

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 441st Newsletter, I want to give us a chance to consider the impact that **Kombucha** can have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. You can also read all of the articles in full [HERE](#).

### There is a SURPRISING amount of Health reasons to ENJOY a glass of Kombucha relatively Frequently!!!!

**Kombucha?** I am willing to bet that the word raises a lot of different responses from "Oh, yes, I know all about it and drink it daily," to "What is that?" NO matter where you are on the **spectrum** of responses this Newsletter has something for you to learn about the physical, emotional, mental and spiritual benefits of this **amazing** drink including what it actually is, how it is made, the amazing nutrients it contains, the RIGHT way to prepare and drink Kombucha and what it can do for your wellness.

Particularly if you are on the I-know-all-about-it end please allow yourself to read this whole newsletter with **new eyes** so you can find out about any of the BLIND SPOTS you may have had about Kombucha and how important it is

that you make and or drink the **"Right"** Kombucha in order to receive the OPTIMAL benefits from it.

What I mean by the RIGHT way to prepare Kombucha (for 1000 health reasons that you can understand more fully in our Sugar Newsletter) is: 1) it should be made **without** processed sugar, 2) it should be made with coconut sugar (low glycemic). By the way, as you will find out in reading this Newsletter, that simple detail can make the difference between Kombucha being totally beneficial to **partially beneficial and even un-beneficial** (especially if we drink it often). Please note that **contrary** to the belief of many people and even holistic doctors, you should not drink Kombucha often or consistently over long periods of time... it should be with consumed **in moderation**. Please read on and you can find out more about making the RIGHT kind of Kombucha and how to drink it in the next article.

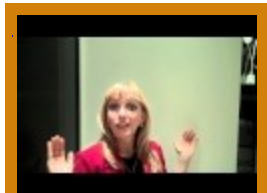
Harvard Medical School explains that a healthy gut will have **100 trillion + microorganisms** from 500 different identified species. In this sense, we truly are more bacterial than human. There has been a lot of emerging research on the dangers of an overly sanitary environment and how overuse of antibiotics and **antibacterial** soaps and products is literally changing the structure of our gut. The fact is that we have "good" & "bad" bacteria. The other fact is that we NEED **"good" bacteria**. Along with a multitude of services they provide out body with, "Good" bacteria fights inflammation and keeps our body alkalized both at the source of **most diseases** and ill-



CAROLINA ARAMBURO

ness, including heart disease and cancer. We NEED "good" bacteria to help us deal with our natural environment and to help our bodies absorb nutrients and enzymes essential to our health.

As a matter of a fact, one of the most noted causes of disease is an **unhealthy gut**, caused by an array of chemicals, metals and toxins in our food, our products, our environment, stress, etc. As it turns out, our gut does a whole lot more than handle **digestion**. Our gut, referred to by many scientists as our second brain, and the brain both develop from the same tissues, one section evolves into your **central nervous system** – your brain and the other into your enteric nervous system –your gut. The Vagus Nerve connects these two nervous systems. Some of the same **hormones** and neurotransmitters that control the brain are also found in the gut! The enteric (Cont. on next page)



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## There is a SURPRISING amount of Health reasons to ENJOY a glass of Kombucha relatively Frequently!!! (Cont.)

nervous system (ENS) helps you to sense environmental threats and then directly influences your **response**.

Not only that but your gut also contains eighty percent or more of our immune system. That means that the gut partly **determines** our physical, mental and emotional well-being and plays a key role in the prevention and healing or the on-going **development** of diseases throughout the body. Our gut can be our biggest ally of living a long, optimally healthy life!

Now why am I starting a newsletter about Kombucha talking about our gut? Read on and you will see!! Kombucha, a **fermented tea**, has been rapidly growing in popularity among **health** food lovers. But it's actually been around for thousands of years. It **originated in China** in the third century B.C. Then it made its way to Russia, India, and Japan where it became a **staple among Samurai warriors**.

**Kombucha** is a fermented product made from green, black or white tea. As a fermented product it is a natural **probiotic** beverage. Probiotics re-establish the natural ecology of the intestinal flora and are said to boost immunity, enhance mood, fight allergies and detoxify and rid the body of disease. Probiotics are tiny microorganisms similar to the "good bacteria" **naturally** found in our intestines. Over the last several years, tons of investigations and studies have been done to prove how probiotics affect everything from **brain health** to acne to cancer. It also contains enzymes, amino acids, antioxidants and polyphenols.

