All About Kombucha with Hannah Ruhamah, Kombucha Mamma, and Thais Harris Transcript

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How Hana Became the Kombucha Mama

First Taste, SCOBYs, and Early Kombucha Education

I am so excited to have this conversation today about one of my favorite topics which is ferments and especially kombucha with none other that the kombucha Mama Hanah rohama hi thanks for having me you're very welcome I'm so excited that you're here thank you for taking the time and I would love to talk about the benefits of Kucha but first before we even get there I'd love to just hear a little bit more of your story and how you got to be the kombucha mama oh I love this question so I call it kombucha Kizmet I had no idea what kombucha was I wasn't seeking it out I had no specific Health concern which I know is a pathway many people take to find kombucha I was visiting a friend from college in s who lived in San Francisco in the early 2000s and it was a very groovy apartment tour we got he first of all he had a filter on his shower which I was like of course I'm filtering my drinking water why not filter the water that's falling onto my skin and get that chlorine off my body and then we go into the kitchen and they're drinking sole which is a pink Himalayan salt crystal water and I'm like oh my gosh salt is so bad for you and why is it pink and what is going on here of course now this is my salt of choice along with Celtic Sea salt and no iodized salt anymore um and then we got to a room in there with these jars and they were covered with cloths and they go that's the kombucha never heard of it we didn't even try it but when I returned to Los Angeles again this is 2003 lo and behold there was loads of Kombucha on the store shelves and I was intrigued so I grabbed a bottle I cracked it open and I went to take my first Sip and let me ask you taes this is where I like to pause in the story and ask what was your first sip of Kombucha L do you even remember um well I have two memories so the first one was the basa kombucha I actually really loved kombucha I love that the fizzy vinegary taste I really enjoyed that but the second time I had kombucha I was in my car and I had gotten a kombucha that had um the chia seeds in it was it yeah it was chia seeds I know where the story is going yes exactly and you know I don't know why I did this to like get the chia seeds off from the bottom to go to the top of the bottle explosion yes um and then actually third story because my husband ended up doing the same thing at our house he was right by the kitchen sink which was great but we had this um like a a window covering you know we had a big window in our kitchen we have this window covering that's not canvas but it's kind of a mesh material so it's got like tiny little holes and that chia seed cucha floated and five years later when we were selling the house and we're cleaning and we see that there's still like chia seeds yes this is a good warning story do not shake the kombucha it is naturally effervescent and it will redecorate your outfit or car or kitchen as the case may be so handle with caution but a lot of people when they first try kombucha because right you might think tea which has a little bit of an alkaline flavor to it this does not taste like tea just like wine doesn't actually taste like grape juice right you know get the hints of grapes but it doesn't taste like that sweet grape juice that you give to your children um and so when I had my first sip it was a the heavens opened up the Angels were singing every nerve ending in my body was electrified because I was sad I was standard American diet I was sure I graduated from college but I didn't really know how to cook for myself I was still eating Ramen and various processed foods and using a microwave and um I just I didn't really have a clue about this stuff so now here's The True Confession I was the girl sneaking the pickle juice out of the pickle jar so clearly my body knew that I needed this kind of like hangy enzymes in my life of course those were vinegar pickles um but I love that flavor yes yes you're bu new yes it did and and my thirst out for my budget right I started buying it all the time I was really into it and I don't know if you know much about human design but I am an invest investigator heretic so my role in this world is to bring weird things to the mainstream not that I knew that then but that investigator part of my personal kicked in I went to the library I checked out every single book I could find on kombucha I'm scouring the internet and I'm like how come everybody's telling the same weird stories that there's no references um you know why is there this strange misinformation about kombucha out there and of course I because my thirst out grew my budget I had to get my own scobby um so scobby for folks who don't know is an acronym that stands for symbiotic culture of bacteria and yeast and this is essentially our mother this is what we put into the sweet tea and that's what turns it into the kombucha so I got my can I interrupt for one second please some people will call it the old lady that farts in the bottle just insane I haven't heard that one and I really like it a lot all of our ferments are farting and they help us fart um which is good because it means we're moving things but uh I just I fell in love I

