



Getting Started Guide





Are you ready to find out what you're really made of?

Ten *Trillion* Cells of bacteria.

That is more than cells in the human body! These special helpers are alive and well, and living by the trillions inside of you.

Eat cultured foods that are teaming with these special good bacteria that make your body thrive and shine!

Where do I start?

You can always purchase ready made cultured foods if you would like to try them first. There are a few that are available for you to try.

Kefir:

Lifeway Kefir has many flavors and different types. It is available at most health food stores and many grocery stores. Remember that this kefir only has ten good bacteria's while homemade has 35-50 good bacteria.



Kombucha:

This is available at most health food stores in the refrigerator section. There are several brands but my favorite is **GT's Synergy Kombucha**. They have many delicious flavors and is something I buy all the time when I am out running around and need a quick pick me up.



Cultured Vegetables:

They can be a little harder to find but many health food stores and grocery stores carry **Bubbies Pickles and Sauerkraut**. These are cultured and have a lot of good bacteria's. Different than brands made with vinegar, these are the ones you want to purchase. Bubbies are so delicious; they will quickly become some of your favorite pickles and sauerkraut. You can find other cultured veggie brands at health food stores. They will say "Raw and Active Cultures" on the label.



This is the thing I ask the most to people that are just beginning with cultured foods:

Which cultured food is of most interested to you?

Which one sparks your interest? It is usually the one you should start with. I believe that things get your attention for a reason. When people start with what interests them the most, they have the most success.

Pick one: Kefir, Kombucha or Cultured Vegetables. They all have wonderful properties and do different things, and are all important.

Start with one, master it, then move to another one.

This is what I did and it laid a great foundation. This made it easier to move to new-cultured foods. I was ready and didn't feel overwhelmed.



Kombucha

“The Wonder Drink”



So what exactly is kombucha?
Pronounced [Com-boo-cha], Kombucha is a living health drink made by fermenting tea and sugar with the kombucha culture. It has been around for hundreds of years.

If you are concerned that it is made with sugar you needn't be. The sugar is consumed by the culture leaving you a delicious tart drink. The result can

taste like something between sparkling apple cider and champagne, depending on what kind of tea you use.

It's not what you'd imagine fermented tea to taste like. It is made and drunk around the world. It has been a “secret formula” for those “in the know” and a lifesaver for many a poor person in the less blessed nations.

I am so impressed with this drink that I have it daily. One of the main reasons I drink Kombucha is glucuronic acid, the body's most important detoxifier. When toxins enter the liver, this acid binds them to it and flushes them out through the kidneys. Once bound by glucuronic acid, toxins cannot escape. Glucuronic acid is one of the more significant constituents of Kombucha. As a detoxifying agent it's one of the few agents that can cope with pollution from the products of the petroleum industry, including all the plastics, herbicides, pesticides, and resins. It kidnaps the phenols in the liver, which are then eliminated easily by the kidneys. It is such a strong detoxifier that I have come to rely on it for helping with issues of weight loss, allergies, building the immune systems, fighting yeast infections, and helping with joint and digestive problems.

Read GT's story of his mom and how it helped her overcome cancer. Very powerful.

<http://www.culturedfoodlife.com/a-message-from-gt/>

One of the best ways to get kombucha is at your local health food store. You can also make it yourself. I do and it is delicious. Kombucha tea is probiotic, detoxifying, and energizing. I can't say enough about it.

Try it and see for yourself.



Time Required:

- 6-15 days

What you will need:

- Gallon glass jug or non- lead based crock
- Linen or cloth napkin that will fit completely over top of jug or crock
- Rubber band to go around neck of jug or crock
- 1-cup sugar (sucanat, white sugar or coconut sugar)
- 4 to 5 tea bags (you can use black green organic is best)
- 3 quarts of filter water (not distilled)
- 1 cup of [kombucha starter](#). This will have a kombucha SCOBY and 1 cup of already made kombucha tea.



How To Make Kombucha:

- Wash all utensils with hot sudsy water and rinse well.
- Boil three quarts of purified water.
- Add 1 cup sugar (you can use white, sucanat, coconut sugar) to water when a rolling boil is reached. Boil water and sugar for five minutes.
- Turn off heat and add 4-5 tea bags of black or green tea.
- Steep 10-15 minutes and remove tea leaves or bags and **let tea cool** (it doesn't hurt to steep the tea longer).
- Pour **cooled** tea into gallon size glass container.
- Add your [Kombucha culture](#) placing it so that the smooth shiny surface faces up. Add 1 cup of fermented Kombucha Tea from a previous batch. **Make sure your tea is cool before adding the culture. Heat can kill your culture!**
- Place a cloth over the opening of the jar and secure with a rubber band. This keeps dust, mold, spores and vinegar flies out of the fermenting tea.



How To Make Kombucha (cont'd):

- Allow to sit undisturbed in a well ventilated and darkened place away from direct sunlight (temp. 65-90 degrees F.) for 6 – 15 days. To keep the temperature stable a brew belt is really recommended. (see resources)
- To make sure the tea is ready to harvest; pour off a couple of ounces for a taste test.
- Taste Test: A taste test on a batch of Kombucha Tea may taste like this:
 - 4-6 Days – Too sweet, not all sugar converted**
 - 7-9 Days – Tastes like sparkling apple cider**
 - 10+ Days – Vinegar taste becoming prominent**
- When the tea is brewed to your taste, pour the tea into glass bottles and cap then place in the refrigerator. This can now be second fermented with juices, but is delicious as it is.
- Always leave enough starter tea from your last batch to make another batch of tea. You can remove the two cultures or leave them in the pot to make another batch. Make another pot of tea with sugar and add this to your starter and culture to start the process again.

Sometimes the culture floats on the surface, sometimes it sinks to the bottom of the liquid. Either way is okay. When the culture sinks to the bottom a new culture (baby) will begin to grow on the surface of the tea.



Making your own Kombucha might seem a little intimidating at first. For some it may take a batch or two to get it just the way you like it. I urge you, don't give up! The benefits you receive from this delicious drink are well worth the efforts.

After you feel like you've got a pretty good grasp on making your own kombucha, I invite you to check out my kombucha video. I share stories on how kombucha has helped members of my family. I also demonstrate making kombucha from start to finish.

You can view this video as well as videos on kefir and cultured vegetables by becoming a ***"Biotic Pro"*** member.

Check out the following link for more information:
<http://culturedfoodlife.com/become-a-biotic-pro/>

Resources to help you get started:

Here's a link to some products I've gathered up on my store to help you get started. They can really help you if you're just starting out.

<http://store.culturedfoodlife.com/product-category/kombucha/kombucha-getting-started/>

