



Dry January

7 DAY KOMBUCHA CHALLENGE

FROM
KOMBUCHA KAMP



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Intro



It is always the right time to focus on "Keeping Our Minds and Bodies Uplifted to Create Healthy Attitudes" (yes, that spells KOMBUCHA!) with delicious, bacteria-powered beverages and fantastic fermented foods.

Practicing self-care is vital to create the energy we need in order to care for our loved ones, so we've packed in loads of immune-boosting treats & tips. We can't wait to see your photos and hear your feedback on social media!

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DAY 01

**WHAT IS
KOMBUCHA?**

DAY 01

Day 1

Welcome to Day 1 of the 7-Day Kombucha Challenge! Are you as excited as I am? We are going to dive right in - some of this information might be familiar and some might be new.



Day 1

What is Kombucha?

Question: What Exactly IS Kombucha?

Kombucha is (legendary):

An ancient longevity elixir consumed for thousands of years by people all over the planet.

OR:

Kombucha is (technically):

A fermented beverage made from a nutrient solution of tea and sugar to which a starter culture known as a SCOBY (Symbiotic Culture of Bacteria + Yeast) is added.

Answer: Kombucha is both these things and more!

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. It is a living beverage packing a unique and flavorful punch that sets it apart from “crash and burn” options like soda, coffee, energy drinks, or fruit juice. Also known as KT (Kombucha Tea).

*****Before we proceed, fill out your Daily Kombucha Tracker & Weekly Personal Health Assessment to log your progress! You can find this at the end of this PDF.***

Day 1 Recipe: Carrot Turmeric Ginger Kombucha

Carrots are packed full of vitamins while turmeric and ginger are anti-inflammatory. The sweetness of the carrot also pairs very nicely with the spicy ginger and citrusy turmeric flavors.

Recipe: (makes one 16 oz. bottle - see TBBok for gallon-sized recipe)

- 1 Tbs. carrot juice
- ½ tsp. turmeric, powdered
- ½ tsp. ginger, dried

We recommend infusing flavors for 24-48 hours, then strain into clean bottles where they may continue to age at room temperature (provided they are stored safely to prevent any accidents) or in the fridge.



**WANT MORE IN-DEPTH
KOMBUCHA KNOWLEDGE?**

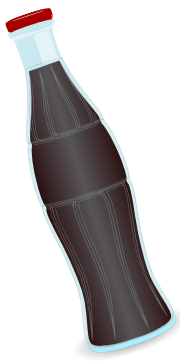


[Sign up here for our in-depth Kombucha course & use code FLASH100 for \\$100 off!](#)

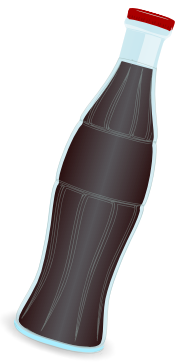
DAY 02

**5 REASONS TO
KICK THAT SODA
HABIT TO THE
CURB**

DAY 02



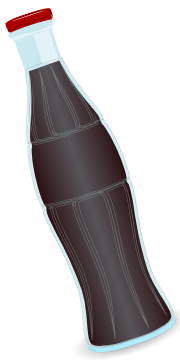
Day 2



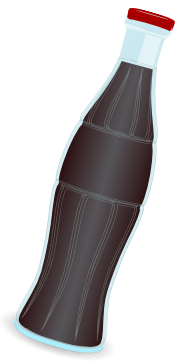
5 Reasons to KICK that Soda Habit to the Curb!

People are often surprised when I tell them that a total nutritional overhaul starts with one simple step: **Ditch the soda**. From there, I'll get one of two reactions: Many folks are excited that one firm commitment can get them so much mileage when it comes to their health. It's an easy, straightforward behavior that doesn't require much other than deciding to walk to the water cooler rather than the soda machine.

The other reaction is a bit more dramatic. Picture a massive meltdown. Utter anxiety. The total inability to imagine one's life without chemical- or sugar-laden cans of fizz. What is it that keeps folks so loyal to such a dirty, damaging product? Maybe it's the fact that **sexy, flashy marketing cleverly distracts** from the fact that soda is an unnatural, unnecessary addiction. Maybe it's because folks actually want to fight Big Brand Cola's fight for them by acting as passionate foot soldiers in the battle for people's hearts and minds (and their stomach lining ...and their tooth enamel... and their blood sugar levels... and...).