literally had no idea that kombucha would then take over my life and become my passion and become this driving force um into my entire career so uh we started I started teaching kombucha camp in 2004 this was a workshop in my home in Los Angeles I would introduce you to her share the process how to make it send you home with your own scobby and that grew into a Blog in ' 07 where I just was so frustrated with the inac accurate information about kombucha that I just I started blogging about it and then that turned into an online store in 2010 and it was in 20110 that we had sort of this alcohol crisis in the kombucha industry because like all fermented foods and drinks kombucha does create alcohol now why does it create alcohol it's really important that it does because the alcohol is a preservative it's also there in amounts that are not intoxicating and because it's in a matrix of yeast which has B vitamins in the living form with the organic acids that help support a healthy liver it literally does the opposite of what an alcoholic beverage would do instead of intoxicating you it's detoxing you however there is Trace Amounts of alcohol now here in the United States our alcohol laws were dictated by the crazy thing called prohibition when we decided based on Christian Temperance Movement and for some good sociological reasons at the time um to eliminate all alcohol consumption and so our alcohol um laws are more similar to more like Arabic countries than they are to our European counterparts and so while in Canada you're alcohol levels at 1.1 in Mexico it's 2% in Europe it's 1.

Industry Growth, Alcohol Rules, and KBI Advocacy

Sugar, Kids, and Trusting Your Gut

Kombucha, Digestion, and Gentle Detox Support

Choosing the Right Kombucha and Home Brewing Basics

Favorite Flavors, Hangover Help, and Kombucha as a Portal

Human Design, Community, and Where to Find Kombucha Camp

2 um here it's half a percent and kombucha can go above that half a percent Mark and so it created a lot of um crisis and kurur fuffle in the commercial industry um but that then became the seed that crisis became the seed for us to want to create bua Brewers International which is a trade Association that supports the entire industry and so we were formed in crisis which is what you do um and I'm so grateful for the last 10 years I I just stepped away as the president although I'm still on the board you know we created a kombucha Cod of practice we um established authentic testing methods for the ethanol in Kombucha you know we've helped mostly what we do is a lot of Education Regulators want to tax Kucha like alcohol because they they don't understand what it is and so whether it's New York or Australia or um Brazil or wherever it's been even in 22 we had to go to South Carolina and and help educate them about kombucha so um it's an ongoing exciting uh process of just helping people understand first of all that it's safe second that it's not intoxicating and third that it really has a great host of health benefits that can support you me your garden your pets and so and Hannah I wonder as far as children drinking kombucha my 9-year-old that drinks kombucha and has had kombucha since he was little um when he was young young I would mix it with a little bit of water just to dilute it as I dilute most beverages anyway especially because there is some sugar residues of course um and I think it's also really important to know that certain brands you know it's if people were trying to avoid sugar for example when you're getting your kombucha there's tons of Kombucha out there that are perfectly safe if you don't want to get exposed to a big you know jolt of sugar but to always look at the label because some do have some I think are added after the kombucha is brewed and so let me clarify this yeah you know what so this is actually the challenging thing is the FDA doesn't understand fermentation and so any sugar that's included in primary fermentation which it is our our sugar source for the microbes for the bacteria and the yeast then has to be placed in the added sugars C atory even if you're not adding additional sugar after the fermentation process and so that's been really challenging because people will look at the back of a kombucha go oh this one has sugar now let's just clarify what we're talking about when we say sugar here um you know we think of sugar we think of table sugar we think of um sucrose right which is a disaccharide it's made up of fructose and glucose well the reality is in fermentation what happens is the yeast excrete an enzyme called invertase because the disaccharide is too complex a molecule for these microbes to consume and so the yeast excretes this enzyme it breaks that disaccharide into its monosaccharide components fructose and glucose and they're both really important so the glucose is really important for that gluconic glucuronic acids these are acids that are naturally