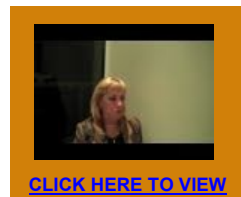
Kombucha is not just an amazing probiotic drink, however, it also contains **vitamins, minerals**, enzymes, and a high concentration of beneficial acids, just to begin the list of the elements found in this naturally carbonated drink.

Some of the most **important nutrients** Kombucha contains are:

- Vitamins B1, B2, B3 B6, B9 and B12, B15, C, E
- Minerals - zinc, copper, iron, manganese, nickel and cobalt
- Enzymes
- Choline
- Inositol
- PABA
- RNA
- Healthy Acids (amino, gluconic, glucuronic, usnic amino acids)
- High in antioxidants (beta-carotene, carotenoids, etc.)
- High in polyphenols (Epigallocatechingallate, Epigallocatechin, Epicatechingallate, Epicatechin, Catechin, Proanthocyanidins)

What does this mean for our health? Listed below, are some amazing ways, besides taking care of our gut health, which Kombucha can protect, **heal and revitalize** your life (we have included a series of links at the bottom of this article that will allow you to research further and uncover even more benefits of Kombucha):

- **Provides powerful Detoxification**
- Alkalizes the body – balances internal pH
- Increase metabolism – rev your internal engine
- **Boosts Energy**
- Reduces systemic inflammation
- Lowers glucose levels – prevent spiking from eating
- Alkalizes like vinegar or lemon juice – balances internal pH
- Improves flexibility & fluidity of movement
- **Cancer prevention**
- Aids Digestion and Gut Health and alleviates colitis and nervous stomach
- Stimulates cleansing of the gall bladder
- **Prevents and Heals Candida** (Cont. on next page)



To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way\*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

\*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: [www.CarolinaAramburo.com](http://www.CarolinaAramburo.com).

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

## There is a SURPRISING amount of Health reasons to ENJOY a glass of Kombucha relatively Frequently!!! (Cont.)

### and yeast infection

- Calms Nervousness, and heals nervous disorders
- **Epilepsy prevention**
- **Alleviates Depression**
- Relieves headaches and migraines
- **Reduces Hypertension** (including the headaches & dizziness caused by hypertension)
- **Strengthens the Nervous System**
- Improve eyesight and helpful in the treatment of cataracts and other cornea problems
- Heals eczema – can be applied topically to soften the skin
- **Prevents and reduces** arteriosclerosis – a disease where plaque builds up inside the arteries.
- Prevents **Anemia**
- Speeds the healing of ulcers and protects the lining of your stomach while reducing acid secretion
- Endothelial Function - regeneration of the **cellular** walls in blood vessels
- Reduces grey hair
- Balances **cholesterol** - Lowers LDL cholesterol and Raises HDL cholesterol
- Reduces inflammatory problems
- **Provides Joint Care**
- Improves pancreas function
- Helps nutrient assimilation
- Rebuilds connective tissue
- Alleviates arthritis, rheumatism, gout symptoms and **Atherosclerosis**
- Promotes liver function - Strengthens **Liver Function** and protects against liver toxicity
- Normalizes intestinal activity, balance intestinal flora, and cure hemorrhoids
- Reduces obesity, regulate appetite, enhance metabolism
- Prevents and heals bladder infection and reduces kidney calcification while protecting from **Kidney Toxicity**, improving renal impairment and prevents kidney stones
- Stimulates the glandular system

