



**30 Day
Kombucha
Challenge**

*From Hannah Crum, "The
Kombucha Mamma," & Founder of
Kombucha Kamp*

www.kombuchakamp.com

#KombuchaKampChallenge

A Note from Hannah Crum, the Kombucha Mamma

Welcome to Kombucha Kamp's 30 Day Kombucha Challenge!

Hi I'm Hannah Crum, aka the Kombucha Mamma. I have been drinking and brewing Kombucha for nearly a decade. Kombucha is a naturally effervescent, cultured tea that has been consumed for thousands of years by populations all over the world as a folk remedy and daily tonic. Whether this will be your first sip or you have been drinking it since the '80's, I'm thrilled you are joining us on this journey.

So, what is the 30 Day Kombucha Challenge? A 30 Day Kombucha party! At Kombucha Kamp, we love drinking Kombucha, we love buying different brands of Kombucha, we also love brewing Kombucha at home and we think you might enjoy it too!

Why drink Kombucha for 30 Days? The short answer is, *why not?* The next 30 days are going to happen no matter what, what have you got to lose? Maybe you've tried quitting "crash and burn" beverages like soda or coffee or energy drinks before, but the habit eventually crept back in. Kombucha is such a fun and versatile drink with flavors that range from sweet to tangy, herbaceous to fruity - there is sure to be a flavor for every palate.

I believe the best way to receive the maximum benefit from drinking Kombucha is in small servings, several times a day. Only you can see for yourself if Kombucha will benefit you, your lifestyle and your physiology. There is nothing more powerful than experiencing for yourself – so don't take my word for it!

In the span of the thirty days you will **see for yourself if Kombucha is right for you**. By the end of the Challenge, you will have experienced Kombucha, accomplished a goal and guess what? Thirty days is also long enough to see real results!

I can't wait to hear about your success! Share your journey with us on [Instagram](#) and [Facebook](#) using the hashtag #KombuchaKampChallenge, and in our 30-Day Challenge [Facebook Group](#)!

 & ♥ Hannah
The Kombucha Mamma
KombuchaKamp.com

A Note from Liz Wolfe, lead nutritionist

Welcome to the Kombucha Challenge!

A cup of Kombucha isn't just a drink. It's a statement.

It says you're *not* going to settle for a sugary (or artificially sweetened) drink with *no health benefits whatsoever*. It says you're not going to spend your hard-earned money on something that could be harmful to your long-term health. It says you're taking control of what goes into your body – and that you know you can do better than sugary drinks, diet colas, and soda pop.

And Kombucha isn't a "fad" or the newest "health trend." It's a time-tested, traditionally valued source of nourishment. It's been around far longer than soda pop and juices "from concentrate."

In fact, Kombucha has been used for over *two thousand years* as a health-promoting beverage! Kombucha has been lauded for its ability to improve digestion and metabolism; to enhance eyesight and skin health; and to detoxify and balance the body. It's full of polyphenols and antioxidants. And it's naturally delicious.

The scientific community is only *beginning* to understand how intimately "good bacteria" (or "probiotics") are for overall health – our digestive tracts are *full* of micro-organisms, and much of our ability to stay healthy depends on whether we're fostering "good" bacteria. Kombucha has been valued for *centuries* as a probiotic beverage!

So not only are we nourishing our bodies with Kombucha; we're also connecting ourselves with the wisdom of our ancestors. (Can your soda do *that?*)

Swapping your soda for Kombucha means you're doing something *great* for yourself – what a perfect way to start a healthier lifestyle!

Yours in true health,

Liz Wolfe
Nutritional Therapy Practitioner
LizWolfeNTP.com & CaveGirlEats.com

A Note from Guru Jagat, Cleanse Coach, Yoga Teacher and Detox Specialist

Welcome to the Kombucha Challenge!

Let me first commend you for your bravery. Making conscious change in your life is a courageous decision, and requires many levels of self-disciplineship and commitment that will change you from the inside out.

This is a huge marker for change in so many ways, personally, communally, and on a global level. Our level of conscious participation in these changes begins in each moment, in every decision we make. What we put in our mouths, how we take it in, what we say out of our mouths, our beliefs, our mantras, and our connection to our bodies, and our mental and emotional health.

Your decision to put down toxic sugar filled drinks, and pick up healthy, life-giving, Kombucha will be a daily and momentary decision to rejuvenate your body and mind from the inside out. If you don't yet believe that the balance and health of your body directly affects your emotional and mental states...WATCH what happens in the next 30 days.

I look forward to the Journey.

Yours in Courage and Change,

Guru Jagat
Cleanse Coach, Yoga Teacher, and Detox Specialist
<https://ramayogainstitute.com/guru-jagat-home/>

FAQ

What is the 30 Day Kombucha Challenge?

Drink Kombucha every day for 30 days and see how you feel. Each day, there is a new challenge to keep you focused on your goal and to educate you about Kombucha.

How do I participate in the Challenge?

Read and follow the instructions of our daily Challenge Packets that will be sent via email. We also encourage you to share your journey with us on social media - [Instagram](#) and [Facebook](#) using the hashtag #KombuchaKampChallenge, and in our 30-Day Challenge [Facebook Group](#)!

What do I do until the Challenge starts?

Invite your friends/family/co-workers or anyone you want to share this challenge with to [sign up](#) to receive the daily packets. Have a church group or social club who want to take the Challenge together? Create your own support group! By challenging each other and holding each other accountable in a public space, we all benefit and are made stronger. =)

Start thinking about the goals you hope to accomplish by doing this challenge and stock up on Kombucha! If you're homebrewing – great! If you already have a favorite brand/ flavor, go grab it from the store!

Thirsting for more knowledge? Sign up for your free e-book: ["Secrets of Kombucha Tea"](#)

Disclaimer

KombuchaKamp.com and the 30 Day Kombucha Challenge Packet are for informational purposes only. It is not medical advice, nor is it intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet, for diagnosis and treatment of injuries and illness, and for advice regarding interactions with other prescribed medications.

These claims have not been evaluated by the FDA. No formal claims about Kombucha are being made here, but reflected in the information are the wide-range of professional and personal opinions regarding Kombucha's health enhancing properties.

Nothing on this web site or in the information packets, including the testimonials of other participants, can be construed to mean any claim to treatment, diagnosis or curing of disease. Your results can and will vary. Use caution and your best judgment.

As with any change in diet, consult with your doctor, naturopath or other health care professional prior to beginning.