

Kombucha Benefits

"Kom-BOO-cha"

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Ancient Chinese believe
Kombucha is the "Immortal
health Elixir"

Kombu (Korean physician who healed a
Japanese emperor) + Cha (tea)

What is Kombucha? DEFINITION: A fermented
(living enzyme-rich drink) and all natural beverage
made from black tea that is
fizzy (carbonated), sour yet
sweet (tastes like apple cider
and champagne), full of vitamins
and often unpasteurized.

Natural
antibiotic



**Enhances
Mental
Clarity!**

DIGESTION IMPROVEMENT

- Natural liver detoxification
- Contains organic acids that bind with toxins

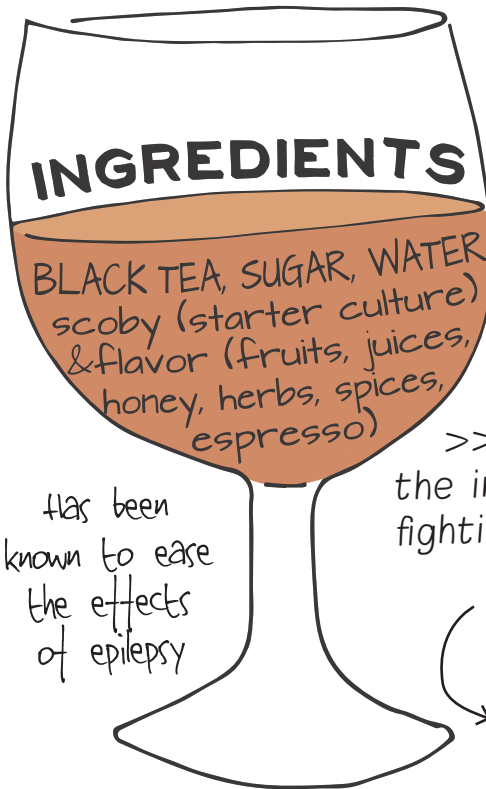
BOOSTS IMMUNITY (PROBIOTIC)

- Helps to restore the good bacteria in gut health
- High in antioxidants and DSL
- Includes high levels of vitamin C



WEIGHT LOSS

- Helps to balance metabolism
- Suppresses appetite



has been
known to ease
the effects
of epilepsy

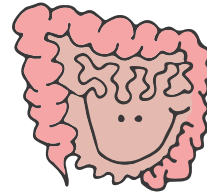


Kombucha drinkers
profess many benefits
of this "magical"
beverage*

Apply directly to skin
to help heal psoriasis

>> Believed to increase
the immune system's cancer
fighting defense

RESTORES INTESTINAL FLORA
(HELPS WITH CONSTIPATION)



Recommended
for reducing
headaches
and dizziness
caused by
hypertension
(high blood
pressure)

Alternative to soda
(LESS CALORIES, SUGAR AND ALL NATURAL)

May prevent
calcification
in kidneys
(kidney stones)

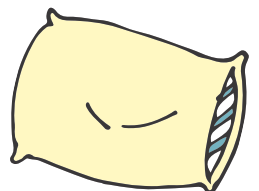


Energy Booster

improves oxygen
flow to tissues

- Retail Kombucha contains less than .5% alcohol (imposed by the FDA)
- DIY Kombucha can contain up to 3% alcohol

Natural
sleep aid



*There are no scientific studies to prove the benefits of this beverage.