

## Healthy Probiotic tea!

Kombucha tea is nature's probiotic in a real sense that the tea contains numerous beneficial bacteria, acids and yeasts that aid our bodies on a great many levels. A probiotic is a live bacteria that helps populate the large intestine with friendly bacteria known as intestinal flora, which dissolve harmful micro-organisms. Kombucha tea provides the body with additional glucuronic acid which is what the liver produces to detoxify the body. The tea also gives you an energy boost, due to the range of B vitamins in the tea, particularly B1, B2, B6, and B12. These vitamins also help the body to process fats (the tea is a great addition to any weight-loss regimen) and proteins. There is also vitamin C which is a potent detoxifier, immune booster and enhancer of vitality. Many have found they can wean themselves off caffeine once they start incorporating kombucha tea into their morning routine. In addition Kombucha has a wide range of organic acids and enzymes. The health benefits of Kombucha tea may also aid the body to alleviate a wide spectrum of ailments and conditions; from the mildest indisposition to the most serious diseases. A cursory google search provides many many testimonies of those who have been healed of various illnesses, and attribute Kombucha tea to their recovery. Considering all of kombucha teas attributes, it really makes sense that everyone who is concerned about their health should include this tea in their daily regimen. The best thing about it is that it costs only pennies a day to make and enjoy!