

POWERFUL ANCIENT BREW CURES ACID REFLUX



Powerful Brew Cures Acid Reflux

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What is Acid Reflux?

It helps to understand what acid reflux really is. At the top of your stomach there is a valve that keeps acid and stomach contents in the stomach after you ingest them. Sometimes that valve doesn't close all the way or just opens too often.



When that happens, stomach acid can move up through the valve and into your esophagus causing a burning sensation. The symptoms for this include feeling heartburn, regurgitating stomach acid into your mouth, burping, hiccups, and even a dry cough.

You may notice that acid reflux symptoms are worse after a large meal or when you lie down to go to bed. Some foods can make acid reflux act up including spicy foods, tomato based products, and fatty foods. And drinking alcohol, soda, and other caffeinated beverages can increase the symptoms.

Having to deal with painful, burning sensations in your chest wears you down. In fact, it can be downright frightening because you may think you are having a heart attack. It can also make it hard to sleep at night when you feel the burning sensation or acid flow back into your throat and mouth. Acid reflux can also raise your risk of developing esophageal cancer.

Acid reflux can be a very frustrating and even debilitating problem at times. If you're popping antacids like they're candy then you should consider a natural solution which can make these painful symptoms disappear – kombucha tea.

What is Kombucha?

Kombucha is a fermented tea that you can make at home or purchase from a natural foods store. It's made by adding a culture of bacteria and yeast to black tea with sugar in it. The culture feeds off of the sugar and caffeine to cause the tea to ferment.



The result is a tangy, fizzy beverage that many people enjoy drinking. It's said to have a sweet and sour flavor that is very refreshing. And this brew will also be very beneficial for your acid reflux problems. The tea itself is acidic, so how can it possibly help reduce problems with acid? Read on to learn more.

Kombucha's Rich History

Kombucha isn't really a new thing. It's been used for thousands of years to treat many different ailments and to promote overall wellness. This drink hails from China and was also very popular as it was discovered in Russia.

The popularity of it continued to spread to Germany and from there to the rest of Europe. Scientists began to note that people in areas where kombucha was very popular also experienced superior health.

As a result there were many studies on kombucha, especially in Russia and Germany, and it was often touted by healthcare providers as a health tonic. Over the years people have continued to use it but it has exploded in modern times as people have become more and more interested in clean eating.

Kombucha and Acid Reflux

If you have acid reflux you're probably wondering how a drink can really help you. This drink is full of healthy probiotics that help to treat the digestive system and improve its overall wellness.



While we often think of bacteria as a bad thing, much of the bacteria in the environment and in your gut are actually beneficial. These bacteria help you to digest food properly and have more regular bowel movements.

They also help you to have improved immunity. In fact, a large portion of your immunity relies on the bacteria in your gut, not just the cells in your blood. Kombucha helps to provide healthy bacteria to your digestive system and promotes healthy digestion.

Kombucha tea is also an alkalizing drink. That means it helps to reduce inflammation in the body. Acid reflux results in a great deal of inflammation of the soft tissues in the esophagus and even to your throat and mouth. Kombucha can help to quiet that inflammation and promote healing.

How Much Kombucha Do I Need?

Kombucha gives the best results when you drink it daily. You only need about eight ounces a day to get the benefit of it. However, some people drink as much as 24 ounces a day.



If you're new to kombucha, you should start out with a small amount of the tea – no more than eight ounces a day. This will give you time to see how your body reacts to the tea. Kombucha is detoxifying and sometimes that can give you a negative feeling.

Over time your body adapts to the change and kombucha can be added in larger amounts. It's important that if you have any medical problems or a compromised immune system that you talk with your healthcare provider before drinking the tea.

But for most people kombucha is perfectly safe to drink and will provide many health benefits. For some people this improvement comes right away. For others it can take several months to really see changes.

Make a commitment to try the tea for three months before deciding that you're not seeing any benefits. It does take time for your body to detoxify and for the pH in your body to change and create a less acidic environment.

Making Your Own Kombucha

You can purchase kombucha already made in many supermarkets and health food stores, but you can also make your own. It's a very simple and easy process that can help you to improve your health.



To make your own tea you'll need black tea, sugar, and a starter from someone who already makes kombucha. You can also purchase what's known as a SCOBY, or symbiotic culture of bacteria and yeast, if you're starting from scratch.

You'll need to brew the tea and remove any bags or leaves, add about 2-3 ounces of sugar for each quart of tea, and allow the solution to cool to room temperature – somewhere between 68 and 75 degrees Fahrenheit.

You can then pour the solution into a glass container with a narrow mouth. Add your starter liquid or SCOBY and then cover the container's mouth with cheesecloth. This allows the solution to breathe, but keeps out unwanted visitors such as flies and dust.

Keep the container at room temperature for 8-10 days. The longer you let it ferment, the less sweet it will taste. When you're finished brewing your tea, you can place it in smaller jars and refrigerate it. Refrigerating it will stop the fermentation process.

It will stay safe to drink in the refrigerator for at least a month. Eventually, though, the fizziness will decrease. You'll want to save about 10% of what you made to use for your next batch as a starter culture.

While you do use sugar and caffeine to start your kombucha tea, most of the sugar and caffeine are used up in the process of fermentation making this a low sugar and low caffeine drink.

If you're very concerned about sugar or caffeine, you can use decaffeinated tea and cut the sugar amount in half. However, you must use some sugar in order for the yeast and bacteria to feed and create the culture.

Kombucha also does contain a very small amount of alcohol. The amount is anywhere from .5% to 1%. For most people this isn't a great concern, but if you're particularly sensitive to alcohol or concerned about taking it in, kombucha may not be for you.

Overall, kombucha is a safe fermented beverage that will improve your overall wellness. If you experience acid reflux, you'll find that kombucha can provide relief from your symptoms and promote healing of your digestive tract.

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90 VEGETARIAN CAPSULES
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