made by our liver just not in quantities great enough to um help us get rid of the massive amounts of toxins we're exposed to in the environment and whatnot and then the fructose which also is just a nutritive uh substrate for the yeast and the bacterian not now we want some of that to remain behind otherwise we're just drinking vinegar and we all know how that goes um knock down easy and probably with some honey or additional sugar support there anyways and so when we're looking at the sugar grams on a kombucha label the thing to keep in mind is this is prefermented this is already broken down and has a lower glycemic impact on the body in fact a recent study from Georgetown last year where we connected Georgetown with a commercial producer who was able to create both a placebo beverage as well as a kombucha beverage it was a small pilot study but it demonstrated that folks who have type 2 diabetes when they drink kombucha on a regular basis it lowers their fasting glucose rates so again I want to I want people to understand that it's not when it says sugar it's not what you're thinking it is and so even if there is a little bit of a higher sugar content assuming it's a raw not pasturized not from concentrate product you're getting the full benefit of the kombucha in that commercial product great thank you so much for clarifying that and so coming back to the kids then in that case do you feel like um do you have any reservations or would you say if they're really really teeny to dilute or do you feel like the benefits are there and and no matter the age it's okay our motto here at kombucha Camp is trust your gut right and this isn't trust your taste buds because taste buds can be tricky especially if we have things like candid to overgrowth which drive us a crave sugar and then we feel bloated and horrible and have rashes and you know obviously don't feel good as a result of consuming that sugar so trust your gut it's about closing those feedback loops and it's about making the decision that's right for you um human beings have been consuming fermented food since the dawn of time like are yeast cultivating us or are we cultivating the yeast right like we have this very close relationship uh to the point where you know if you feel comfortable giving it to your children then absolutely if you want to dilute it that's probably not a bad thing either um however bitter and sour are the flavors of health and digestion and human beings instinctively know because we have millions of years potentially or a minimum 6,000 years of DNA wisdom uh packed into our body so whether you believe in reincarnation or you're trusting that your DNA is carrying information from your ancestors we instinctively know what we're supposed to eat for our bodies now what happens of course as we grow up is there's you know propaganda and advertising and you know very moneyed interests that are trying to sway which direction you should go for eating and that creates a lot of confusion but when we trust our gut and again that's listening to those biof feedback loops and I think kombucha is a great way to start to feel that bof feedback loop so I recommend drinking first thing in the morning on an empty stomach maybe two ounces four ounces like literally every time I talk about it I can feel like you feel your insides relax open up like there's just and so you start to be able to make this connection oh when I put this into my body this is how it makes me feel and the more we're able to close those feedback loops with everything we're consuming not just the foods in our body but the information we're seeing in the media or uh whatnot everything we're consuming has an impact on our health on our stress levels and stress is the killer so any way we can mitigate stress that's good I love it so much that you said that you know part of my work and some of work I've developed with my husband who's a somatic psychotherapist Nick shy is called diet as our daily intake of everything and truly is we can't look at what we consume just as in you know food we put in our mouths which is you know it's one of our most intimate relationships with the world outside of us right we're taking everything from there and bring it in here and breing it down and building new cells from it everything becomes this but also the thoughts that we have especially the repetitive ones which turns out are you know a big percentage of our daily thoughts but the media we're consuming and then the the messages we're letting in so like you were saying the external influences can really change our perspective on what my on what we want especially more of the craving or desire or all those messaging of you're worth it and you know and it's like they're selling crap um or be afraid about this thing happening in the world that you have no control over yes creates unease right well and this is why I say stress is the killer so stress can come from a bad diet it can come from you know your emotional state and think of the word sane sane means healthy and the more we've started to understand how the gut microbiome is your Pharmacy right I always thought it this was making the chemicals no it's I truly believe the first brain is the gut because the gut is what has to be in Balance so that you are mentally balanced as well and the more that we're deepening that understanding and that connection I'm sure it's not simply hierarchical I'm sure there's plenty of crossover there but um getting your gut back in order really does help clear up the mental and creates more sanity and look I don't know what people are going to do in the world but I have this innate belief that humans are good that they create community and that when they are devoid or when they can remove um the stressors of the world that they are going to make choices that are in the best alignment to create community and support those around us you know we have this misapprehension from Darwinism that everything's in competition in fact the vast majority of the world of ecosystems your own body is cooperation and yeah you know the fact that we're only looking at competition for survival of the fittest as opposed to but how does

