

Kombucha is a naturally probiotic fermented tea that is gaining popularity not only for its health benefits but as a bubbly alternative to sugary, chemical-filled beverages. At Laurentian Brew Kombucha Company, we brew our kombucha the traditional way, with high-quality organic ingredients creating a raw, highly probiotic, live-cultured beverage that is non-alcoholic and formulated to appeal to all ages. We infuse our raw kombucha with different organic fruit and herbs to create various flavour options. Kombucha is a sweetly sour, slightly effervescent and served chilled, making it a tasty refreshment for any time of day.

A similar process to beer, wine or cider, kombucha (pronounced kom-boo-cha) is made by fermenting tea. But unlike beer and wine, kombucha uses both yeast and bacteria with a culture called a SCOBY (Symbiotic Culture of Bacteria and Yeast). Our process begins by brewing an organic Sencha green tea,



By: Matt Weiss and Natalie Surette

although any caffeinated tea can be used. Fair-trade organic cane sugar is combined with the tea and added to the culture and a starter liquid, which is a strong raw fermented kombucha. The sweetened tea acts as a nutrient for the culture, and the yeast consumes the sugar in the tea. Alcohol is produced (think beer-making) but the bacteria goes to work consuming the alcohol. The resulting product is a sweetly sour, non-alcoholic, probiotic beverage filled with beneficial acids.

Kombucha helps replenish the

good bacteria present in our digestive tract. Gut health is an important factor influencing the overall wellness of the body. When the population of beneficial bacteria is low, our body becomes out of balance, paving the way for illness and disease. Increasing the good bacteria helps to restore nutrient absorption and our immune system. It also aids in improving digestion, detoxification, increasing energy, boosting metabolism, and calming the sympathetic nervous system to support good mental health.

We brew our kombucha at our commercial brewery in Deep River, Ontario. You can find our bottled kombucha throughout the Ottawa Valley with retail locations in Deep River, Chalk River, Petawawa, Pembroke, Renfrew, Arnprior, Swisha, Mattawa and North Bay. For the avid kombucha drinker, we also offer an on-tap refill station providing additional flavours and an environmentally conscious bottle exchange program. We welcome you to try our kombucha and to stay in touch with us on Facebook and through our website at [www.laurentianbrew.ca](http://www.laurentianbrew.ca).

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**ASK THE EXPERT:**

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