KOMBUCHA

At Tremendousness, rarely a day goes by without one of downing a fresh batch of kombucha—a fizzy, fruity, sour, and slightly sweet natural drink. So we decided to send some of the love we have for it out into the world by explaining what it is.

Kombucha is a fermented drink made from tea, first recorded in Asia more than 2,000 years ago. In a pioneering display of the power of foraging, a Chinese physician named Kombu (also known as Chuen) healed a Japanese emperor with this Chinese beverage, thus: "Kombu" (the physician's name) + "cha" (tea). In English, it is "kombucha".

Kombucha contains a variety of organic acids, vitamins, amino acids, proteins, enzymes, and live bacteria, all of which work together to provide you with a functional beverage full of probiotics.

**Claims Made for Kombucha**

Claims made for kombucha are wide and varied, ranging from a sliming elixir to "magical" cures for any number of diseases. While many of these claims have been documented by traditional healers and alternative medicine practitioners, there has been no peer-reviewed research to back up any of the specific health claims made for kombucha. So what's the big deal?

**Kombucha: What's the Big Deal?**

- **Trying to detox:** Kombucha contains a variety of organic acids (meaning it helps to break down excess sugar and fat) as well as enzymes to help the digestive system more easily remove chemicals from the liver and digestive tract.
- **Aids in cell regeneration:** Kombucha contains amino acids and proteins that speed up cell regeneration.
- **Fights yeast infections:** Gluconic acid and oxalic acid present in the SCOBY help fight yeast infections like thrush and candida.
- **Detox:** Kombucha bio-ferments sugar, turning tea into a fermented, effervescent drink.

**OK, WHAT THE HECK IS KOMBUCHA?**

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**GREAT! HOW CAN I MAKE IT?**

SIMPLE KOMBUCHA RECIPE

Actually this is a pretty straightforward process. Once you get the hang of it, brewing a bunch of kombucha can be done in about an hour every 2-3 days.

1. **Prepare your brew:**
   - **12 oz black tea**, steeped for 3-5 minutes
   - **1 cup sugar** (or 2 tablespoons loose tea)

2. **Brew tea:**
   - Use a stove to boil water, let it cool, then steep tea in it for 3-5 minutes.

3. **Add sugar (or tea):**
   - Carefully place it in a sterile bowl.

4. **Let it ferment:**
   - Carefully place it in a sterile bowl.

5. **Store it up!**
   - Store in a tightly sealable container.

6. **Enjoy or repeat:**
   - Enjoy as is or add flavoring.

**SCOBY, THE KOMBUCHA STARTER KIT**

A SCOBY is a living organism. It is a natural yeast-bacterial culture that is most often used as the starter for kombucha. A SCOBY can be divided into two parts: the SCOBY and the liquid or tea. The SCOBY is a floating mass of white vinegar and white bacteria. The liquid or tea is the oxygenated tea base which provides the primary sugar source for fermentation.

**PROBIOTICS**

- **Bacteria**
  - **Lactic acid bacteria**
  - **Acetic acid bacteria**
  - **Malic acid bacteria**
  - **Other bacteria**
- **Yeast**
  - **Saccharomyces cerevisiae**

**ANTIOXIDANTS**

- **Glutonic acid**
- **Malic acid**
- **Oxalic acid**

**ENZYMES**

- **Protease enzymes**
- **Lipase enzymes**
- **Aminopeptidase enzymes**
- **Amylase enzymes**

**NUTRIENTS**

- **Vitamins**
  - **B vitamin complex**
  - **C vitamin**
- **Minerals**
  - **Potassium**
  - **Magnesium**
  - **Calcium**

**WANT A PRINTABLE KOMBUCHA RECIPE?**

See the recipe below or click the button to download a printable version of this recipe.

**THE TREMENDOUSNESS COLLECTIVE**

Infographic by The Tremendousness Collective. Visit us at www.tremendous.us