

O-WJ



{POP-GATOR}

[REDACTED]  
Canton, New York 13617



Dear Brian,

On your journalist's round table today a caller referred to "Kombucha's Mushroom Tea" and you had not heard of it.

Therefore I am enclosing the directions for it and an article which was in the Syracuse NY Poststandard a few weeks back.

My wife has been into this for several weeks now and if you wish to get started she has mushrooms to burn as each batch produces one new mushroom as well.

Sincerely  
[REDACTED]



## nutrition matters

### Kombucha's benefits unproven

If you were to tell me that in 1995 people all over America would be drinking a concoction



Linda  
Quinn

of a Kombucha mushroom tea, I probably wouldn't believe it.

Come on, the same Americans that won't eat their broccoli because they

don't like the taste?

It turns out that this dark blob that resembles a piece of slimy liver is being talked about on talk shows, written about in all the major magazines such as People, Good Housekeeping and American Health, and is being touted as a cure-all for everything from graying hair to AIDS. What is it and does it really work?

I called fermented foods expert Keith Steinkraus, Professor Emeritus of Food Science at Cornell University, to find out what this "thing" really is.

It turns out that the Kombucha mushroom — also called Manchurian, Japanese tea fungus, kargasok, teekwass and kwassan — is not actually a mushroom at all but rather a mix of bacteria and yeasts that are fermented in a sweetened black or green tea for seven to 10 days. The resulting mixture is a tangy cider-type drink that is very acidic.

The ingredients in the tea are, of course, tea (recently found to have health benefits), acetic acid, (found in vinegar), glucuronic acid (a detoxifier found in the liver) and usnic acid (a little-known acid that may have some medicinal effects).

He goes on to say, "If people take it and see improvement, good for them."

What does the Food and Drug Administration think? To date, they are still skeptical. Because scientific evidence is lacking, the FDA has not approved Kombucha for treatment of any medical condition.

Additionally, the FDA warns that contamination of the tea from airborne molds such as *Aspergillus* could exist. If sterile procedures are not followed, persons with compromised immune function could be at risk.

According to Steinkraus, "The mixture of the acetobacter bacteria and the yeast grow very rapidly, and the pH goes down so fast that not many organisms can survive in that environment."

An article in the August issue of Environmental Nutrition newsletter stated, "There have been scattered reports of gastrointestinal upset, a 1993 case of liver damage in New Mexico, and a West African study found the tea caused organ damage in rats.

"Of most concern is an April report from the Iowa Department of Public Health. Two women drinking the tea for several weeks suffered severe acidosis (excessive acid in their blood). One woman recovered; the other died."

The information on the starter kit points out that Manchurians live to be 130 years old. That may be true in some isolated cases, but we need to look more carefully at the Manchurian lifestyle before we can convincingly say this tea is the cure.

If drinking a natural beverage gets you to look at your total diet and lifestyle, good for you. But if you think you can continue an unhealthy lifestyle and wash it away with a cup of tangy tea, I've got a bridge in Brooklyn I'd like to sell you.

Mr  
(S)

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KOMBUCHA ELIXIR /

(1) CHURIAN TEA

*More  
Apple Cider  
Vinegar  
Real Sugar*

YOUTH | BEAUTY | HEALTH The aim is quest. But, where is it to be found? It is well documented that there are pockets of people, who are centenarians, clustered not only in the mountainous Caucasias where they are most celebrated, but also in other rural areas like Yakutia in Siberia, or the Poltava District of the Ukraine, as well as Tibet and Spain. Compare this to the elderly in the United States who are often medicated and placed in nursing homes resigned to dying, without ever thinking of reaching the age of 100. A centenarian in this country is interviewed, congratulated by the President of the United States and given a party in their honor at their nursing home, so great is this occasion. These centenarians in Russia, Spain, and Tibet are actively involved in life at that age.

There is an area in Russia called Kargasok where the people are a dairy and vegetable eating populace who cherish family ideals and traditions. Liquor and smoking are excluded from their lifestyle. A common outlook shared by the inhabitants is not to let life pressure them. They are a hearty, outdoor folk who work as carpenters, bookkeepers and farmers who usually live to be well over 100. These elders are revered, active and valued members of society and family.

The harmony prevalent in Kargasok society cannot be reproduced in our Western world of stress and fast-paced living. However, the Russian centenarians attribute their longevity not only to their work habits, but also to the "YEAST ENZYME TEA" which has been in their diet for hundreds of years. This tea contains a concentrated amount of high quality protein which the body ingests and uses immediately. Yeast Enzymes respond to the living micro-organisms in the body and metabolizes it readily.



The ancient, yeast-culture tea which the Kargasoka believe sustains their excellent health into their hundreds, found its way back to Japan years ago, when a prominent Japanese lady traveled to Kargasok, Russia. Upon arrival there she made an extraordinary observation of an unusually healthy people.

