

What Is Kombucha Tea? What Are The Most Health Benefits Of Kombucha Tea?



Facts Behind Proof-Based Health Benefits of Kombucha Tea

Kombucha is absolutely fermented tea that has been drinking for thousands of years. Not only does it have equal health benefits as tea — but it's also rich in advantageous probiotics. Kombucha also holds antioxidants, can destroy harmful bacteria and may help fight many diseases.

Here are the top 8 health interesting and magical benefits of kombucha, based on scientific confirmation.

1. An Excellent Source of Probiotics

Kombucha is discovered to originate in China or Japan. It's made by adding distinct strains of bacteria, yeast, and sugar to green or black tea. Then enable it to ferment for a week or more.

Throughout this process, yeast and bacteria form a mushroom-like film on the covering of the liquid. This is why kombucha is also acknowledged as “mushroom tea.” This blob is a living symbiotic possession of yeast & bacteria or a SCOBY and can be practiced to ferment new kombucha.

What is the Fermentation

The fermentation process generates acetic acid (also found in vinegar) and numerous other acidic compounds, trace levels of gases and alcohol that develop it carbonated. A large number of bacteria also develop in the mixture. Although there is still no indication for the probiotic benefits of kombucha. It contains several kinds of lactic acid bacteria which may have a probiotic capacity.

Probiotics render to your gut with healthy bacteria. These bacteria can improve several aspects of health, including inflammation, digestion, and even weight loss too. For this purpose, adding such beverages like kombucha to your intake might improve your health in various ways.

SUMMARY

Kombucha is a kind of tea which has been discovered after the fermented process. This makes it a useful source of probiotics, which have many health bonuses.

2. Benefits of Green Tea

Green tea is one of the healthiest drinks on the universal planet.

This is because green tea comprises many bioactive compounds, such as polyphenols. That function as the most powerful antioxidants towards good health. Kombucha prepared from green tea contains several of the same plant compounds and credible boasts some of the same benefits.

Investigations show that sipping green tea regularly can increase the number of calories you burn, improve cholesterol levels, decrease belly fat, help with blood sugar control levels and more. Researches also show that green tea consumers have a reduced risk of breast, prostate, and colon cancers.

SUMMARY

Kombucha created from green tea may offer multiple of the same health bonuses as green tea itself, such as blood sugar control and weight loss.

3. Kombucha Contains Antioxidants

Antioxidants are elements that fight free radicals, reactive molecules that can destroy your cells. Many scientists conclude that antioxidants from foods and beverages are high-grade for your health than antioxidant supplements. Kombucha, especially when developed with green tea, appears to have antioxidant results in your liver.

Studies on “Rat”, consistently discover that drinking kombucha daily reduces liver toxicity affected by toxic chemicals. In a few cases by at least 70 percents. While no human comparisons exist on this topic. It does seem like a hopeful area of research for patients with liver disease.

SUMMARY

Kombucha is loaded by rich antioxidants, and studies have reflects that it prevent rats’ liver from toxicity.

4. Bacteria Killer

One of the main things produced during the fermentation of kombucha is absolute acetic acid. Which is also rich in vinegar. Similar to the polyphenols in tea, acetic acid is effective to kill several potentially harmful microorganisms. Kombucha made from green or black tea appears to have powerful antibacterial properties, particularly against Candida yeasts and infection-causing bacteria.

These antimicrobial consequences suppress the growth of undesirable yeasts and bacteria. But they do not alter the beneficial, yeasts & probiotic bacteria involved in kombucha fermentation. The health connection of these antimicrobial qualities is unclear.

SUMMARY

Kombucha is rich in tea acetic acid and polyphenols. Which have both been conferred to suppress the growth of unwanted bacteria and yeasts.

5. Reduce Cardiac Disease Risk

Cardiac diseases are the world's leading problem of death.

Rat studies discovered that kombucha can greatly improve 2 markers of heart disease, "good" HDL "bad" LDL cholesterol, within few as 30 days. Even further importantly, tea (especially green tea) protects LDL cholesterol jots from oxidation, which is speculated to contribute to heart disease.

In fact, green tea consumers have up to a 31 percent low risk of developing heart disease. A benefit that may also implement to kombucha.

SUMMARY

Kombucha has been resulted to improve "bad" LDL and "good" HDL cholesterol parameters in rats. It may also shield against heart disease.

6. Help Manage Type 2 Diabetes

Type 2 diabetes affects over three hundred million people globally. It is distinguished with high blood sugar levels and insulin resistance. A study in diabetic rats noticed that kombucha result down in the digestion of carbs; which reduced blood sugar levels too. It tremendously improved the liver and kidney function.

Kombucha developed from green tea is likely to be even more beneficial, comparative green tea itself has been shown to decrease blood sugar levels. In fact, a review study of almost 300,000 individuals discovered that green tea consumers had an 18% lower risk of becoming diabetic.

Further human studies are required to investigate the concrete benefits of kombucha for blood sugar control.

SUMMARY

Kombucha improved diverse markers of diabetes in rats, including blood sugar levels.

7. Help Protect Against Cancer

Cancer is one of the world's leading disease of death. It is characterized by uncontrolled cell growth and cell mutation.

In test-tube studies, kombucha found to prevent the growth and spread of harmful cells due to its high density of tea polyphenols and antioxidants. How the anti-cancer resources of tea polyphenols work are not well explained. However, it's considered that the polyphenols block gene mutation and increase of cancer cells while further promoting cancer cell death.

For this cause, it is not shocking that tea drinkers are much less likely to develop several types of cancer. However, whether kombucha has any anti-cancer impressions in people has not been confirmed so far. Further value-added studies should be on the ground.

SUMMARY

Test-tube studies find that kombucha may stifle the growth of cancer cells. It is anonymous whether drinking kombucha has any good results on cancer risk in people.

8. Kombucha Is Healthy When Executed Properly

Kombucha tea is a probiotic-rich formula with many potential health benefits.

You can purchase it in the nearest stores or make it yourself at home easily. However, be convinced to prepare it properly. Over-fermented or contaminated kombucha can invite serious health problems and even death to the consumer. Homemade kombucha may also comprise up to 3% alcohol.

The trustworthy option is to purchase kombucha at a store or online. Practical products are tasty and analyzed alcohol-free, as they must include less than 0.5% alcohol.

Nevertheless, check the ingredients and try to avoid such brands that are high in added sugar mentioned.

SUMMARY

Improperly prepared kombucha may have conflicting health effects. A reliable option is to buy bottled kombucha at the certified store.

The Bottom Line

Many people understand that kombucha aids treat all sorts of chronic health conditions. However, human studies on the conclusions of kombucha are very few and the testimony for its health effects limited.

In contrast, there is adequate evidence for the benefits of tea and probiotics, both of which are seen in kombucha. If you decide to try do-it-yourself kombucha, make sure it's well & correctly prepared. Contaminated kombucha may provoke more harm than good.

Disclaimer

This information brought you by [Root India Healthcare Limited](#) directly or through its [website](#). As there are many brands available in market for said product despite we do not take guarantee of originality or quality. Therefore, we are not responsible for any side effect or damage or any loss occurred for the same.