everything else survive and thrive is through cooperation yes cooperation Community you know it's why we call Colony if people are taking a probiotic or drinking kombucha or eating their sauerkraut or kimchi or whatever other ferment that they're doing it's colonies like we're we're actually installing Healthy Communities inside because we need that not just outside but inside right um beautiful so I wonder if you could talk a little bit about kombucha day which is coming up uh so February 21st and um what how did that come about absolutely so World kombucha today is a holiday invented by my husband and creative partner Alex Lori we wrote The Big Book of Kombucha together that came out in 2016 on International women's day which felt really appropriate we call it a mother culture I'm kombucha mama so that all felt really great and at the time we wanted to launch World kombucha day on 221 and the reason we chose February 21st is because the earliest information the sort of mythological Origins you know we'll never even really know where humans came from but we surmise that because kombucha is fermented with tea tea is from China the Chinese are famous for their quest for longevity elixers um one of the names for kuch is tea of long life tea of immortality so we surmised that during 221 BC the chin Shang um asked his Alchemist to create kombucha to help support a longer lifespan and so that's where February 21st 221 uh became our International uh date for celebrating Kucha now it took until 2020 for us to actually launch it um but we're so excited that this is a day of global celebration of course every year we see more and more kombucha Brands around the world we see more and more people having awareness of Kombucha and it's just it's such a great culture and really because I love kombucha so much um it's think about it like this it's a symbiosis of bacterian yeast which is what human bodies are um that has learned how to cooperate in harmony that creates an environment that prevents pathogens and other things from being able to take root because of the strength of their cooperation and so when we put that kombucha or any other fermentation right when we put that into our bodies we're basically modeling to our own system this idea of cooperation and community and Harmony within ourselves and so I don't know I guess that was my long way of saying that you know I just feel like it it's It's a Wonderful way for us to keep raising the vibration on this planet through the frequency of what we're putting into our bodies yeah it's so wonderful so tell us a little bit more about kombucha book uh That's so exciting and I'm so glad that there's actually really helpful clear information communication about kombucha and so it came out in 2016 um how has it been I it's been great um the book has sold over 400,000 copies we're translated into six languages around the world and we're working on a 10-year revision uh there's a lot of not a lot of information but there's information that's changed for example John kombucha's raw honey cousin there's a lot more hard kombucha that's out there in the world that we can speak to the industry of course has made a lot of changes and you know um but the process of making kombucha is ancient and it's something that's been passed down through the generations and our book is 400 pages so it's going to have everything from tips techniques recipes how to flavoring troubleshooting and we really insisted to make sure that the research the health benefits were they're supported with evidence now a lot of the evidence is anecdotal or done on animals and that's where it's exciting that just last year and the year before we're starting to see some of these human trials being um put out into the world so um I'm confident that we're going to validate the claims on kombucha because just from a perspective of right scientist method is wonderful and it's great for testing a hypothesis in a controlled environment but we as human beings don't live in controlled environments we eat everything we are exposed to all kinds of things and when you hear the same stories again and again it helped me uh reduce the amount of insulin I had to take it helped lower my cholesterol it helped get my blood pressure under control my hormones rebalance when we hear these stories again and again are there other co-actors absolutely because we don't ever just consume one thing and clearly the Kucha does have a positive effect on many of these types of health issues yeah and as a matter of fact I loved what you were saying about feeling your gut relaxed I definitely feel that too and I love I actually just had my Ginger kombucha upstairs that I meant to to bring so that I could be drinking it might to talk about it um but this notion that um as we know especially with the vagus nerve and you were talk we were talking about the first brain right and the communication that's always happening in our bodies I think our our genes our cells communicate with everything all the time so all this life the trillions of organisms that live within us and help us Thrive it's a it's a collaborative relationship with all of our cells and in the case of the vagus nerve 90 up to 90% of the fibers in the nerve are sending information from the god to the brain and so if the God can relax the brain can relax if the gut is always on alert and the message is something is wrong because there's a lot of inflammation Ator processes happening our brain will be inflame too it's going to be you know receiving that alert message all the time and that makes for unease which eventually turns into disease so I'm wondering if in the research for in a book do you see anything regarding Vegas nerve specifically in Kombucha or is it not quite there yet I don't think we see Vegas nerve but we see a lot of um support for the microbiome so um and you know and people want to assume oh it's got ton of probiotics not necessarily and it has prebiotics it has probiotics it has postbiotics it has symbiotic it's all the biotics because it's alive right um also it's the organic acids that it's creating but what it does is it also helps to lower the pH in the gut so many of our diets

