

File Created by [Blogging Rebirth](#) WP Plugin

Why Drink Kombucha?



Christine M. Ross asked:

These days, many Americans are drinking kombucha, the famous fermented black or green tea. And some are brewing it themselves.

Like yogurt, kombucha is probiotic, having live beneficial bacteria and can be made at home. However, unlike yogurt, kombucha is made with black or green tea, sugar, and water. Kombucha is a live fermented tea with beneficial yeasts and bacteria. It can take 8-15 days to ferment kombucha at home, although it can be purchased in stores with live probiotic bacteria.

Kombucha has the same amount of alcohol as fruit juice. That is, less than one percent of the entire drink. The brewing term for a very low alcohol drink like kombucha is an elixir.

Why drink fermented black tea? After all, it's easier, faster, and cheaper to brew regular black or green tea.

Kombucha has a wide array of benefits far beyond regular black or green tea. In general, it helps digestion, detoxification, and assimilation of nutrients. That in turn improves health.

Many kombucha drinkers report having more energy, stamina, and greater resistance to colds and flus. Others have found that drinking Kombucha helps them sleep better, overcome depression, chronic fatigue, candidiasis, and other ailments.

The Germans and Russians have done a great deal of medical research on the benefits of drinking kombucha. For example, in one study, Russian researchers fed kombucha to infants hospitalized with dysentery. The babies were cured in one week.

It's too bad that medical research in our country has lagged far behind that of the Germans and Russians. Wouldn't you like to find out what kombucha can do for you? Why don't you conduct your own experiment and find out?

Kombucha is one of the most remarkable and unusual teas in the world. Try it yourself to see the benefits of this wonderful tea.

Related Blogs

You can also find this article published on [Why Drink Kombucha?](#), and on the tag pages [Assimilation](#), [Dysentery](#), [Medical Research](#), [Stamina](#), [Yeasts](#).