# Will Drinking Kombucha Aid in Weight Loss?

Of the many health benefits that have been claimed about kombucha, weight loss is one that has intrigued people all over the globe. The concept is that because the drink is good for your gut health, it will help you to reduce cravings and improve your digestion, which will lead to weight loss over time. But can drinking kombucha really help you shrink your waistline? Read below to find out if this weight loss method is right for you.

*The Claim*

Kombucha enthusiasts claim that the SCOBY, or symbiotic culture of bacteria and yeast, works to improve overall gut health. Because it contains probiotics, also known as good bacteria, it helps to create balance in your digestive system. When you lack balance, you have cravings, food sensitivities, indigestion, and bloating among other issues. The bacteria and enzymes help relieve these problems, helping you to benefit from proper digestion.

Fans of kombucha believe that there is a strong correlation between a healthy gut and an overall healthy weight. Because proper digestion can reduce cravings, you will naturally eat smaller amounts of unhealthy foods, replacing them with things that are good for you. When your digestion is working properly, you will have more energy and be more likely to exercise. It also helps with nutrient absorption, keeping you more mentally aware and helping you take advantage of increased stamina.

Others claim that the acetic acids produced by kombucha help to regulate blood sugar levels. Having the proper blood sugar levels can help you to regain lost energy and keep many other health factors in check. When your blood sugar is at an optimal level, you can burn fat more efficiently and take advantage of the nutrients that are in your system.

*Should You Use Kombucha to Lose Weight?*

While there is no scientific evidence that kombucha works as a weight loss agent, there are many success stories and several correlations that may suggest that it can help. If your goal is to lose fat and reduce your waistline, you can use kombucha as a safe supplement, but you shouldn’t rely on it as a miracle cure for obesity.

Kombucha has vitamins and nutrients that can contribute to health, so there is generally no harm in consuming the beverage unless you have other underlying health issues. If you have a history of alcohol abuse, liver damage, or diabetes, you should consult with your physician before using kombucha as a weight loss aid.

Much like any other so-called miracle cure, you can’t just drink kombucha every day and expect to have a 6 pack in a month. You must exercise regularly and follow a healthy, balanced diet. The best way to lose weight is to consume fewer calories than you expend on a daily basis. If drinking kombucha can help you to reduce your cravings for unhealthy food, then it is perfectly safe to use as an aid. Just remember that kombucha alone is not going to help you reach your goals.