right people with acid reflux think oh there's too much acid no there's not enough like the and so when you're putting a base product in there like you know uh you know an acid you're neutralizing that and the symptom goes away but your perpet uating the problem because you still need to lower the pH in your gut and so when you're able to digest your food more efficiently when you extract more nutritional value from it well first of all then you can consume less so a lot of times having kombucha on an empty stomach or before a meal is really great during a meal after a meal and that's why um we can have it at any time because it's going to support that gut and your ability to process those nutrients uh as I said before we see the glucuronic and gluconic acids and they're basically the bouncers of the liver and so as you already know taies when we consume foods that have a toxic load or we're exposed to toxins our body does its best to excrete them but if it can't they then get stored in our fat cells and so we sequester toxins in our body because we don't have a pathway to release them and this is where when we get sick it isn't a single exposure or single instance of consuming a bad meal or whatever that's causing the issue it's this over accumulation and so what kombucha does when we consume it regularly is it allows your body to gradually keate to let all those toxins go and so you know how healing is it's like an onion so you peel one layer something gets better but then this pops up and now now that needs to be dealt with and the body is so intelligent it has so much wisdom that when we trust that flow when we trust that all of this is moving Us in the right direction and we include our kombucha we include our other ferments we include all of our you know healthy foods it that gradually over time all of this is going to resolve itself yeah and I feel like especially when it comes to detoxing I like the gentleness of you know the approach with ferments and kuch I mean and there are some people that might not do well with ferment correct there's a histamine component you know it is a case by case but overall most people can benefit from it and this notion that you can gently coax the body into culating and detoxing there's a lot of things about about you know a detox and I actually run a group cleanse twice a year it's very gentle it's all food based include kombucha and it's one of the I've seen such great results especially for clients that were either drinking alcohol or sodas when they just switch to cucha it's incredible that alone can do right to help them but this notion of going really slow because I feel like the a gentle cleanse versus a harsh detox people can actually get the effect where if they're detoxing too fast and they don't have the pathways to let go of things they're actually going to feel worse and they might feel like they're sick or there's a number of different ways but their her har and reactions that they can feel worse than when they started and then they just want to run from the thing they're like this is not helping me but when you're doing gentle things and supporting the body daily so like you said like drinking a little kombucha daily there's so many other um sort of therapies and and practices that people can do that slowly you start being able to filter the stuff out faster than it comes in which is our ultimate goal and our Modern Life we're exposed to a lot of stuff it's going to come in the body has its equipment set up to process it when that gets gemmed up is when we get in a pickle um so H um I'm wondering too going back a little bit just to the sugar conversation I'm just wondering like why say one bottle might have a 8 to 12 grams of of the sugar you know for say 12 to 16 ounces and some might be in like the 20s is that you know do you have any experience with that and how you've worked with so this is why we created the kombucha Coda practice but a code is only as good as those who are willing to follow it and so uh what kbi is leaning into next is a Seal program that will validate products to the code because what's happening is people are afraid oh if they hear it's pasteurized they won't want to consume it oh if they hear it's from from concentrate they're not going to want to drink it or they're not going to perceive it as valuable and on a certain level there's right we all know pastoris from concentrate and raw juice they have a different price point they have a different shelf life uh they have a different flavor profile and we probably buy all three at different times depending on our needs on our use occasion where are we going with this product what do we need it for ETC and so but there is this because we're a young industry there's a lot of fear around telling the truth and in Li of Regulation there's litigation and so we've seen some litigation that has forced some Brands to be more transparent on the label but essentially you can kind of tell by reading the ingredients if it's a product from concentrate if the if it's a zero sugar or sugarfree and then there's the addition of stevia or monk fruit because essentially what they've done is they've made like a Kucha vinegar they might even pasteurize it and then they're back sweetening with other flavors now my attitude is there's a kombucha for everybody you know instead of like playing these sort of Purity Wars or whatever my kombucha is better than yours it like we just need more people drinking Kucha because any kombucha is going to be better than a soda any kombucha is GNA be better than an energy drink right and so um start with a you know you don't want your kids to have alcohol at all in the kombucha well then have that pasteurized kombucha have that kombucha that's from concentrate because then you can guarantee and control that outcome other people are going to want like no I want the home brew I want to punch me in the face sour stuff I want you know give me the the real thing and you're going to have people who want that too and so there's a spectrum of folks and this is again it's education it's knowing the product but like all the Finer Things in life there's always a period of adjustment and right think about it like this we used to drink folders or Nest