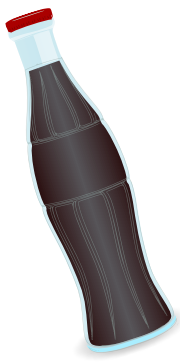
Day 2



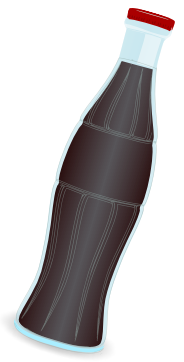
Or maybe it's just because we don't realize how gnarly soda truly is. Here are **5 Reasons to Kick that Soda Habit:**

1. Soda is not natural. Our bodies, however, are amazing feats of nature. It follows, then, that our bodies seek balance of vitamins and minerals, and utilizes them best as they occur in nature. For example, a nourishing drink like **bone broth** contains a full complement of minerals, collagen and nutrients extracted from bones. **Kombucha contains naturally occurring pre- & probiotics, antioxidants, and polyphenols that boost immunity.** Soda, however, is simulacrum - **chemical soup of sweeteners, preservatives, and artificial flavors that deplete the minerals in your body...** specifically due to the phosphoric acid content.

2. The phosphoric acid content of soda depletes vital minerals leading to imbalance. If you're drinking too much soda, your bodily balance of phosphorus to calcium can be out of whack which may set the stage for bone loss. Learn more from my dear friend [Lydia Joy at Holistic Mineral Balancing.](#)



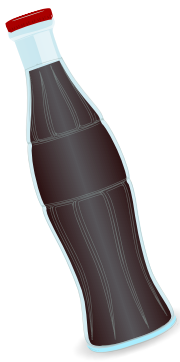
Day 2



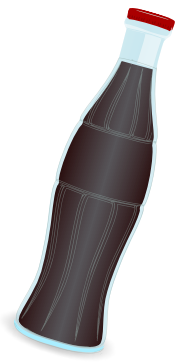
3. High soda intake is associated with diabetes risk. The Nurses' Health Study determined that nurses consuming one or more servings daily of sugary/soft drinks were twice as likely to develop type-2 diabetes. In the Framingham Heart Study, men and women who had one or more sugary/soft drinks daily were 50 percent more likely to develop metabolic syndrome.

4. Despite the "calorie-free" claims, even diet soda is associated with weight gain. In a study at the University of Texas Health Science Center, a 70 percent greater increase in waist circumference was observed for those who drank more than 2 diet sodas daily, and waist circumference increased 500 percent more in soda drinkers than non-drinkers! Helen P. Hazuda, Ph.D., professor and chief of the Division of Clinical Epidemiology in the School of Medicine, put it simply: **"[Diet sodas] may be free of calories but not of consequences."**

5. Sugary drinks cause dental decay. It's a biological fact: when bacteria feed on sugars in the mouth - like those that bathe the teeth when soda is ingested - the fermentation process creates by-products that demineralize the tooth enamel. This is particularly true for the less-developed enamel of young people.



Day 2



So, what to drink instead of soda? Of course, fluoride-free water is a great choice. But if you want added flavor, nourishment, and a way to super-charge your health-promoting lifestyle, add Kombucha! Kombucha is a traditionally valued, probiotic, detoxifying, living food that not only kicks the pants off soda, but it may help kick your metabolism into higher gear.

Refined foods, excess sugar, antibiotic use, and the stresses of daily life can **wreak havoc on one of the most important elements to good health: healthy gut flora.** The "beneficial bacteria" that live in our guts modulate immune responses, keep us well; help us digest and absorb nutrients; and keep things "moving" as they should. We're only beginning to understand the profound effects our BBFs (Beneficial Bacterial Friends) have on our lives!

Kombucha is a probiotic food that may support the process of metabolic healing by supporting healthy flora. Other purported health benefits of Kombucha include improved joint health, recovery from fatigue, better eye health, support in healing from cancer, and clearing of candida infections! These are things that soda could absolutely never do!

