Health Benefits of Kombucha Tea
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Kombucha is made in the form of a fermented tea. It is designed to provide you with protection and energy that will last throughout the day. This tea-based supplement is easy for the body to digest and is quickly absorbed.

The health benefits of Kombucha tea are extensive and varied. Kombucha formulas contain a powerful B Vitamin Complex to provide energy and augment metabolism. It is a healthy and rich blend of green tea with antioxidants. This exceptional and dominant formula is built to enhance your daily energy and keep you in the zone all day.

The formula contains elements such as probiotics and enzymes to aid with digestive health and smooth the progress of digestion. Along with digestive health, the Kombucha formula is made to protect the body and develop the immune system with microflora. This gives the body an encompassing and uplifting jolt of energy and alleviates stress as you go about your daily routine.

Kombucha Teas

Kombucha tea is derived from Kombucha mushroom, the mixture of a handful of diverse bacteria and yeast forms. The tea has been professed as a cure all in the past and is often served carbonated.

Over the years, Kombucha Teas have been granted a great deal of recognition for helping with a variety of health problems. Kombucha Tea has been prescribed as a medication from skin problems and digestion concerns to hair loss and high blood pressure or cholesterol. The actual verification of these claims, like many herbal and natural remedies have not been done, but the results have been sworn to by Kombucha Tea devotees for years.

What is Kombucha?

Kombucha is an active therapeutic pick-me-up made by fermenting tea and sugar with the Kombucha culture. The effect can taste like something between sparkling apple cider and champagne, depending on what form of tea you apply. It’s not what you’d expect fermented tea to taste like.

Green tea Kombucha. The origins of Kombucha have become befuddled in the mists of time. It is thought to have originated in the Far East, probably China, and has been consumed there for at least two thousand years. The first recorded use of Kombucha comes from China in 221 BC during the Ts'in Dynasty. It was known as “The Tea of Immortality”.

It has been used in Eastern Europe, Russia and Japan for numerous centuries. It’s from Japan in 415 AD that the name Kombucha is said to have come. A Korean doctor called Kombu or Kambu treated the Emperor Inyko with the tea and it took his name, “Kombu” and “cha”
meaning tea. Russia has a farseeing tradition of using a therapeutic beverage called “Tea Kvass” made from a “Japanese Mushroom”.

From Russia it dispersed to Prussia, Poland, Germany and Denmark but it seems to have died out during World War Two. After the war Dr Rudolph Skelnar created renewed interest in Kombucha in Germany when he used it in his practice to handle cancer patients, metabolic disorders, high blood pressure and diabetes.

**The Kombucha Culture**

The Kombucha culture resembles a white rubbery pancake. It’s often called a ‘scoby’ which stands for ‘symbiotic culture of bacteria and yeasts. The culture is placed in sweetened black or green tea and turns a bowl full of sweet tea into a bowl full of vitamins, minerals, enzymes and health-giving organic acids.

**Three cultures or scobys**

As the Kombucha culture digests the sugar it produces an array of organic acids like glucuronic acid, gluconic acid, lactic acid, acetic acid, butyric acid, malic acid and usnic acid; vitamins, particularly B and C; as well as amino acids, and enzymes. Let’s not forget all the benefits of the probiotic microorganisms themselves. The Kombucha culture is a powerful biochemical tool in your house!

You might question if fermenting tea with yeasts would produce an alcoholic beverage. Good question! The yeasts do produce alcohol however the bacteria in the culture turn the alcohol to organic acids. Only minute quantities of alcohol, more often than not 0.5% by volume remains in the Kombucha brew.

With every brew you create the Kombucha creates a new layer or scoby on the surface of the liquid. These can be left together to thicken the scoby or can be divided, giving you extra cultures that you may keep in some sweet tea in the fridge in case anything may pass to your active culture. Or you may want to pass on spare Kombucha cultures to other people or use a new scoby to start another pot of Kombucha.

