeast delivers food (ethanol) to the bacteria. The final ethanol content is <0.5%, therefore kombucha is classified as a non-alcoholic beverage.



Nutrient absorbing



Digestion aiding



Alkalinity balancing



Beneficial bacteria providing



Inflammation reducing



Energy boosting



Digestion & immunity improving



Antioxidant, electrolyte, & B vitamin providing



Gut health repairing



Bliss & compassion enhancing