**Health Benefits of Kombucha**

The fermented tea called kombucha is not a new concoction by any means, but it is gaining popularity by people who care about their health. You can find it in just about any health food store, plus many drug stores and supermarkets are also starting to carry it. The reason people enjoy drinking it is because the tea, yeast cultures, and bacteria in it can actually really help with your health, particularly gut health and digestion. Here are some different health benefits to expect when you drink kombucha.

**It Helps With Digestion**

One of the top reasons people will drink kombucha is because it can really help with digestion and overall gut health. If you are someone that constantly experiences heartburn after eating, or general upset from things like dairy or strong flavors like garlic, drinking more kombucha can really help. If you are drinking it for gut health, have it without flavor, or with just some mild flavors to begin with. Since kombucha is a probiotic, it is also really great in helping with leaky gut as well as if you get stomach ulcers or have GERD.

**Use it As a Detox**

Another health benefit to be aware of is the fact that kombucha can be useful as a detox drink. It helps to cleanse the system, particularly cleaning out the kidney and liver. This can help remove bad bacteria and toxins from your body, leaving you healthier and avoiding future illness and disease. There are a lot of harmful effects of the environment, the foods and drinks you consume, and just being around certain damaging products, Detoxing your body with kombucha can be very beneficial. In addition to being a regular detox drink, it can also become a good antioxidant for your body, helping to reduce inflammation and avoid cold and flu.

**Help With Your Arthritis Pain**

Since kombucha helps reduce inflammation, it is the perfect natural remedy for joint pain, such as from arthritis. Joint pain is usually from the swelling and inflammation associated with arthritis, so by reducing that inflammation, drinking more kombubcha can help you to reduce your pain. Kombucha helps with this because it improves hyaluronic acid production in your body thanks to the glucosamines it contains. This is going to boost your collagen, which is another way to help with pain from arthritis and other joint problems.

Some studies have also shown that drinking kombucha regularly can reduce your risk of getting certain types of cancers.