

Kombucha Culture and Candida Yeast Infection - Friends Or Foes?

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What is Kombucha?

Kombucha (also known as "The Tea of Immortality" and named after a Korean physician) is a healthy living drink, originated in the Far East that is made by fermenting tea and sugar with the kombucha culture. Depending on the tea used for fermentation, it tastes more like apple cider or champagne- a world apart from the rather awkward taste of common fermented tea.

The Kombucha culture used for fermentation looks like a beige pancake. The process is rather simple: the culture is placed in sweetened black or green tea. The Kombucha culture digests the sugar and produces a range of vital organic acids, amino acids and enzymes. The result is a bowl bursting with health-giving organic acids, enzymes, powerful vitamins and probiotic microorganisms.

The tea required for the fermentation of Kombucha is real tea not herbal tea. Herbal teas or teas that contain oil can badly affect the culture. You can use black tea (made from leaves that have been fully fermented), Oolong Tea (half way between green tea and black tea), Green Tea such as the Japanese tea Sencha or White Tea (rarest and most delicate of tea).

Kombucha's Many Health Benefits

Medical researches and lab tests have shown that Kombucha has powerful antibiotic, antiviral and anti fungal properties. When Kombucha was given to rats it's been shown to protect against stress and improve their liver function.

Individuals using kombucha have reported many benefits: these include improvements in energy levels, metabolic disorders, cancer, HIV, digestive problems, hypertension, chronic fatigue and arthritis.

Responsible for the above health benefits are the potent organic acids that are being produced during the process of fermentation. **Glucuronic acid**, for example, is a very powerful detoxifier as it binds to toxins (herbicides, pesticides and resins) when they enter the liver and helps flush them out through the kidneys. Glucosamines, a by-product of Glucuronic acid, are in fact the structures associated with cartilage, collagen and the fluids, which lubricate the joints. Because of that fact Kombucha has been proven effective against arthritis as well.

Malic acid is another liver detoxifying agent. **Lactic Acid** enhances digestion and regulates ph levels. Both **Acetic Acid** and **Usnic Acid** help the body fight harmful bacteria and function as natural antibiotics.

Kombucha Vs Candida

While most if not all savvy candida sufferers shiver to the sound of the word fermentation or Fungi, when it comes to Kombucha, there is practically nothing to worry about. Moreover, drinking Kombucha on a regular basis can significantly benefit Candida infection sufferers. Curious?

Here's how:

Kombucha is not your regular fungus. It is a different kind of Yeast-Fungi. There are pathogen (harmful) yeasts and apathogen (harmless) yeasts. Kombucha is of the harmless kind of yeasts.

It seems that the Schizosacharomyces that is found inside the Kombucha culture is yeast that is not in the family of candida. Because of that fact, Schizosacharomyces become antagonistic to the infamous candida albicans. Since Candida Albicans competes with your bowel microflora and Kombucha produces a myriad of microorganisms that benefit the intestines, both yeasts compete, and the yeasts in Kombucha gradually replace candida Albicans. Unlike candida that develop spores as they reproduce, Kombucha yeasts reproduce in a friendly- vegetatively nature.

But that's not all. Gluconic Acid and Butyric acid, the organic acids that are produced during the fermentation process, are in fact extremely helpful when it comes to fighting candidiasis and thrush. Gluconic acid breaks down to caprylic acid and Butyric acid protects human cellular membranes and strengthens the walls of the gut.

Important note: if you suffer from moderate to severe candida infection, make sure you ferment your Kombucha tea as long as possible so that there is relatively little sugar remaining. Also it is recommended to consume the drink on an empty stomach to ensure you will absorb the glucose quicker than the Candida can make use of it.