Day 2 Recipe:

Granola with Kefir

Kefir pairs perfectly with granola because it has a thinner consistency than yogurt, yet boasts a much higher microbial diversity. Traditionally it was transported throughout the Caucasus mountains in bags made of animal hides and drunk plain. Nowadays people flavor it and use it much like yogurt.

Recipe: (Yield: 1.5 cups)

- ½ cup of your favorite granola (homemade or store-bought)
- ½ cup milk kefir
- ½ cup fresh fruit or fruit preserves
- 1 tsp. honey (optional)

Instructions

1. Pour your granola in the bowl and pour the kefir over it.
2. Top with fresh fruit or preserves. If your kids need a bit of sweetness, feel free to add a bit of honey.



DAY 03

**SUGAR
DETOX
WELLNESS
TRACKING**

DAY 03

Day 3

Sugar Detox Wellness Tracking: Whew! You did it - we have made it through the first two days of the 7-Day Kombucha Challenge. **Don't forget to fill out your Daily Kombucha Tracker & Weekly Personal Health Assessment to log your progress!** You can find this at the end of this PDF.

There are certain physical markers that can help tell you whether you're in need of a sugar detox! Your challenge: Answer the following questions several times during the next 7 days. Most experience positive changes and we look forward to hearing about yours - [fill out our online form here.](#)

As you read the following statements, decide whether they resonate with you never, sometimes, or always.

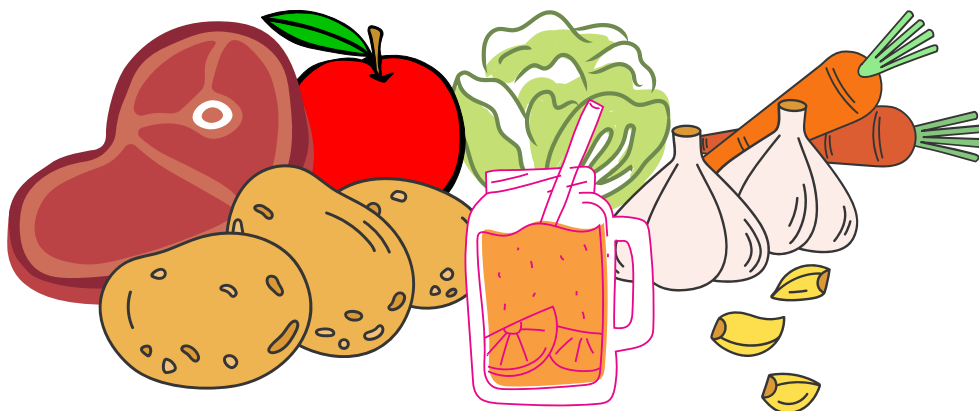
- ...Wake up a few hours after falling asleep?
- ...Crave sweets?
- ...Become drowsy in the afternoon?
- ...Get headaches when you skip meals?
- ...Feel shaky when you don't eat frequently?
- ...simply need a high-carb meal or snack to feel "right"?
- ...Feel irritable before meals?
- ...Experience frequent thirst?
- ...Have trouble losing weight?

Day 3

If you have experienced ANY of the above symptoms, your body probably needs a sugar detox! Don't look at this as a bad thing – look at it as a challenge & opportunity. A new, healthy future awaits you!

The transition to a diet lower in sugar can be difficult, and any of the above-listed symptoms may intensify or appear for the first time. Stay hydrated, eat nutrient-dense foods, get plenty of sleep, and know that you're in a normal period of transition. Of course, consult your primary care practitioner if you're concerned you need additional support.

P.S. Before you embark on a lifestyle or dietary change, consult with your primary care practitioner! If s/he agrees that eliminating excess sugar in your diet is right for you, you'll fit right in the 7-Day Kombucha Challenge.



Day 3 Recipe:

Elderflower Lemon JUN

Everything about this recipe is delicate and elegant. JUN is Kombucha's raw honey "cousin" and yields delightful flavor profiles. The floral notes in the elderflowers dance in harmony with the honey, and the lemon brighten things up with some acidity.

Recipe: *Makes one 16 oz. bottle see TBBok for gallon-sized recipe)*

- ½ tsp elderflowers
- Juice of 1 lemon wedge
- Zest of 1 lemon wedge

We recommend infusing flavors for 24-48 hours, then strain into clean bottles where they may continue to age at room temperature (provided they are stored safely to prevent any accidents) or in the fridge.



