



## The Ultimate Guide to Brewing Your Own Kombucha (Paperback)

By Spencer Rj Ash

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. What is Kombucha? Kombucha is an effervescent fermentation of sweetened tea that detoxifies the body and energizes the mind. Kombucha originated thousands of years ago in Manchuria and has since spread to the rest of the world. Once regarded as a beverage that contained magical powers that enabled people to live forever, it is now known that Kombucha contains billions of probiotics and many other vitamins and minerals that help regulate and keep one's body happy. Traditionally available only in specialty healthfood stores, Kombucha is can now be made in your very own home! This guide from The Native Kitchen will get you started on your way to brewing the perfect hand-crafted Kombucha.

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