Cafe right and that was the only type of coffee you had now what do we have single estate shade grown pooped out by a bird who knows really all these iterations and sophistication and the C with chocolate right we just had Hershey's and now we've got Bean to bar and we have no cane sugar added and we have vegan chop right so kombucha is ripe for this level of sophistication and understanding but the first things first we just need more people drinking kombucha and I think of Kombucha not as an end point like just drink kombucha and everything solved no it's a portal it's an entryway to fermentation to the microbiome to gut health to really like deepening that personal relationship with the trillions of organisms that are inside of you as opposed to thinking of yourself as this single monolithic being yes and you know I I think about bone broth as that too it's like it's an entry way and it's something that Mother Teresa used to used to bring bone broth to hospitals to open the door for the gut to heal so like very much kuch I think opens that same door and the fact that just drinking tea so a lot of the studies with centenarians that show that they drink some sort of tea every day and so kombucha can also check mark that little piece as well right so longevity gut health which are both super interconnected and um I'm wondering for people listening if they're curious about making their kombucha at home do you have one or two tips for people to kind get started do it it's not hard um if you can brew a cup of tea you can Brew kombucha I think the biggest barrier for folks is they're afraid they're going to mess it up or what if I what if some bad bacteria gets there and I can't see it and here's the reality kombucha is a food how does food tell you it's not safe to consume it grows mold and you can see the mold and sometimes we cut the mold off the cheese and we use the rest of the cheese um with kombucha though once we have mold it's in everything even if the mother's hanging out at the bottom and it's just at the top we need to toss it all start with a fresh batch um with a fresh scobby in fact the scobby is it's literally abundance in action and it's a great model for if you give an organism what it needs to thrive it will and that applies to you too as a human being if you give your body what it needs in order to thrive or your mind or whatever it is you will Thrive and so Brewing kombucha becomes this almost like this ritual where you can imbue your hopes your dreams your love into the kombucha and then when it's ready you get to flavor it any way you like it's this creative blank canvas or maybe you'll make the same flavor again and again like I do which is Love Potion blueberry lavender rose but maybe wait wait wait that was my next question favorite flavor so what do you call it Love Potion Love Potion 99 um but yes it is blueberry lavender rose and the book has 260 col them flavor Inspirations again I'm not here to dictate or tell you what to do I want to inspire you I want to give you a framework but once you know the rules of Kombucha you can start breaking them and playing with them so some folks uh can't have uh caffeine so maybe you make a hibiscus kombucha right but we always want to understand the underlying process and work with the original ingredients until we we have a familiarity with it and then we can go off and experiment in all these different ways as a matter of fact the revive kombucha that's made with habiscus and it's red you know that would be the thing I would always bring like if I was going somewhere especially when I was cleansing and so definitely not partaking on wine or anything that that would be my wine and I would put it in a wine glass because I felt like I was just like everybody else so I wasn't like the odd person like oh you're not drinking what's happening and you know there's some weird sometimes pressures around that but the kombucha was just my like safety drink and it was awesome th% and in fact let me just tell you another little thing that happens with kombucha that I personally have have observed and many other people have shared with me and that is and I have a theory that then sprang up as a result of who knows if it's true or not but um the more kombucha you drink the less sugar you can tolerate and the less alcohol you crave and it's because it contains these elements in forms that our body can instantly uptake and utilize and I truly believe again all evidence of human existence also contains fermentation and probably it was beer not bread they were making first and and we fermented plants we fermented flowers they all had Trace Amounts of alcohol I truly believe that alcohol is medicinal in this type of scenario so we're not talking about the pasteurized beers we're not talking about distilled to really concentrate the alcohol and make it highoctane those though that's great as a carrier for tinctures and whatnot but I'm talking about alcohol in a living state with Organic acids with B vitamins in a living form this is human beings crave this part of Why We crave the pops and the sodas is because of the bubbles the bubbles were the sign right yes um comes from this root word meaning to boil because when you looked at the top of your ferment you saw those bubbles it looked like the same bubbles you saw in boiling water and so um we are attracted we are hardwired to desire um not carbonation effervescence right so carbonation is exactly and it's natural and it's soft and it you know it's not like the carbonic acid they're putting into sodas or or Force carbonated to things and I just feel like human beings actually need alcohol on a certain level and when we receive it in these really Trace Amounts along with all these other um organ you know vitamins nutrients Etc we get what we're seeking and then we don't crave the higher amounts now here's the other great thing it's a wonderful cocktail mixture and hangover cure ah yes tell me a little bit more about hangover cure well as someone who um look if there AR Kucha cocktails at a bar it makes it really hard because after the second or third one I'm like H I'm at I'm at my limit but of course as a younger person I sometimes would overdo it and I would like at one in the morning

