# The Truth About Kombucha & Gut Health

The health of our gut says a lot about our overall health, so it is important to stay on top of maintaining our digestive system. In recent years, many people have looked to kombucha to help regulate their digestive system and improve their overall health. Proponents claim that the cultures in the fermented beverage are beneficial to the gut and that the drink can help prevent diseases that affect our digestive system. But are these claims true, and is kombucha really worthwhile when trying to fix our digestive health?

*The Benefits*

The fermentation that takes place when kombucha is brewed plays a major part in the claims about improved gut health. Kombucha is brewed with SCOBY, or a symbiotic culture of bacteria and yeast. When these ferments, it creates probiotics, which are often cited as beneficial bacteria for the gut.

Many people have taken probiotics to help treat diarrhea and ease the symptoms of irritable bowel system. Some people claim that probiotics also help to prevent indigestion and acid reflux. Because they create a balance in the gut, they may be beneficial in overall gut health. When we drink alcohol, use antibiotics, or eat unhealthily, we often reduce the number of helpful microbes in our gut. Replenishing our probiotic supply can help us to counteract the negative effects of this.

In addition to probiotics, there are many enzymes and organic acids that can help to promote healthy digestion. They can either aid an already healthy gut or help to relieve the symptoms inherent in an unhealthy gut. As they work together, we experience better gut health which leads to improved overall health, both physically and mentally.

Many kombuchas are made with green tea, which also has benefits for the stomach. It contains polyphenols which work as antioxidants to protect and nourish the body. Green tea can help to increase calories burned throughout the day, promoting weight loss and a reduction in belly fat. These can all be linked to better gut health.

*Should You Drink Kombucha to Improve Your Gut Health?*

While many people report experiencing the benefits of kombucha, there are no proven links between the beverage and better gut health. Anecdotal evidence doesn’t necessarily imply that there is proof. You should consult with a doctor before attempting to treat any ailments that you may have.

If you are cleared to try kombucha, it can be a tasty and possibly effective way to improve your overall health. It doesn’t work for everybody, but you may notice some benefits when you drink it. It is important to moderate your consumption, as certain negative side effects can take place. Your best bet is to start with small amounts of kombucha. It is harmless for most people, and in the end you may find that your gut health improves in the long run.