Health:

- 100 million 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.
- Kombucha is a local alternative to mass-produced kombucha in 2014.

Benefits:

- 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

Technique:

- **SCOBY** = Symbiotic Culture of Bacteria & Yeast

Chemical Breakdown:

- Yeast + C₆H₁₂O₆ → CH₃CHOH + C₇
  - (sugar) → (carbon dioxide)

- Bacteria + CH₃CHOH → CH₃COOH + other organic acids
  - (alcohol) → (acid)

- The organic acids produced depend on the species of bacteria

- Bacteria + C₆H₁₂O₆ → cellulose
  - (sugar)

- The cellulose is what allows the bacteria & yeasts cultures to live.

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.