

WARREN COUNTY HEALTH DEPARTMENT WEIGHT MANAGEMENT CLASS

JUNE 25, 2019

KOMBUCHA!

WE ALREADY TALKED ABOUT THE (ALLEGED!) BENEFITS OF DRINKING (DILUTED) VINEGAR LAST MONDAY. IT'S A LITTLE HARDER TO GET DOWN THAN I THOUGHT IT WOULD BE! WE'RE GOING TO TALK ABOUT KOMBUCHA TONIGHT. I RECENTLY SPOKE WITH MY OLDER DAUGHTER...ONE OF THE MAIN POINTS OF USING THESE PRODUCTS IS TO IMPROVE DIGESTION. SHE SAYS THAT IN HER EXPERIENCE, THEY DO WORK!

SO, KOMBUCHA! WE ACTUALLY SAMPLED IT A COUPLE WEEKS AGO. I BOUGHT A DIFFERENT KIND TONIGHT; I PURPOSELY SELECTED ONE MADE WITH GREEN TEA. WE LEARNED THAT KOMBUCHA IS A FERMENTED TEA. IT CONTAINS ANTIOXIDANTS AND CAN KILL HARMFUL BACTERIA.

KOMBUCHA IS ALSO KNOWN TO BE RICH IN PROBIOTICS, WHICH ARE LIVE BACTERIA AND YEASTS THAT KEEP YOUR GUT HEALTHY. IT'S MADE BY ADDING SPECIFIC STRAINS OF BACTERIA, YEAST, AND SUGAR TO EITHER BLACK OR GREEN TEA, THEN ALLOWING IT TO FERMENT FOR AT LEAST A WEEK. A MUSHROOM-LIKE FILM WILL BE FORMED ON THE SURFACE. THIS "BLOB" IS KNOWN AS A *SCOBY*: A LIVING SYMBIOTIC COLONY OF BACTERIA AND YEAST. IT CAN NOW BE USED TO FERMENT NEW KOMBUCHA. SOUNDS PRETTY APPETIZING, RIGHT?!

REMEMBER I SAID THAT APPLE CIDER VINEGAR'S (ACV) ACTIVE INGREDIENT IS ACETIC ACID? THIS, ALONG WITH OTHER ACIDIC COMPOUNDS, TRACE LEVELS OF ALCOHOL, AND GASES CAN ALL BE FOUND IN KOMBUCHA. THE GASES, OF COURSE, ARE WHAT MAKE IT CARBONATED.

YOU CAN IMAGINE THAT A LARGE AMOUNT OF BACTERIA ALSO GROWS IN THE MIXTURE. THE LACTIC-ACID BACTERIA ARE WHAT IS THOUGHT TO HAVE PROBIOTIC PROPERTIES. LIKE I SAID BEFORE, PROBIOTICS PROVIDE

YOUR GUT WITH HEALTHY BACTERIA. SIMILAR TO THE USE OF ACV, THESE BACTERIA MAY ALSO DECREASE INFLAMMATION AND HELP WITH WEIGHT LOSS.

BACK TO THE SUBJECT OF ACETIC ACID...MUCH LIKE THE POLYPHENOLS IN TEA, ACETIC ACID IS ABLE TO KILL MANY POTENTIALLY HARMFUL MICROORGANISMS. NOT ONLY DOES KOMBUCHA HAVE STRONG ANTIBACTERIAL PROPERTIES; IT'S ALSO AN ANTIFUNGAL. THESE ANTIMICROBIAL EFFECTS GET RID OF THE BAD GUYS, AND SUPPORT THE GOOD GUYS! NICE!

SO, WHY DID I PICK A GREEN TEA KOMBUCHA FOR TONIGHT? NO, NOT BECAUSE IT'S MY FAVORITE COLOR! GREEN TEA HAS BEEN SHOWN TO PROTECT LDL CHOLESTEROL PARTICLES FROM OXIDATION. WHEN THESE PARTICLES ARE OXIDIZED, THIS IS THOUGHT TO CONTRIBUTE TO HEART DISEASE. (NOT TO MENTION AGING!) THERE IS SOME EVIDENCE THAT THIS BEVERAGE WILL NOT ONLY AFFECT LDL CHOLESTEROL – BUT THAT IT INCREASES HDL CHOLESTEROL, AS WELL! AS A MATTER OF FACT, GREEN TEA DRINKERS HAVE UP TO A 31% LOWER RISK OF DEVELOPING HEART DISEASE – A BENEFIT THAT ALSO MIGHT APPLY TO GREEN TEA KOMBUCHA! (SO I GUESS WHAT I'M GETTING FROM THIS...IF YOU'RE GOING TO DRINK KOMBUCHA, MAKE IT A GREEN TEA KOMBUCHA!)

IF YOU'RE GOING TO TRY THIS, (EITHER DRINKING KOMBUCHA OR DRINKING DILUTED APPLE CIDER VINEGAR), YOU SHOULD GIVE IT A GOOD TWO – MAYBE EVEN THREE MONTHS – BEFORE YOU EXPECT TO NOTICE ANY RESULTS. LET ME KNOW!

HOW DID YOU DO WITH “NO SALTY SNACKS?”

OUR “NO!” FOOD FOR THIS WEEK: **NO SALTY SNACKS...**

LET'S TRY THIS AGAIN!!!