- Protect against diabetes - Prevents and heals **Diabetes** (reduces blood sugar levels)
- Increase resistance to cancer, counteract aging problems
- **Antibiotic** effect against bacteria, viruses and yeasts
- Enhances and boosts the immune system
- Relieves bronchitis and **asthma**
- Tones the heart, thus helping to prevent heart attacks
- Assists in the treatment of thrombosis and thrombophlebitis
- Reduces **menstrual disorders** and menopausal hot flashes
- Improves hair, skin and nail health
- Reduces craving for alcohol
- **Alleviates** many allergies and aching nerves
- Reenergizes muscles
- Reduces stress
- Alleviates insomnia
- Reduces the inflammation of **Tonsillitis**
- Alleviates Bowel problems including constipation and diarrhea
- Improves **Chronic fatigue syndrome**
- Prevents against and heals Colds
- Heals **Impotence**
- Eliminates Fluid retention
- Heals and reverses Multiple sclerosis
- Prevents and heals **Prostate** problems
- Heals Psoriasis

On my personal Health Journey I used Kombucha quite a lot in the first intense year. It made a tremendous difference in me rebuilding my immune system and in many many things. As I became more and more healthy I have used it used less and less and now I drink it very rarely and more for pleasure.

This is not because it's not beneficial, but because my health became so fabulous and stable that I don't quite need much help. How

amazing is that ???

That is exactly what I want for everyone ... and a Raw Vegan Living Foods diet with a mindful life style will totally provide that!!

A Raw VEGAN Living Foods DIET including Kombucha, plenty of **Leafy** GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. I invite you to TRY IT ON and ENJOY it with me. You will forever **thank yourself** and **feel better than you EVER did your ENTIRE LIFE!!!**

The following resource links will provide you with tons of details so that you may take your investigation of Kombucha **deeper**:

[www.foodrenegade.com/kombucha-health-benefits/](http://www.foodrenegade.com/kombucha-health-benefits/)-  
Kombucha Tea Health

<http://www.livestrong.com/article/69108-kombucha-tea-weight-loss/> - About Kombucha Tea and Weight Loss

[www.drperlmutter.com/lower-blood-pressure-probiotics/](http://www.drperlmutter.com/lower-blood-pressure-probiotics/) - Do Probiotics Lower Blood Pressure?  
(Cont. on next page)

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**http://carolinaaramburo.com**)

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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## There is a SURPRISING amount of Health reasons to ENJOY a glass of Kombucha relatively Frequently!!! (Cont.)

<http://www.greenmedinfo.com/blog/18-healthy-reasons-sip-kombucha> - 18 Healthy Reasons to Sip Kombucha

<http://www.motherearthnews.com/natural-health/herbal-remedies/health-benefits-of-drinking-kombucha-tea-ze0z1303zcalt.aspx> - Health Benefits of Drinking Kombucha Tea

<http://users.bestweb.net/~om/~kombu/konnection/psoriasis.html> - KOMBUCHA & PSORIASIS

[http://www.emedicinehealth.com/kombucha\\_tea/vitamins-](http://www.emedicinehealth.com/kombucha_tea/vitamins-)

[supplements.htm](#) - Kombucha Tea

<http://www.mindbodygreen.com/0-5251/22-Amazing-Ways-Kombucha-Can-Help-Heal-You.html> - 22 Amazing Ways Kombucha Can Help Heal You

<http://wellnessmama.com/23994/kombucha-benefits/> - The Benefits of Kombucha

<http://draxe.com/7-reasons-drink-kombucha-everyday/> - 7 Reasons to Drink Kombucha Every Day

<https://www.organicfacts.net/health-benefits/beverage/health-benefits-of-kombucha.html> - Health Benefits of Kombucha

<http://www.treating-cancer-alternatively.com/Kombucha.html> - Kombucha is called the "miracle cure-all"

<http://www.globalhealingcenter.com/natural-health/what-is-kombucha-10-facts-need-to-know/> - What is Kombucha? The 10 Facts You Need to Know

[http://vegetarian.lovetoknow.com/Benefits\\_of\\_Kombucha](http://vegetarian.lovetoknow.com/Benefits_of_Kombucha) - Benefits of Kombucha

<http://users.bestweb.net/~om/~kombu/roche.html> - The History and Spread of Kombucha

### Kombucha is an Ancient Tea that provides solutions to Many of our Modern day Health Issues!!

Kombucha is reported to have originated around 5,000 years ago in China based on Qin dynasty records, it was known as "**Divine Che**" (Divine Tea) and highly valued as an "energizing" and "detoxifying" drink. Then, according to a reported legend, a Korean doctor named Kombu brought the tea to Japan for Emperor Inkyo in 414 AD as an aid for **digestive** difficulties. As early as the 1900, the drink spread to east Russia and from there, to Europe. Russia and Germany began doing **extensive** research on Kombucha's health benefits in the first half of the 20th century, as they were looking for a cure for their rising cancer rates.

