



# **Kombucha!: The Amazing Probiotic Tea that Cleanses, Heals, Energizes, and Detoxifies**

*Eric Childs, Jessica Childs*

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**The complete guide to kombucha— the wildly popular probiotic tea.**

Kombucha is lauded worldwide by healers, athletes, yogis, and other health-conscious souls, and is now going mainstream. Kombucha, a fermented tea beverage, has many cleansing, healing, and detoxifying effects.

Eric and Jessica Childs, founders of Kombucha Brooklyn and experts on the wonders of kombucha, share their knowledge in this complete guide to kombucha. In addition to the science and culture of 'buch, *Kombucha!* includes recipes and reveals inventive uses for the beverage in cooking, cocktails, and beauty products, tapping the benefits of probiotics for radiant rejuvenation.

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