DAY 04

**DISSECTING
PACKAGE
LABELS 101**

DAY 04

Day 4

Dissecting Package Labels 101: Replacing your sugary drinks with Kombucha isn't the only way to combat added sugars in your diet! Sugar can sneak into many foods, even those we consider "healthy." You can eliminate sugars from your food as well as your drinks as part of your "sugar detox." It's all part of the Kombucha Challenge – health from all angles!

Did you know that "sugar" isn't always called "sugar?" There are many crafty names this sweet substance hides behind. Many of these names end in the suffix "-ose." (Sucrose, Fructose, Dextrose are examples.)



Day 4

Your challenge: Check your labels for these ingredients, some are worse than others, so first get clear on what you're consuming.

White Sugar

Maple Syrup

Corn Sugar

Fruit Juice Concentrate

Fructose

Molasses

High-Fructose Corn Syrup

Evaporated Cane Juice

Invert Sugar

Glucose

Brown Sugar

Cane Sugar

Sorbitol

Sucrose

Maltose

Barley Malt

Maple Sugar

Dextrose

Brown Rice Syrup

Refiner's Syrup

Maltose

Dextran

Caramel

Honey

Beet Sugar

Carob Syrup

Maltodextrin

Date Sugar

Buttered Syrup

Cane Juice

Glucose Solids

Day 4 Recipe:

Vanilla Passion Mocktail

The sweet flavor of vanilla is the perfect backdrop for this sultry Mocktail that ignites the imagination.

Ingredients

- 4 ounces vanilla Water Kefir
- 1 teaspoon of simple syrup
- 2 dashes bitters (optional but tasty)
- Ice cubes
- 2 Orange Wheels
- 1 1-inch piece of vanilla bean

Instructions

1. Muddle 1 orange wheel, vanilla bean, bitters in a rocks glass.
2. Remove orange and add ice cubes.
3. Top with Vanilla Water Kefir.
4. Garnish with fresh orange wheel.



DAY 05

**PERFECT
POST-WORKOUT
RECOVERY
DRINK**

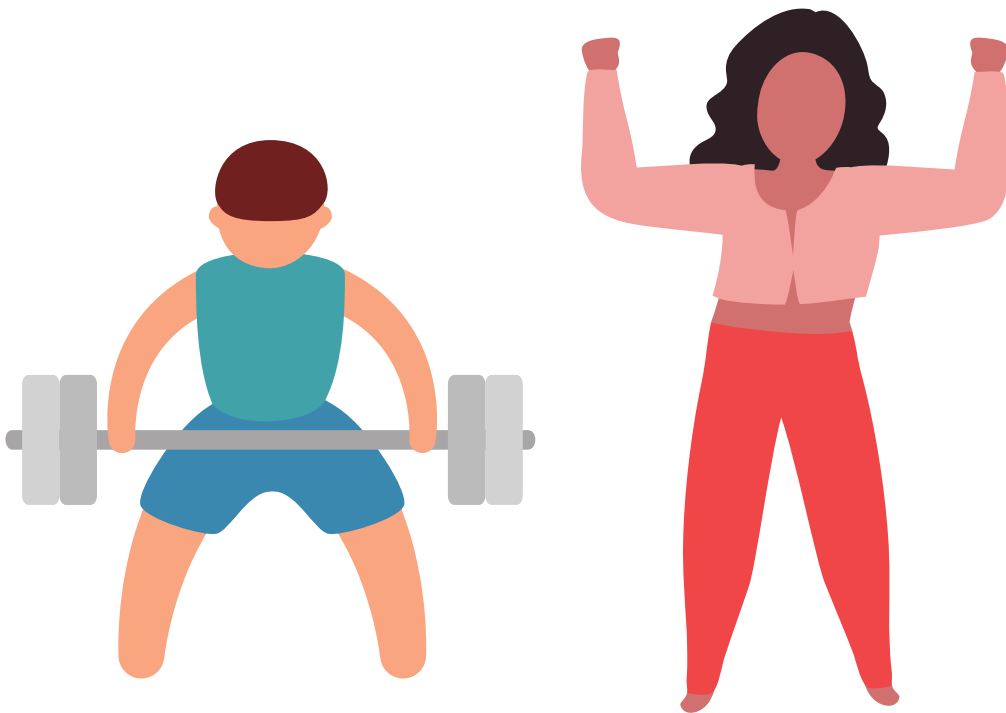
DAY 05

Day 5

Kombucha is a great post-workout recovery drink.

