



Kombucha Rediscovered! Revised Edition

Klaus Kaufmann

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The fermented tea known as kombucha (kom-boo-cha) has been hailed as a cure-all in many parts of the world. Kombucha's popularity in North America is surging because of its great taste and contributions to wellness.

Holistic health consultant Klaus Kaufmann discusses kombucha's historical and modern uses and its numerous health benefits, which include its ability to aid digestion, eliminate toxins, support the immune system, and boost energy. He also provides clear, step-by-step instructions and troubleshooting tips for making kombucha tea at home using a fermentation process that converts it into beneficial enzymes, acids, and vitamins.

This completely revised and updated edition includes the latest information on current brews and fermenting techniques. Follow the insights and practical advice contained in this guide, and you'll discover everything you need to know to start enjoying this delicious, naturally tangy fermented beverage.

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Salina Rodriguez:

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