

KOMBUCHA

THE TRUTH YOU NEED TO KNOW



DISCOVER THE TRUTH ABOUT
KOMBUCHA FERMENTED TEA

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Introduction

Hello and welcome to our short, beginners guide on all aspects of Kombucha, a fermented tea also known as “the tea of immortality”.

If you go into any health food store and even many other stores that sell drinks, you will find kombucha, often in a huge variety of brands and flavors. Although it’s been around for thousands of years, it’s only been in recent years that it’s gained popularity in the United States and is being hailed as a healthy drink that has a number of benefits, which we will cover in this guide. Firstly let’s start at the beginning...

What is Kombucha?

Kombucha – The Truth You Need To Know

Kombucha is a fermented tea drink. It is naturally effervescent much like carbonated beverages, and contains tea, water, sugar, healthy bacteria, and yeast. The healthy bacteria and yeast are what work together to ferment this beverage which gives kombucha its many health benefits.

Now, here are a few of the reasons as to why kombucha is such a popular drink:

Easy to Make

We'll go into more details later, but the basic brewing of kombucha involves making tea with sugar, then adding something known as SCOBY which contains the bacteria and yeast and allowing it to set for a certain number of days to ferment. Because it's so easy to make, many people prefer making their own kombucha to buying it in stores.

Variety of Flavors

Kombucha – The Truth You Need To Know

Because you can start with nearly any type of tea and add additional flavors after the brewing process, it means that the possibilities are endless when it comes to the flavors that kombucha can have. You can also find kombucha in the store in many different flavors, so there's always something different that you can try and tantalize your taste buds.

Good Soft Drink Alternative

For people that love the carbonation of sugary soft drinks, kombucha makes an excellent alternative. It's not only got the fizziness that makes soft drinks stand out, but it's also much lower in sugar without lacking in flavor. The fact that there is a healthy alternative to soft drinks is great news for people who want to kick that addiction without losing out on enjoying a delicious beverage.

Low in Caffeine