The women were virtually without wrinkles and few other visible signs of aging. It was disclosed to her that everyone drank at least eight ounces of the KOMBUCHA TEA daily. To make this tea, the Japanese lady obtained a piece of the special yeast culture with instructions on how to make it with her close friends. After drinking it for several weeks, her friends reported an astonishing difference in how they felt physically. Her reports also claim the pronounced lowering of high blood pressure, the fading of wrinkles, the gradual beginning of hair restoration and an overall feeling of well-being. Today over a million Japanese people drink the fermented tea daily. It is a common conversation piece on television and over the radio.

Dr. Pan Pen, A scientist of Japan, reports his findings as follows: the tea helps restore hair growth after 4 to 6 months, and gray hair will darken; and it can strengthen the eyesight. Because he found the culture contains three basic vital elements needed by the body, he claims that the tea is a life extender.

Dr. Sklenar of Germany was using this tea to support cancer treatment until his death in 1987. He was also using Kombucha IX and some other remedies to aid in cancer treatments. He believes that this tea can prevent cancer if drank daily.

The first recorded use of KARGASOK TEA was during the Chinese empire of the Ts'in Dynasty in 221 B.C. It was referred to as "THE REMEDY FOR IMMORTALITY" or "THE DIVINE TSCHÉ". In 414 A.D., Dr. Kombu from Korea brought it to Japan during the reign of Emperor Inkyo.



Afterwards, this tea was used throughout China, Japan and Korea and later introduced into Russia and India. It was called by several names: "Fungus Japonicus", Fungo-Japon Kombucha", "Pichia Fermentas", "Cembuya Orientalis", "Combuchu", "Tschamb-ucco", "Volga Spring", "Mo-Gu", "Champignon de Longue Vie", "Teekvass", "Kwassan", and "Kargasok Tea"

The kombucha fungus is built in membrane form, that is a symbiosis of yeast cells and different bacteria. Among these bacteria are: *Bacterium xylinum*, *Bacterium gluconicum*, *Acetobacter ketogenum*, and *pichia fermentas*. The kombucha fungus needs to live in a solution composed of black tea and sugar. In the right temperature they multiply constantly. They don't build spores as yeast normally does, but instead multiply by a process of glucuronic acid, lactic acid, acetic acid and several vitamins.

The yeast culture transforms the sugar and black tea into enzymes useful for the body. The fermented mixture later contains not only these products, but also 0.5% alcohol. Glucuronic acid is used in the body to build the important polysaccharides such as: Hyaluronic acid which is vital for the connective tissues; Chondroitin sulfate (which is the basic substance in our cartilage); Mukopolysulfuric acid (component of gastric mucous membranes and the vitreous body of the eye), and also Heparin and Lactic acid which is especially for our colon. Kombucha works like a natural antibiotic.

The Kombucha IX or Kargasok 110 has been used for many hundreds, maybe thousands of years by those who believe it can activate the glandular system; stimulate the metabolism, reduce weight, lower uric acid, cholesterol, rheumatism, arthritis, neurasthenia stomach-liver-kidney disorders, gout, boils, arteriosclerosis, hypertension, skin diseases, etc. The tea is also felt to rebuild the colon flora and increase the blood circulation and aids those under stress.



We are talking about a "Panacca" Manchurian Mushroom that takes eight days to reproduce itself; it looks like a hot cake but is tanish in color. Properly cultivated it:

1. Eliminates wrinkles and helps the removal of brown spots on the hands. It is a skin humectant, and is great for acne.
2. Prevents certain types of cancer. In Manchuria, where this mushroom came from, there has not been detected one single case of cancer. Every day people drink this as a religious atonement.
3. During menopause, reduces hot-flash discomforts. Just after drinking the Manchuria Mushroom Tea, you may feel a warm sensation, due to the fact that the tea components join the blood stream causing a draining action of toxic chemical elements and fluids, reason for which you will notice increase of mobility in your extremities and flexibility around your waist.
4. Helps constipation.
5. Helps muscular aches and pains in shoulders and neck.
6. Helps bronchitis, asthma, cough in two or three days. Will help children with phlegm.
7. It helps with allergies, also with aching nerves.
8. It is prescribed for kidney problems.
9. It cleans the gall bladder, helps colitis and nervous stomach.
10. It has proven useful in cataracts and other formations on the cornea.
11. It helps heal diseases. It will lower cholesterol and soften veins and arteries.
12. It will stop infectious diarrhea.



13. It helps burning of fat, therefore, helps to lose weight.
14. It helps insomnia.
15. It helps the liver work more efficiently.
16. It helps to level off glucose and sudden drops of blood sugar in diabetics. If taken daily, it will eliminate urea in 100 days. THERE ARE ONLY 3 GRAMS OF SUGAR IN 100 GRAMS OF TEA :
17. It has surprising effects on the scalp, helps avoid balding, thickens hair and eliminates gray hair.
18. Helps with prostate and incontinence problems.

