



Kombucha – Harbinger and Safety Net

by HellaD

***Kombucha** is a fermented tea created by a mysterious symbiotic colony of yeasts and bacteria. It looks and feels like a rubbery pancake, and floats on the top of strong black tea and sugar for seven to ten days. The resulting liquid is similar to fizzy iced tea and is very good for cleaning out toxins, supporting the liver and digestive system.*

***“Mutual assistance enriches even the poor.”** Chinese Proverb*

They call the Year of the Ox the Full Bear Moon, and numerologically it is a special day, signifying healing, new beginnings, spiritual ascension and balance. I started paying more attention to dates on 08/08/08. Who didn't? It was the 20 year anniversary of the massacre of students in Myanmar (Burma), as well as the opening day of the Beijing Olympics. Eight symbolises change. Change doesn't usually happen as we envision and can be quite hard to adjust to, no matter how eagerly we long for it. Regardless, this moon brought with it the scent of spring. New beginnings and balance, 11:11, slough off the old skin, and open windows to the new currents. The time is upon us, nothing more than nothing piles up until one snowflake breaks the branch – critical mass, and so the tide turns.

Recently, I finally had a chance to start making kombucha. My sister, a nurse, had come by a kombucha mother/starter (known as a SCOBY – Symbiotic Colony of Bacteria and Yeast) while doing a house call.

Soon I didn't know what to do with all my SCOBY's (a new baby is born every batch). So I posted an email onto the site www.kombu.de offering the babies to whoever wanted them. To my surprise a steady stream of all kinds of people arrived

at my door, each with their own kombucha experiences. The most recent being a South African lady who started drinking kombucha while living in Malaysia. She had received her SCOBY from someone in Kuala Lumpur via www.kombu.de

Kombucha has been used all over Europe for quite some time and is thought to have originated in China. Precisely where it came from or what it is exactly, remains unknown, but the results are well documented. Kombucha represents a danger to the established corporate health industry by providing a freely available incredibly affordable detoxifying and healing agent, which can be made at home. Kombucha is actually pretty difficult to mess up despite frantic warnings from various mainstream health information hubs. In fact, the German equivalent of our FDA (which is probably much more reliable) declares it completely safe. Each person's system deals with kombucha differently, but rest assured your body will let you know if you are drinking too much.

Making Kombucha

Kombucha is easy and cheap to make, requiring only tea, white sugar, de-chlorinated water and a kombucha starter. The virtual father of kombucha, Gunther W Frank, integrated the logic of the Chinese proverb into modern

kombucha culture – mutual assistance enriches even the poor. Through his universal site www.kombu.de Gunther established a place where people could network worldwide for access to a free SCOBY.

Kombucha is celebrated as a free and abundant resource by a wide variety of people, who just want to feel good and take care of their kids.

I had hepatitis A (the least harmful kind, the one that goes away) when I was a kid. I didn't get it very bad, but I have, as a result, a weak liver, which often leaves me violently ill the next day from drinking one beer. When I first started drinking kombucha, I had a couple of healing crises when I drank too much. These symptoms are a result of an overly toxic liver that releases too many toxins for the blood stream to handle. For someone like me, it is best to start with small amounts of kombucha until the liver revives. Kombucha is an adaptogen, normalising the metabolism and bringing the body back into balance. Kombucha's adaptogen effect is seen mostly through its effect on the liver, the blood and the digestive system.

Spring is a time for cleaning out old toxins and getting ready for new growth. Kombucha has been considered by many to be just another food fad that will soon run out of steam, only to regain it again in another 20 years. It's true these things go with the ebb and flow of the seasons and times, but with each rise and fall, more of us succumb to the affordable detoxifying power of the 'buch'. Kombucha isn't something that is going to disappear, a useless fad – like the pet rock. It is a symbiotic creature teaching us the importance of community, helping us build connections, showing us how different life-forms can work together and become something completely different.

In this day where virtual feudalism is doing its best to maintain control, where we have all manner of pharmaceutical drugs in our tap water, which no-one seems to know if there is any real way to remove, and our drinking water is bottled in containers made of bisphenol A (BPA),

it isn't surprising many of us have returned to the medieval days when no-one trusted water and only drank fermented beverages such as kvass, mead and beers. Kombucha is a necessary household brew especially in urban environments where air pollution, electro-magnetic frequencies, uncertain chemicals in tap water including statins, oestrogens and other prescription drugs are the norm. It cleans these man-made poisons out of our systems on a daily basis.

Kombucha also astonishes me by being most efficient when using my most hated (and loved) food item – highly refined white sugar. This is wonderful because it is probably the most affordable and accessible ingredient these days. The resulting healing brew reminds me of what a wise old Vietnamese teacher once told me, "Out of the s..t, grows the most beautiful flower." Kombucha is for the people and supports the homegrown revolution 100pc, by optimising liver function to eliminate the poisons from our bodies, that mankind has created. 🍄