With trace amounts of vitamins, minerals, and organic acids, it helps to not only rehydrate but also replenish the body with necessary nutrients that are lost through exertion.

There are a growing number of athletes that swear by Kombucha as part of their daily workout routine. They have discovered that not only does Kombucha boost their energy levels during performance, it also helps their bodies recover more quickly post-workout.



Day 5

Kombucha & Joint Health:

The reasons for Kombucha's powerful assistance to joint health are a matter of debate among respected researchers all over the world. The common wisdom, backed up by many lab studies, is that properly brewed Kombucha contains a number of specific substances that can directly improve joint health, most importantly Glucuronic acid (also responsible for Kombucha's powerful detoxification properties), Chondroitin sulphate, Mucoitin sulfate, Heparin, Hyaluronic acid, and the incredible Glucosamine. These enzymes are believed to be responsible for helping the body to rebuild tissue, especially in the knees.

Ortho Spine America, a team of orthopedic specialists, states that "Kombucha is rich in glucosamine. Glucosamine helps increase the body's production of hyaluronic acid. Hyaluronic acid can prevent arthritic pain, protect the cartilage, tissues, and muscles, and reduce inflammation. It also helps connective tissue in the body create moisture, keeping the joints lubricated, strong, and flexible."

Day 5

Glucosamine does wonders for joint health in general and for arthritis sufferers specifically. The survey on our Kombucha benefits page shows that 51% of regular Kombucha drinkers reported relief from arthritis type symptoms! Have you noticed changes in your mobility? Share your results online #KombuchaKampChallenge

Even though Kombucha is a great way to prevent injury, there's always a chance it can happen. Trail runners can sprain their ankle on a rock, skiers can get snagged on a tree branch, basketball players may catch an elbow to the nose, and so on. Kombucha is there for you when that happens as well! There is a cutting-edge scientific study showing promise that Kombucha SCOBYs can be an effective, inexpensive solution to dress and heal wounds - and even replace skin grafts. Surprisingly, the study doesn't mention the fact that good bacteria can outcompete pathogens, which may be an added benefit in terms of fighting off infection. Imagine what it can do from the inside!



Day 5 Recipe:

Ginger Buzz

This anti-inflammatory Kombucha with a boost of bee pollen is perfect for a post-workout recovery drink. It will leave you hydrated and replenishes nutrients you may have lost while working out. Best yet, it's delicious!

Recipe: Makes one 16 oz. bottle (see [TBBok](#) for gallon-sized recipe)

- ¼ tsp. ginger
- 1 tsp. raw honey
- 1/8 tsp. bee pollen, lightly crushed

We recommend infusing flavors for 24-48 hours, then strain into clean bottles where they may continue to age at room temperature (provided they are stored safely to prevent any accidents) or in the fridge.



DAY 06

**PERFECT
POST-WORKOUT
RECOVERY
DRINK**

DAY 06

Day 6

Kombucha is a great post-workout recovery drink. With trace amounts of vitamins, minerals, and organic acids, it helps to not only rehydrate but also replenish the body with necessary nutrients that are lost through exertion.

Enzymes in Kombucha help the body to rebuild knee tissues, according to studies.

There are a growing number of athletes that swear by Kombucha as part of their daily workout routine. They have discovered that not only does Kombucha boost their energy levels during performance, it also helps their bodies recover more quickly post-workout.

Today's Challenge is a Quick Cleanse. It not only rejuvenates the body but also strengthens the mind. Remember, it's only 24 hours!

- Drink plenty of water, Kombucha, soup (see recipe), or broth.
- Jot down any feelings or thoughts about food that may come into your mind today.
- Share how you feel as you go through this process with us online #KombuchaKampChallenge.

