

→ Check out my [website](#) to see how + why *My Goodness!* started!
Email: rachael@shekinahwellness

FAQ

What is Kombucha?

It is a probiotic health drink good for digestion, mood, and energy. Digestion because of the probiotics and mood because of the B vitamins. Also, a foundational thing is that it helps to alkaline our body - and that's when we see an improvement in health!

It is a fermented tea. Tea ferments with a SCOBY (symbiotic colony of bacteria and yeast - the good probiotic and yeast) and becomes kombucha. I do a 2nd fermentation with food for additional health benefits (and flavor!)

Why is fermented food good for us?

Fermented food contain probiotics and good bacteria and yeast that aids in digestion and builds our immune system

Is there caffeine?

The pink ones are made with hibiscus herbal tea (so no caffeine). The others are made with a combination of green and black tea. Kombucha is an adaptogen - meaning it goes to the area of stress. So some drink it for energy while others drink it to help relax.

How much sugar is in Kombucha?

Kombucha has 2-6 grams in an 8 oz serving. My Goodness! Kombucha has no added "sugar" in the 2nd ferment (the sugar in the 1st fermentation feeds the SCOBY). Natural carrot juice has 12 grams of sugar in an 8oz serving and OJ has 23 grams of sugar in an 8 oz serving

How much should I drink in a day?

6-8 oz is a serving size. Some people drink more because they love it, while others drink less to make it last longer.

How long does it last?

It lasts as long as your pickles or sauerkraut would because everything in there has been fermented. It doesn't go bad but after a long time may change flavor - then I use it for salad dressing, on rice, etc

What other health benefits is Kombucha known for?

Kombucha has an extensive list of health benefits. The main ones are: good for digestion, packed with probiotics and beneficial yeast, loaded with B vitamins which supports mood and energy, and balances our pH.

Click [here](#) for additional info!

Not a ?, but an Interesting Fact...

Warmth and shaking cause carbonation. If you open it, drink some, and later it's not carbonated - you can set it out for 10-20 minutes and shake it and it will recarbonate because of the live enzymes!

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STORE BOUGHT	VS	HOMEMADE KOMBUCHA
Pasteurized <i>(kills live enzymes)</i>		Unpasteurized
Force carbonated <i>(same as pop)</i>		Naturally carbonated
Fruit juice added <i>(high in mycotoxins and mold)</i>		Fruit added <i>(high in nutrients)</i>
Extracts added		Food and Herbs added
Standard flavors		Flavors change seasonally