

# WHAT IS KOMBUCHA?

**An increasingly popular fermented probiotic drink, kombucha boasts some amazing health benefits.**

Made from tea, sugar (or honey, for Joon), a scoby (beneficial bacteria and yeasts), and a starter, kombucha is brewed (aka fermented) for anywhere from a week to a full month. The result is a naturally carbonated, tasty, and—most importantly—healthy beverage.

## HEALTH BENEFITS OF KOMBUCHA:

- Contains living bacteria and yeast
- Substituted for sugary sodas or multiple trips to the coffee pot
- Acts as a snack or pre-meal hunger control
- Alkalizes like vinegar or lemon juice – balances internal pH
- Compounds in the drink may bond to and help excrete toxins from the liver – happy liver = happy mood
- May speed metabolism
- The acids present may improve digestion or alleviate constipation
- Improved flexibility & fluidity of movement
- Smooth energy from low levels of tea
- Relieve headaches & migraines
- Antioxidants & polyphenols from the tea are partially fermented and so more bioavailable
- Kills h.pylori on contact
- Certain acids present are considered candida-cides

\* LIST PROVIDED BY KOMBUCHA KAMP

## BENEFITS OF LOCAL HONEY

**Joon is handcrafted in small batches with local Colorado honey that's 100% raw— never filtered, never heated.**

Raw honey has not been pasteurized or processed in any way. It's chock full of B-vitamins, enzymes, and minerals beneficial to your health—and when sourced locally—honey is widely thought to help alleviate allergies. It has anti-bacterial, anti-viral and anti-fungal properties.

\* LIST PROVIDED BY MODERN ALTERNATIVE HEALTH

## ADDITIONAL USES:

- Helps digestion
- Strengthens immune system
- Eliminates allergies
- Stabilizes blood pressure
- Balances blood sugar
- Calms nerves
- Relieves pain
- Treats ulcers
- Sore throats
- Colds
- Indigestion