crawling over to the fridge or three in the morning Downing a bunch of Kombucha going back to bed wake up no headache nice nothing no dehydration because the again what are in those hangover remover drinks it's B vitamins it's these organic acids that we're talking about kombucha already contains it and this is why I think it's a great cocktail mixer because you'll still get to enjoy the like high the fun the buzz of the alcohol but you won't pay the price on the other end and in fact you'll probably be sober by the time the part's over and it's safe to drive home yes best part safety it helps to stay alive how about that it really does it really does um I have a quick question about your background because I know we're talking all about kombucha But like everyone we're multi-layered people so tell me a little bit bit about your background and especially the three cards behind you yes yes so um well my major in college was Mandarin Chinese and Spanish I had started Spanish at a young age my teacher encouraged me to continue I studied Spanish I in French in high school and then I decided I want to challenge in college and so that's when I studied Chinese you could even take a business Chinese class at the time it was the late 90s um so I have a passion for words I have a passion for language and I have a passion for tarot and for human design I am a Scorpio um as my sign which means I'm naturally called to the occult and since the age of 13 I've had my own tarot cards and own many many decks and I love reading cards and I love oracle cards and then I discovered human design I want to say just a couple maybe three years ago and it completely transforms so for those who don't know human design is called the science of differentiation and it involves it it's an encapsulation of the chakra system of astrology of the eing which is is the Chinese hexagrams and um what it taught me was how to understand how to manage my energy and how to know when things are in alignment for me so that I'm not putting my energy towards projects that then deplete me and I truly have a passion to take this information and education to other entrepreneurs because we are our business right so if we're doing well then the business can do well but if we're suffering often times the business will suffer too and if we can un understand this differentiation knowing how to find what projects are in alignment for us how do I need to manage my energy so for example I'm a projector and what this means is I don't have my own energy centers I'm an amazing guide I have a penetrating Aura um if you seek out my wisdom you will find it it's true for you and I I so appreciate that however I have to be invited into that situation and so when I give unsolicited advice and it comes off as criticism I'm like oh no what am I doing but it's only because I haven't set up the right framework for whomever needs to hear it or not hear it as the case may be sometimes I just got to keep it to myself um yes but it also means my husband who's a generator who has this energy source and he's like how come you can't work like I do and then I'm feeling guilty and I feel lazy and you know I'm this horrible person and how come I can't maintain at the same level that he is to come to find out well I'm not supposed to and so you know as much as he's like you know calorie restriction and exercise and I'm like I think it's deep rest in nutrition for my weight loss I think for me the stress is from doing too much not not overworking out right and I think this is the beauty of living in the here and now in this Modern Age is the access we have to these other ways of thinking about frame framing out life and again none of this is dictating who you are it's more I call it the laughter of recognition like when I go over someone's chart they're like