

KOMBUCHA

Combining a grown Kombucha culture with a mixture of black tea and sugar, makes Kombucha Tea. The ingredients then "ferment" for a time period of 7 to 21 days depending on the room temperature. The resulting beverage contains dozens of elements, many of which are known to promote healing for a variety of conditions.

The story goes that Kombucha use has spread by the passing of Kombucha cultures from family to family, and friend to friend for hundreds of years.

Kombucha users have reported numerous improvements in overall health including increased energy, sharper eyesight, aiding with digestive and intestinal disorders, better skin, less seasonal flu and allergy symptoms, and most importantly a more alkaline than acidic body. Regular, controlled (limited) use of Kombucha Tea helps balance a person's body preparing it to better deal with a variety of ailments and maintain good health.