Day 6 Recipe: Everything In Your Fridge Raw Soup

Recipe:

- 1 avocado
- 2 celery stalks
- 1 carrot
- 1 cucumber
- (Any other veggie you have in the fridge)
- 1 garlic clove
- 2 tbsp. apple cider vinegar or kombucha
- 2 tbsp. quality olive oil
- Sea salt
- 8 oz. water

Blend all ingredients together in a blender (or with an immersion blender). Blend until smooth. The fat from the avocado provides satiety while the sea salt adds needed minerals, plus plenty of liquid and fiber from the veggies and Kombucha. Enjoy!



DAY 07

**DAY 7 -
BASIC
KOMBUCHA
BREWING
TERMS**

DAY 07

Day 7

If you're new to DIY Kombucha, you should know the KEY Kombucha brewing terms to use! For a more in-depth lesson in DIY Kombucha, check out our Kombucha FUNdamentals Course.

- **Batch Brewing** - Batch brewing is the method of brewing Kombucha by the batch. Most batch brews are done on a smaller scale from 1 pint to 1 gallon. For 1 gallon, 3-4oz of starter culture & 1 cup of starter liquid is used to produce 1 batch of Kombucha tea. A 1-gallon batch of KT will make 5-6 16oz bottles. The brewing cycle for a batch will vary anywhere from 7-21 days depending on a variety of factors.
- **Bottle conditioning** - Bottle conditioning is the fermentation process that occurs in the bottle. Also referred to as Secondary Fermentation (2F). This is the stage where the Kombucha goes through an anaerobic (no oxygen) fermentation process that helps to increase the natural carbonation.
- **Brewing Cycle** - Brewing cycle refers to the length of time required to convert the sweet tea into Kombucha tea. The cycle varies in length depending on a multitude of factors including temperature, time of year, size of brewing vessel, and personal taste preference to name a few.
- **Brewing vessel** - The brewing vessel is where you brew your Kombucha tea. Due to its high acidity (low pH), it can leach toxins from vessels that aren't intended for brewing Kombucha. Glass, porcelain, stainless steel, and wood casks are the best choices for brewing Kombucha.

Day 7

- **Cloth cover** - The fermentation process for Kombucha requires oxygen. As such it is recommended to use a tightly woven cloth cover to prevent bugs from getting into your KT. Cheesecloth tends to have too loose of a weave and will allow fruit flies to lay eggs on your SCOBY. Launder your cloth cover at every batch to prevent contamination from mold.
- **Continuous Brewing** - Continuous Brewing is the method most akin to how it was made in ancient times. The basic principle is drink a cup, add a cup. A larger sized brewing vessel is needed in order to have enough Kombucha to drink as well as enough starter liquid in the vessel to effectively ferment the sweet tea. A 2.5-gallon vessel is filled with 2 gallons of sweet tea. A Kombucha culture and at least 2 cups of starter tea is added. The initial brewing cycle may take 14-28 days depending on factors listed above. Once the first brewing cycle is completed, then 25-30% (2 quarts) is removed from the vessel via spigot (easy to use and no mess!). Then 2 quarts of sweet tea is added back to the vessel. No stirring is needed as gravity will do the trick. Now it will only take a few days for the 2 quarts of sweet tea to be converted into Kombucha. There are additional healthy acids that are expressed later in the fermentation process. In a batch brew, the time required to produce those acids tends to result in a Kombucha tea that is not palatable. In Continuous Brew, you get the maximum health benefits with maximum flavor due to the sweet tea that tempers the tarter flavor.

Day 7

- **KT** - Kombucha Tea
- **Primary Fermentation** - Primary fermentation is the initial brewing cycle for the Kombucha tea. It is best to only use tea and sugar at this stage of brewing in order to protect the mother culture (SCOBY). Many flavoring agents contain volatile oils that could harm the culture which is why the fermentation process is twofold.
- **SCOBY Hotel** - The SCOBY Hotel is an important tool for every homebrewer. The Kombucha culture will reproduce for a lifetime if fed the proper nutrient solution. However, it may be prone to mold if not properly cultivated or due to a contaminant in the brewing environment. Maintaining a SCOBY Hotel will also ensure that you have extra cultures on hand for other uses, giving to friends or doing experimental batches.
- **Secondary Fermentation** - Secondary Fermentation is also known as Bottle Conditioning. It is a secondary fermentation process whereby flavoring agents are added to Kombucha tea.
- **Sugar** - A key ingredient to making Kombucha. The sugar feeds the yeast which converts it to CO₂ (natural carbonation) and ethanol. The bacteria feed on the ethanol produced by the yeast completing the symbiotic process.
- **Tea** - Tea contains the nutrients needed for the Kombucha culture to thrive. All tea comes from the camellia Sinensis plant. Peppermint tea and chamomile tea are misnomers and are in fact tisanes or herbal infusions, not tea.

