

**April 28, 2021**

**A Prescription for Good Health: An Introduction to the Health Benefits of Kombucha with Dr. Mladen Golubic**

**FAQs**

1. How much should one drink (kombucha) to enjoy the health benefits?

It's recommended to drink this in moderation. Approximately 4 oz. a day would be a healthy amount to consume.

2. Do you refrigerate this kombucha after opening?

Yes, Kombucha needs to be refrigerated.

3. Does Kombucha have caffeine in it since it is made with black and green tea?

Yes, Kombucha does contain small amounts of caffeine.

4. What is it about fermentation that promotes a healthy gut and digestive system?

Fermented foods are preserved in a way that boots foods shelf life and its nutritional value and can also give your body healthy probiotics. Foods and drinks that give you beneficial probiotics are fermented using natural processes containing probiotics.

5. How do the microbes travel from the gut to the brain and back and change your mental health and physical health?

<http://depts.washington.edu/mbwc/news/article/the-gut-microbiome-and-brain-health>

6. Does Kombucha have any affect on ones bones? Is it safe to drink for people with osteoporosis?

7. Does yogurt also count as fermented food?

Yes, yogurt is a fermented milk product which is made by controlling fermentation with special cultures.

8. I have issues with acid reflux, and tender throat tissue from radiation treatment from cancer treatment. So is there another source for fermented foods that would not have these side effects?

There may be a multitude of factors that contribute to this. We would have to know more about your diagnosis and treatment to be able to answer this. Per Dr. Hamrick, if some of the foods you are experiencing acid reflux have carbohydrates like pasta it may actually be the pasta that creates the reflux rather than the pasta sauce.

9. How do we know if our gut biome is functioning properly?

One way is regular bowel movements, however there are more specifics that should be discussed with your doctor. There are factors to consider such as color, density, shape, amount it takes to pass etc. Always go with your “gut” if you think something is off please consult your primary care physician.

10. Are there potential complications between drinking Kombucha and liver disease?

Anything done in excess can be harmful to the body. Studies that have looked at the link between liver disease and Kombucha usually stipulate that a significant amount of consumption of tea and/or kombucha was experienced. If you have predisposition to liver disease and/or liver complications currently you should consult with your doctor.

11. Being involved in organic farming, I know there is difference between produces that are certified as organic. Is there a difference among the gut benefitting qualities among what is being labeled Kombucha?

12. <https://www.feastingathome.com/kimchi-fried-rice/#tasty-recipes-19087-jump-target>

13. EWG.ORG – learn about the Clean 15 and the dirty dozen