



Iva de Souza, BA in Physical Education
Integrative Health & Fitness Consulting

What is Kombucha?



Kombucha is an all-natural health beverage, made from fermented tea and a starter culture. It's chockfull of probiotics and other healthy amino acids.

Brewing kombucha at home is a process, a dance if you will, with a living being. Yet it is an incredibly easy and rewarding process.

I have been known to say: "If you can make a cup of tea, you can make kombucha!" Why choose kombucha over other fermented foods? Well, you don't have to! Incorporate multiple fermented foods into your diet for optimum benefits.

Cultured Tips!

KOMBUCHA

What are the Health Benefits of Kombucha?

- Contains probiotics – provides healthy bacteria
- Alkalizes the body – balances internal pH
- Detoxifies the liver – happy liver = happy mood
- Increases metabolism – revs your internal engine
- Improves digestion – keeps your system moving
- Rebuilds connective tissue – helps with arthritis, gout, asthma, rheumatism
- Boosts energy – helps with chronic fatigue
- Is high in antioxidants – destroys free-radicals that cause cancer
- Aids healthy cell regeneration

Why Should Kombucha be the Star of My Fermented Cast?

It's the most versatile. Kombucha can be enjoyed at any time of day; before, during or after meals.

Plus, it can be flavored from sour to sweet to savory and more.

It's the easiest to make.

It's the least expensive.

How much you are consuming dictates how often you need to top off your system.

It really is the easiest method!

How Much Kombucha Tea Should I Drink?

Starting with 4 oz. in the morning on an empty stomach is the best way to observe the direct effects that Kombucha has on your system. Follow with water.

Note: Drinking water is critical to the cleansing of toxins. Without water, your body will reabsorb them. If drinking the first 4 oz. of kombucha goes well, try another 4 oz. serving before dinner.

Then, listen to your body. If you find you crave it, have some.

Should you experience a healing crisis (rash, headache, depression, runs, etc.), cut back the amount you are consuming and drink more water until the reaction subsides (usually a day or two). This is normal. As the toxins release into your bloodstream, they may express in these symptoms.

TIPS: Drinking kombucha 20 minutes prior to your meal will help to curb your appetite. Or drink it after meals to improve digestive function. If you drink "too much" Kombucha, you will just pee or poo it out.

Kombucha is best consumed in small, frequent doses rather than in large quantities.

Basic Kombucha (continuous brewing)

Makes about 2½ liter

1 cup organic sugar (best white)

4 bags organic tea or 12 grams – (2 bags green tea and 2 bags of black tea)

Starter cultures

1cup starter liquid (*Kombucha*)

Purified water (*spring, distilled, filtered or boiled*)

Equipment:

Tea kettle or pot to boil the water

Brewing vessel - glass, stainless steel or oak (*with spigot*)

Cloth cover & rubber band - NO CHEESECLOTH; the weave is too loose.

Instructions:

Boil 3 liters of purified water in a large pot. After the water boil, add the sugar in the pot. Stir mixture with a woods spoon until sugar is completely dissolved (let be about 5-10 minutes).

Add the tea bags and let steep until temperature is about 37 degrees (below body temperature)

Remove the tea bags and pour the tea and sugar mixture into the brewer, filling the brewer to about, the way up with the water.

Leave a couple of inches of space from the top of the brewer for the culture to grow.

Test the water with your hand to make sure that it is below body temperature (lukewarm). Add kombucha cultures and starter liquid.

Cover with a 100% cotton cloth, secure with a rubber band. Allow to ferment for 8-10 days. (I use to ferment my kombucha for 9 days)

After 9 days you will get to kombucha cultures :o)

Tips about storing kombucha culture

You can store multiple cultures in one glass container for an extended period in the fridge. Just make sure they don't dry out!

You can handle the cultures with clean hands and gently peel apart the mother and new culture to separate.

To avoid mold from forming, don't ferment in the same area as potted plants!

Note: Although mold is a very rare occurrence, it will be obvious; you'll see white or green fuzzy circles.

Always avoid storing kombucha in metal containers, and never use metal spoons! Yeast is a natural bi-product of the fermentation, and it looks like brown squiggles.

Even though they're harmless, staining them out is best.

Don't move the container too much during fermentation, as doing so will slow the process by unsettling the new growth.

You can absolutely compost your culture...If your culture is no longer vibrant – your compost will love it!

You can also turn the culture into a fun new art project, like drumheads, frisbees, or fashion accessories!

Note: I've making kombucha about two years now and I think it is always a good idea to look and get more informations about this fantastic healing drink. You can look this webside below. It is very good and you can get plenty other ideas about other foods and drinks as well.

Another good thing is, you can now buy the kombucha drink I Copenhagen. But believe me it is definitely worth making at home :o).

I have 8 cultures, if you want to start your own, you can get it with me anytime.

www.thehealthyhomeeconomist.com

**In Health
Iva**