Russian scientists discovered that entire regions of their country were seemingly **immune** to cancer and hypothesized that the Kombucha, called "tea kvass" there, was the cause since all of those regions drank the drink as part of their daily lives. In their **experiments** they not only veri-

fied the hypothesis, but also began to pinpoint exactly what it is within Kombucha that was so beneficial. It was only in the 1990s, when Kombucha first came to the U.S, that the West has done any studies on the **effects** of Kombucha, and those studies did not have continued to prove the health benefits of this miraculous drink.

Kombucha is made from sweetened **green, black or white tea** (that has been steeped in filtered, pure living water) and is then fermented by a symbiotic colony of bacteria and yeast. The starter is called a "**SCOBY**," which is an acronym for "symbiotic colony of bacteria and yeast" and resembles a light brown, tough, gelatinous disk, which is a living, growing organism. With each batch of the tea, the organism can **regenerate** and create a **new culture called the "baby,"** which can be shared with a friend or used to make a next batch of Kombucha.

Typical fermentation time runs

about 14 days. The culture used is a very specific SCOBY, and anyone looking to brew their own (often recommended), should find a **detailed recipe** to ensure best results and maximum safety. We have included, at the bottom of this article, links to various Kombucha recipes and instructions on brewing it. Safety? Yes, you want to be sure you're only using **friendly organisms** that are free of contaminants and that you use sterile equipment and clean working spaces.

Fresh organic food is the best food and that's especially true for Kombucha. Making it at home ensures the freshest ingredients with the greatest amount of active nutrients. Studies have shown that commercially produced Kombucha loses much of its antioxidants and quality is degraded when stored in warehouses and on store shelves. (Cont. on next page)

## Kombucha is an Ancient Tea that provides solutions to Many of our Modern day Health Issues!! (Cont.)

Kombucha tea drinks are readily available in health food stores. However, it pays to be skeptical as to how much of the real thing is in there.

To reap the benefits of the living good bacteria, Kombucha tea CAN'T be pasteurized, so be wary of anything that's not refrigerated. In 2010 the government pulled Kombucha tea off the market due to concerns that the alcohol content was too high. Kombucha products were returned to the shelves, but reformulated with an additive that altered the fermentation process, producing a less-vital product which can no longer be used to make your own Kombucha tea (which WAS possible before 2010). In other words, the Kombucha drinks available in large retail stores may not have the health benefits of the home-made or small business variety.

If you are making your own Kombucha here are a few guidelines for you to follow:

### Thing to NOT do:

- Use a refrigerator stored SCOBY to make Kombucha.
- Use a dehydrated SCOBY to make Kombucha.
- Attempt to grow a SCOBY from a commercial bottle of Kombucha that:
  - has been pasteurized
  - has been flavored
  - has been filtered or reformulated
  - says anything less than "100% Kombucha" on the label
- Select plastic, crystal or ceramic for your brewing vessel
- Brew with tap water.
- Brew with processed refined sugars or sugar substitutes, stevia, raw honey or herbal teas.
- Cover with cheesecloth. The weave is too loose and will allow in wild bacteria/yeast or fruit flies.

- Store in direct sunlight, in a closed cupboard or in a cool location.
- Disturb the vessel. Too much movement will prevent the culture from forming properly.
- Pull new starter liquid from the top of the batch.
- Try to salvage the SCOBY if mold, throw everything away and start over.

### Things to Do:

- Sanitize with your kitchen, equipment and hands with hot filtered water or vinegar – NO SOAP or CHOLORINE. It kills the Kombucha culture.
- Use glass for your brewing vessel.
- Brew only with pure filtered living water.
- Brew with organic, fairtrade natural free sweetener & tea. Organic coconut palm sugar or pure organic date sugar are excellent choices of sugar.
- Give the culture time to ferment and develop.
- Cover with a cloth cover or coffee filter w/rubber band.
- Airflow is key – find an open area for your Kombucha Tea.
- Use a fresh, full-size Kombucha SCOBY to begin brewing.
- Store your SCOBYs in a SCOBY Hotel in a dry and dark place.
- Pull new starter liquid from the bottom of the batch.
- Pass along healthy, fresh SCOBYs with at least 1-2 cups of mature Kombucha Tea and complete, clear instructions to ensure success. If you cannot, recommend a reputable source instead.
- Pay attention to the energy of the room you are brewing your Kombucha in. Kombucha is a LIVING organism. Many believe the energy in the room will directly influence your culture.

