

KOMBUCHA

What is KOMBUCHA?

Kombucha is an ancient Manchurian health tonic composed of several symbiotic (helping each other) single-celled organisms. It is naturally high in vitamins, minerals, amino acids and detoxifying nutrients. It contains numerous herbal energy revitalizers, antioxidants, resistance adaptogens and digestive supporters. The original culture is fermented with herbs, water and honey. It is taken to its maximum state of fermentation, approximately 60 days, then further concentrated into a powdered extract. This fermentation process produces several beneficial compounds including: Glucuronic acid, L-lactic acid, acetic acid and B vitamins. Glucuronic acid is a potent liver detoxifier naturally produced by the body. L-lactic acid plays an important role in minimizing putrefactive bacteria in the intestines and in inhibiting the buildup of DL-lactic acid in muscles. *

What are the benefits?

Kombucha is traditionally used for supporting positive energetic functioning of the body and as a nutritive tonic for daily energy and well-being. Kombucha enhances and improves digestion and elimination; builds the body's natural defenses; supports the body's own ability to detoxify without harsh side effects; supports radiant hair, skin and youthfulness through enhancing the formation of chi and blood; supports imbalances of the feminine cycle and is used by men for overall vitality and virility. *

Supplement Recommendation:

Look for a product that has been naturally extracted and grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Herbal energy revitalizer***
- **Herbal antioxidants***
- **Resistance adaptogens and digestive supporters***
- **Promotes optimum well-being***
- **Supports positive energetic functioning***
- **Enhances and improves digestion***
- **Build's the body's natural defenses**
- **Supports the body's own ability to detoxify***
- **Supports radiant hair and skin***
- **Supports imbalances of the feminine cycle***
- **Supports male vitality and virility***

Supporting Research:

Boen-Henshaw A. *Kombucha: Ancient Manchurian Tonic*; January, 1996; *Boney's The Fresh Approach*

Frank G W. *Kombucha - Healthy beverage and natural remedy from the Far East*; Ennsthaler; 1995

Kaufman K. *Kombucha Rediscovered, A Guide to the Medicinal Benefits of an Ancient Healing Tea*

Tierra L. *The Way of Herbs*

Willard T. "Reishi Mushroom" – *Herbs of Spiritual Potency and Medical Wonder*

* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.