Day 7 Recipe:

Sangria sin Vino

"Sangria" comes from the Spanish word for "bleeding." The jewel tones of the Beet Lemon Shrub and red grape juice give this "bloody" beverage its signature rich hue while imbuing real blood-boosting properties. Make a pitcher and allow the fruit to soak overnight for an authentic sangria experience.

Recipe:

- 4 ounces Beet Lemon Shrub or Beet Kombucha (see [TBBoK](#) for *Kombucha Beet Lemon Shrub recipe*)
- Grape Juice
- Splash of sparkling water
- 1/8 cup of apples, pears or other crisp fruit, diced
- 1 Orange Wheel

Instructions:

1. In a tall glass, add fruit pieces then top with shrub and juice
2. Add a splash of sparkling water for fizz
3. Garnish with orange wheel



RESOURCES



RESOURCES

RESOURCES

Resources

Recipe Links

- www.kombuchakamp.com/kombucha-recipe
- www.kombuchakamp.com/jun-tea-recipe-flavoring-continuous-brew
- www.kombuchakamp.com/water-kefir-recipe
- www.kombuchakamp.com/milk-kefir-recipe

Purchase organic, living cultures & organic teas from Kombucha Kamp

- <https://store.kombuchakamp.com/fresh-live-cultures/>
- <https://store.kombuchakamp.com/tea-tisanes-flavorings/>

Buy The Big Book of Kombucha

- <https://store.kombuchakamp.com/The-Big-Book-of-Kombucha-Paperback.html>
- <http://amzn.to/1ZuZshF>

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Resources

Recipe Resources

1. **Bone broth-**

[https://www.amazon.com/gp/product/B01MU6XD17/ref=as li tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01MU6XD17&linkCode=as2&tag=kombkamp0d-20&linkId=2c29d84c3db68580185026f6d294528c](https://www.amazon.com/gp/product/B01MU6XD17/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01MU6XD17&linkCode=as2&tag=kombkamp0d-20&linkId=2c29d84c3db68580185026f6d294528c)

2. **Granola-** [https://www.amazon.com/gp/product/B06X9C348Z/ref=as li tl?](https://www.amazon.com/gp/product/B06X9C348Z/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B06X9C348Z&linkCode=as2&tag=kombkamp0d-20&linkId=345117feae214135dac1da1dae86c2f5)

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3. **Bitters-** [https://www.amazon.com/gp/product/B00314YKVC/ref=as li tl?](https://www.amazon.com/gp/product/B00314YKVC/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00314YKVC&linkCode=as2&tag=kombkamp0d-20&linkId=0f6ec4ac835ac0f219e9ad593ad5213b)

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4. **Apple Cider Vinegar-**

[https://www.amazon.com/gp/product/B01CSX4N9K/ref=as li tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01CSX4N9K&linkCode=as2&tag=kombkamp0d-20&linkId=302f9757e30ed1531e2eb550d6c93a9e](https://www.amazon.com/gp/product/B01CSX4N9K/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01CSX4N9K&linkCode=as2&tag=kombkamp0d-20&linkId=302f9757e30ed1531e2eb550d6c93a9e)

5. **Celtic Sea Salt-**

[https://www.amazon.com/gp/product/B000EITYUU/ref=as li tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B000EITYUU&linkCode=as2&tag=kombkamp0d-20&linkId=7f191771eef832429eec82c57599258c](https://www.amazon.com/gp/product/B000EITYUU/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B000EITYUU&linkCode=as2&tag=kombkamp0d-20&linkId=7f191771eef832429eec82c57599258c)

6. **Immersion Blender-**

[https://www.amazon.com/gp/product/B08DDJMBZM/ref=as li tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B08DDJMBZM&linkCode=as2&tag=kombkamp0d-20&linkId=b88ce13be0efc570f54e0c0610439e9d](https://www.amazon.com/gp/product/B08DDJMBZM/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B08DDJMBZM&linkCode=as2&tag=kombkamp0d-20&linkId=b88ce13be0efc570f54e0c0610439e9d)