Our bodies are toxic and in need of purge. Kombucha will detoxify your body. Even if our lifestyle has not been terrible, detoxification will occur when you first begin drinking it. When detoxification is introduced, you may experience side effects. Sometimes, they may occur very fast. Remember that these side effects of Kombucha come from the body's own toxins, not the Kombucha, which is simply helping you rid yourself of these built up toxins from past foods, pollution, stresses and other behaviors.

That is why it is always recommended that new drinkers start with just a few ounces of Kombucha a day at first, along with plenty of water, and then gradually increase the intake. In this way, the body will slowly begin to release toxins and the water will ensure a smooth elimination process and minimization of adverse effects.

However, if the detoxification happens a bit too quickly, and especially if the drinker has previous "illnesses" or weaknesses (acne, prior rash, arthritis, etc), there may be an initial and temporary return or intensification of that previous condition. A breakout on the face or shoulder, feeling "itchy" all over or perhaps an upset stomach or loose stool are very common as (Cont. on next page)

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That will make a major difference for me/us. We are not selling you anything. The commitment is giving and receiving of information and we appreciate your contribution. Thank you so much for the opportunity to learn together.

## Kombucha is an Ancient Tea that provides solutions to Many of our Modern day Health Issues!!! (Cont.)

the Kombucha is now introducing a pro-biotic life to a system that need it badly and is ready to release all of those toxins and become healthy.

The good news is that these reactions are truly **temporary** and indicate that you are on the road towards better health. However if the effects are more intense, cut back on, but don't stop your Kombucha intake until the reaction subsides. It will **subside**. It also will likely move from one part of the body to another and be short in duration. The other good news is, those who drink Kombucha say that **Kombucha's adverse effects** (which only a small percentage of them experienced) are temporary while the **benefits of Kombucha** (which nearly everyone says they see some kind of benefit) increase over time.

It is important to know that the healing **reactions** are not exclusive to Kombucha. As matter of a fact, Kombucha side effects are identical to many other holistic and **naturopathic** treatments, which are intended to induce this detoxification process since detoxification is the first step in healing our bodies and to optimal health. Kombucha has the extra bonus of actually helping the liver purge where other probiotics only

stimulate the **detox**, so it helps eliminate the toxin release side effects as it works.

You should not drink large quantities of **sweet** Kombucha just because it's delicious and you are thirsty. Try to brew it long enough that most of the sugar is **fermented**, but not so long that it becomes too vinegar. When and how much to drink varies with different people; pay **attention** to the effect on your body. It is suggested that you not drink over a maximum of half a litre (2 cups) per day as a **preventative**. If you drink more for a specific ailment, then cut back later or give yourself a break from it for a month or two each year.

As a **cancer treatment**, and in treating specific ailments, Kombucha has been used in quantities up to 2 litres per day, for up to 6 weeks. Only drink this sort of quantity under **supervision** of a holistic healthcare professional who is familiar with Kombucha. You can increase from your normal dose at the onset of an infection, or during stress, illness, or exposure to environmental toxins or radiation.

**Children** can drink Kombucha, in quantities adjusted for age or weight. It can also be diluted with water.

Do not use Kombucha tea if you

are pregnant or breast-feeding of alcohol. This is because the fermentation process does produce a miniscule amount of **alcohol** (up to 1% and less than what you will find in a typical soy sauce but still it is there).

You need not be too concerned about using sugar in Kombucha. In a strong, tart tea, **brewed** over 10-14 days, only 3% of the sugar remains. 97% of the sugar is consumed and converted by the culture.