oh that's me or oh I do this or you know and it can point out our areas where we might get tripped up or where we might um have challenges and just imagine if everybody knew their design and could differentiate into the right places how as a global organism we could put people in the right places and we could function just that much more smoothly yes yes it's like with schools right I think with children and I was thinking about the types because it's the projector generator there's a generator manifestor yes which is me and there's one more reflector the reflect no defined centers they need an entire lunar cycle to make any decisions because they have to feel everything before they can decide yes and it's so funny because I see that uh very close to my heart here at home um and I also I love ARA which I've studied have the vatapa and I feel like when you put those along with the human design it's like oh my God you can have a a path you know around how to behave what to seek so that you don't drain your energy how to eat how to rest like it's just really beautiful that so many of these modalities I think are getting more traction today and how cool that you can do the charts we'll have to talk about that I love how we can take these ancient systems and layer them in and and have a modern understanding I think with this Pluto and Aquarius we're just going to see an explosion of technology and different ways of understanding I mean AI is probably gonna crack the code on ancient languages and you know who knows what else is going to come down the pike and that's why being really strong and secure and knowing who we are and grounded in our own energy is what's really going to help Propel us through these challenging times of change and upheaval we're going to see a lot of change happening and how do people get through times of change they come together in community whether we have to hunker down or create a network or whatever it is but that's that's how we're going to get through this change successfully but you know the reality is things are always changing community and connection inside and out um wonderful well thank you so much it's been such a joy talking to you and learning more about kombucha and all the little you know nuances of it and so how can people find your book and your um website the kombucha Camp yeah so kombucha camp with the K

because I'm and clever you saw those K's right um that's the word nerded me and um the book is the big book of Kombucha it's probably at your local library so you can go check it out first and of course it's online it's at our store it's on Amazon if you want a Kindle version so it's everywhere um and yes we'd love to hear from you so feel free to reach out if you have any questions we're all of the Instagrams and the YouTubes and the whatnots everything is kombucha camp Camp with a K and find us there because you want to participate in our giant giveaway for World KBOO today we're we've got a whole day of amazing talks I just recorded my interview with sandor cats a luminary in the fermentation World we'll have an interview with GT Dave who's you know the the guy who put kombucha manufacturing on the map in 95 and many many other wonderful guests um so it's going to be a really fun day and um and leading up to it starting on February 14th we start giving away some of the many different prizes we have available so check us out I'm so grateful taes to invite me here and speak with your community and I'm excited to keep growing together thank you thank you so much I'll make sure to put all this information on all of the channels and YouTube and Instagram and so Kucha camp with a K if you can go to Instagram and connect with Hana right now so you can get access to all the goodies that are coming starting February 14th thank you so much