7. **Olive Oil -** <https://www.idevaffiliate.com/32527/idevaffiliate.php?id=kombuchakamp>

Daily Kombucha Tracker

DAY : _____

Serving #1	Date:		Day: Su M Tu W Th F Sa			
	Time:		Serving Size:			
	Brand/Flavor					
	Taste	Tangy	Sweet	Sour	Fruity	Other:
	Texture	Fizzy	Smooth	Sparkly	Flat	Other:
	Comments					
Thoughts						
Serving #2	Time:		Serving Size:			
	Brand/Flavor					
	Taste	Tangy	Sweet	Sour	Fruity	Other:
	Texture	Fizzy	Smooth	Sparkly	Flat	Other:
	Comments					
Thoughts						
Serving #3	Time:		Serving Size:			
	Brand/Flavor					
	Taste	Tangy	Sweet	Sour	Fruity	Other:
	Texture	Fizzy	Smooth	Sparkly	Flat	Other:
	Comments					
Thoughts						

Mood before KT
worst 1 2 3 4 5 6 7 8 9 10 best

Mood after KT
worst 1 2 3 4 5 6 7 8 9 10 best



Mood before KT
worst 1 2 3 4 5 6 7 8 9 10 best

Mood after KT
worst 1 2 3 4 5 6 7 8 9 10 best



Mood before KT
worst 1 2 3 4 5 6 7 8 9 10 best

Mood after KT
worst 1 2 3 4 5 6 7 8 9 10 best



Physical Observations	Other notes

"A journey of a thousand miles begins with a single step.."

Chinese Proverb

PERSONAL HEALTH ASSESSMENT CHART – Health Snapshot

The Health Snapshot will be an important tool in tracking your progress. You will fill one out each week during the Challenge. This is for your personal information only, and is designed as a point of reference to look back at the end of each week of drinking Kombucha.

DATE: _____ WEIGHT: _____ OVERALL FEELING: _____

Next to each item that applies to you indicate on a scale of 1-10 the severity with which you experience this symptom. Indicate frequency if it applies. Make any notes that will be helpful for you.

CHALLENGES / HEALTH ISSUES ASSESSMENT

1. Low Energy _____	11. Low Blood Sugar (Hyperglycemia) _____
2. Lack of vitality (low endurance level, energy crashes, etc.) _____	12. Poor concentration / Lacking in mental clarity _____
3. Skin problems (dry, itchy, acne, rashes, etc.) _____	13. Low Blood Pressure _____
4. Headaches – how often? _____	14. High Blood Pressure (Hypertension) _____
5. Memory lapses – frequency? _____	15. Emotional Instability (highs and lows) _____
6. Aching joints _____	16. Handle stress poorly _____
7. Cramps in muscles _____	17. Depression _____
8. PMS, Cramps, Menstrual problems _____	18. High alcohol consumption _____

9. Use pain killers – frequency?

10. High Blood Sugar (Diabetic)

21. Allergies (pets, food, plants, etc.)

22. Poor immune system

23. Difficulty getting up in the morning

24. Difficulty falling asleep

25. Difficulty sleeping throughout the night (Insomnia)

26. Heartburn or Acid Indigestion

27. Constipation

28. Bad Breath

29. Cold Hands or Feet

30. Temperature Sensitivity

19. High coffee consumption

20. Frequent colds & congestion

31. Dry or Brittle Nails

32. Dull, Thinning or Graying Hair

33. Overweight / Underweight (circle one)

34. Craving for Carbohydrates

35. Digestive problems (Acid Reflux, Burping, Belching)

36. Strong desire for chocolates/sweets

37. Shortness of Breath / Poor Oxygenation

38. High Cholesterol

39. Cuts and Bruises Heal Slowly

Is there anything else you wish to add?

After filling in your personal health assessment (make sure you take a few days to record all challenges – it’s amazing how one forgets the subtle changes over time), file it in a safe place or add to your Challenge binder.

** This information is for educational purposes and is neither designed nor intended to diagnose, treat, cure or prevent any disease.*