These links are great **resources** for you to find out more details about Kombucha:

[http://www.happyherbalist.com/analysis\\_of\\_kombucha.htm](http://www.happyherbalist.com/analysis_of_kombucha.htm)- The Analysis of Kombucha

<http://www.precisionnutrition.com/all-about-kombucha>- All About Kombucha

<http://healthyeating.sfgate.com/kombucha-minerals-1080.html> - Kombucha Minerals

<https://www.kombuchakamp.com/health-benefits-of-kombucha> - Kombucha Benefits

## Kombucha contributes to our Physical, Emotional, Intellectual and Spiritual BALANCE!!!

According to Dr. Joseph Mercola, "Mounting research indicates the **bacterial colonies** residing in your gut may in fact play *keyroles* in the development of brain, behavioral and emotional problems—from depression to ADHD, autism and more serious mental illness like **schizophrenia**. Certainly, when you consider the fact that the gut-brain connection is recognized as a basic tenet of

physiology and medicine, and that there's no shortage of evidence of gastrointestinal involvement in a variety of **neurological** diseases, it's easy to see how the balance of gut bacteria can play a significant role in your psychology and behavior.

With this in mind, it should also be crystal clear that **nourishing** your gut flora is extremely important, from cradle to grave, because in a

very real sense you have *two brains*, one inside your skull and one in your gut, and each needs its own vital nourishment."

Kombucha tea is a powerful probiotic. It contains certain acids that can calm your body and mind. Regular (Cont. on next page)

## Kombucha contributes to our Physical, Emotional, Intellectual and Spiritual BALANCE!!! (Cont.)

**consumption** of the tea can has been shown to help you overcome stress, sleep disorders, depression, anxiety and other mental and **emotional** problems. Kombucha has also been reported to increase clarity and focus.

According to Ariana Estelle-Symons, Ph.D, when a Kombucha mailing group sent out a questionnaire to its members, 81% of over 400 respondents reported a 'feeling of wellbeing.' Usually, they noticed this **improvement** within the first couple of weeks after beginning to drink Kombucha Tea. Those that had been drinking it for years still reported this benefit. From that questionnaire here are some of the words used in relation to the mental and emotional benefits the respondents used in relations to them consuming Kombucha: Well being, **Endurance**, Happy feeling, Light feeling, Serenity, Peace, Joy, Tolerance, Better concentration, Deeper sleep, Vivid dreams, Lucid dreams and Enhanced meditation.

"By changing the environment in the gut, we can actually change what happens in the **brain**." Noted Kirsten Tillisch, from University of California

Los Angeles' David Geffen School of Medicine and the head of the research team for the study on gut-flora. She also stated "Time and time again, we hear from patients that they never felt **depressed** or anxious until they started experiencing problems with their gut. Our study shows that the gut-brain connection is a two-way street... 'When we consider the implications of this work, the old sayings 'you are what you eat' and 'gut feelings' take on new **meaning**."

Kombucha is a live food and as such it carries a very high vibration. When we eat or drink live foods the **vibrational** benefit to our bodies is maximized. By raising the vibration of the body disease cannot live; the emotions become more **balanced** and negative thoughts decrease in our thought patterns.

When we are physically, emotionally and mentally healthy we are **naturally** more clear and vibrant and that brings us the ability to hear the quiet voice of our soul and to have better chances of **realigning** with our soul's journey in this lifetime's purpose.

The following **resource links** will allow you to find out more details

about Kombucha and the mental, emotional and spiritual effects of Kombucha:

<http://users.bestweb.net/~om/~kombu/konnection/depression.html> - Kombucha & Depression

[http://www.huffingtonpost.com/2015/01/04/gut-bacteria-mental-health\\_n\\_6391014.html](http://www.huffingtonpost.com/2015/01/04/gut-bacteria-mental-health_n_6391014.html) - The Surprising Link Between Gut Bacteria And Anxiety

<http://www.drperlmutter.com/gut-feelings/> - Gut Feelings

<http://www.collective-evolution.com/2014/10/26/the-brain-gut-connection-for-mental-well-being/> - Some Scientists Are Calling This The Second Brain. It's Very Important To Keep It Healthy

<http://articles.mercola.com/sites/articles/archive/2013/07/25/probiotics-new-prozac.aspx> - Are Probiotics the New Prozac?

### SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together em-

power our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

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