



KOMBUCHA

A Bridge to
Holistic
Healing

A Note from Hannah Ruhamah, the Kombucha Mamma

Welcome to Kombucha Kamp's 30 Day Kombucha Challenge & Bridge to Holistic Healing!

Hi I'm Hannah Ruhamah Crum, aka the Kombucha Mamma. I have been drinking and brewing Kombucha for nearly two decades.

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, energy drinks 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!

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.

It also is an opportunity to recover parts of ourselves that have been buried in trauma. Whoa – I know that just got deep! Kombucha is a gateway, a bridge, if you will, to holistic healing. The root cause of our ailments is often rooted in traumatic events that are stored in the body. We will become detectives listening to the signals and signs that our bodies share as we practice different modalities to help us peel back like the layers of an onion to recover our core wellness.

Beginning July 7th, we'll launch with a 1 hour free workshop to outline the goals of the course. Included are **daily progress reports** where you can track your Kombucha consumption, mood and any thoughts or observations you have during the process, a **wealth of information about Kombucha** and **short homework assignments**. As you complete the tasks, login to the 30DayKombuchaChallenge members forum and post your progress to the group!

Accountability is crucial to success. Chatting with Booch Buddys, sharing in forums and participating in your group will **earn you badges and points**. Those who check-in most often will experience a higher success rate. When we work together as a group, we emulate our mother culture – the SCOBY – who's beautiful design is to create scaffolding or a raft where other organisms literally depend on her for sustenance and protection. Collectively we provide greater strength to each other.

All of the steps are important and I can't wait to share them with you! By the end of the Challenge, you will have learned about Kombucha, detoxed from old habits (and who knows how many years of built-up junk!) and you will have a closer connection to your gut. And guess what? Thirty days is also long enough to see real results! I can't wait to hear about your success!

While this is not going to be time consuming (less than ten minutes a day for most days) **it's going to involve a little work on your part**. I am going to ask you to consider your goals and question everything!

You are not going to believe how easy it is to live in balance when you invite healthy bacteria into your gut! In the span of the thirty days, you will **see for yourself if Kombucha is right for you**. You will feel the peace of mind and excitement that comes from completing your daily tasks and living a successful life!

So, take a deep breath. Let's embark on this Kombucha journey together!

☺ & ♥ Hannah Ruhamah
Kombucha Mamma

KombuchaKamp.com

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](#)!

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, educate about Kombucha and peel back another layer to get deeper into communion with our body, mind and soul.

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 Group ([login here](#))!

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 emails.

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.