**Kombucha and Health**

Many wellness speculations are created for Kombucha but there is a lesser amount of inquiry on the benefits of Kombucha than there is on fermented milk products. It has unquestionably been conveyed to have like antibiotic, antiviral and anti fungal properties in lab tests. In rats it’s been displayed to protect against stress and improve liver function. There is a ton of existential evidence from people who have been taking Kombucha for years. Various benefits reported encompass increases in energy levels, relief from metabolic disorders, allergies, cancer, digestive problems, candidiasis, hypertension, HIV, chronic fatigue and arthritis. It’s also used externally for skin problems and as a hair wash among other things.
The Organic Acids

Glucuronic acid
Is the body’s most significant detoxifier. If toxins go into your liver, the acid will bind to the toxins and help flush them out through the kidneys. Once bound by glucuronic acid toxins cannot easily remain. A product of the oxidation procedure of glucose, glucuronic acid is one of the more substantial constituents of Kombucha. As a detoxifying agent it’s one of the few agents that can cope with pollution from the products of the petroleum industry, including all the plastics, herbicides, pesticides and resins. It captures the phenols in your liver and they are then destroyed with ease and flushed out through the kidneys. Kombucha can be enormously useful for allergy patients. Different by-products of glucuronic acid are the glucosamines, the structures connected with cartilage, collagen and the liquids which lubricate the joints. This is what makes the Kombucha so powerful against arthritis.

Lactic Acid
Is crucial for the digestive system. Assists blood circulation, helps prevent bowel decay and constipation. Aids in balancing acids and alkaline in the body and is believed to help in the prevention of cancer by helping to regulate blood pH levels.

Acetic Acid
A powerful preservative and it stops harmful bacteria.

Usnic Acid
Is a natural antibiotic and antiviral that can be effective against many gram positive bacteria as well as many viruses.

Oxalic Acid
Is an effective preservative and helps the intercellular production of energy (ATP).

Malic acid
Detoxifies the liver.

Gluconic Acid
It is created by the bacteria and will break down to caprylic acid. It is beneficial to patients of candidiasis and other yeast infectionary issues such as thrush.

Butyric acid
This is created from the yeast and helps to protect human cellular membranes. Combine this with Gluconic acid and it strengthens the walls of the gut to combat yeast infections like candida.

Types of Tea for Kombucha

Fresh tea leaves Kombucha requires tea for its fermentation (Camellia Sinensis). That’s real tea not herbal tea. It can be also be sensitive to strong aromatic oils. Earl Grey teas contain Bergamot oil and this can actually destroy the culture. There are several different kinds of tea that give different results from lighter tastes to stronger more cider like tastes.
Black Tea
Black tea is made from leaves that have been fully fermented. The leaves wilt on their own after being left out in the sun. Then the leaves are fired and create a deep, rich flavor and a dark red colored brew.

Oolong Tea
The Oolong brew is an in-between combination of green and black tea. After you pick the leaf, it is lightly rolled and allowed to partially ferment until you notice the edges start to turn brown. Oolong combines the taste and color of black and green tea.

Green Tea
Green tea withers then gets steamed or heated in order to prevent oxidation. It is then rolled and dried up. Green tea is known for its delicate taste and obvious green color. The Japanese tea Sencha brews a peculiarly fine Kombucha.

White Tea
White Tea is the rarest and frailest of tea. Pulled forty-eight hours or less between the time the first buds become fully ripe and the time they open. White tea is not like the back and green brew. It isn’t steamed or rolled. Instead it is air-dried out in the sun. This preserves its antioxidant properties. White tea has about 3 times as many antioxidant polyphenols as green. White tea represents the least processed form of tea.

For more reading on Kombucha Tea here is a list of articles found in peer-reviewed scientific literature. These peer-reviewed articles go in to more detail about the safety and health benefits of home brewed Kombucha Tea.