#### HOW TO PREPARE YOUR TEA AND PROPAGATE THE MUSHROOM

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#### INGREDIENTS

✓ THE Kombucha mushroom culture (with one cup of ferment, or the amount that comes with the mushroom when it is given to you).

— Approximately 3 1/2 to 4 oz of refined white sugar per quart of water.

— Two black or green tea bags, or one family size, per quart of water.

#### UTENSILS AND MATERIALS

— One 2--4 quart pot to boil water.

— One 2--4 quart glass, porcelain, or (plastic pickle. etc) jar.

— A linen/cotton handkerchief or a paper tissue.

— Bottles

#### PROCEDURE FOR THE PREPARATION OF KOMBUCHA|||

You must use a stainless steel enameled or glass pot or container ~~4 1/2~~ <sup>3 1/2</sup> ~~or pot~~ by Visions, etc). No metal rim, to boil your water in. When you handle the mushroom, take off your rings and any other metal that could be in near proximity to the mushroom. ~~If you are using a spoon, make sure it is wooden or plastic.~~ Keep the work area around the mushroom clear of food.



stuff, household plants, etc, as these could cause mold spores to get into the tea mixture. If mold should ever occur, ~~heat two tablespoons of apple cider vinegar and add to the mixture.~~ This will kill the mold and keep it from reforming on the mushroom.

Heat three quarts of distilled water (distilled water is preferred, because of the hardness of the water in various area's of the country). When it starts to boil add one cup of brown sugar, white sugar, or honey and let it boil for five minutes (white sugar is preferred). Turn off the water and add <sup>tea size</sup> two black tea bags or one family size (Lipton or any other black tea). Cover for fifteen minutes, then remove the tea bags and let it cool to room temperature. When cool, pour into a glass container ~~(gallon jug,~~ etc), place the Manchurian Mushroom on top of the liquid rough side down and cover the container with a hankerchief or a clean cotton cloth. Add one cup of the liquid from the previous batch, or add the liquid from the pouch that your mushroom came in.

#### THE BACTERIA MUST BE ABLE TO BREATHE

Let it ferment for eight days, undisturbed in a dark place, at room temperature approximately 70 to 75 degrees. After the eight days, remove the Manchurian Mushroom from the container and place it on a glass plate. You will notice that the Mushroom has propagated itself by forming a "Baby Mushroom" ~~on top of the original mushroom.~~ separate them with your hands (remember no metal on hands, etc.) by pulling them apart. Place each one in a different container with the "Prepared Tea" to start the process all over again. Remember rough side of the mushroom down.

The tea where the mushroom stayed for eight days is what you drink, but you can put it through a sieve (fine cloth). You store it in a pitcher or glass, or plastic jar (no metal lids or handles). Keep it refrigerated.



~~Drink a cup every morning on an empty stomach. Or if you prefer drink~~  
~~a cup after breakfast, and again after lunch, and again after dinner.~~ You  
can warm it on the stove in a "glass" container, just to take the chill off  
of it, however, it may be drank cold.

Did you ever read that there is a place in Siberia where people live to  
be over 100 to 130 years old? And they are a healthy and happy people. We  
are sharing their secret with you.

NOTE: As with any cleansing process, your body may undergo conditions  
which would require appropriate but simple care.

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THE KOMBUCHA ELIXIR (MANCHURIAN TEA) IS NOT RECOMMENDED FOR PREGNANT OR  
LACTATING WOMEN.  
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If your mushroom sinks to the bottom of the container, over the  
next few days it should rise to the top again. If it doesn't the mushroom  
will still go through the fermentation process and form a new baby on top.  
There is no need to throw either the tea or the mushroom away, and you can  
continue to use the mushroom and baby in other mixtures.

TASTE: The tea will have an invigorating taste similar to apple cider or  
apple cider vinegar. If the tea becomes too strong, you may dilute it with  
unsweetened, cooled, freshly brewed tea.

SIDE EFFECTS: You may experience a feeling of warmth as the tea causes your  
body to eliminate toxins out of your system. For the first week any  
previously-injured areas may be sore. This is your body working on healing  
any residual problems. After a week to 10 days, the only effects of the tea  
that you should notice are positive ones, such as more energy.

OTHER SUGGESTIONS: The slime in the bottom if unrefrigerated will form a  
mushroom on the top of the container it is in. This process takes a little  
over a week.



\*\*\*\*\*  
IMPORTANT  
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WHEN MAKING NEW TEA FROM THE MUSHROOM AND THE BABY, TAKE TWO CUPS OF THE 8 DAY FERMENTED TEA, AND PUT ONE CUP IN EACH OF THE TWO NEW TEA MIXTURES TO START THE PROCESSES AGAIN. THIS HELPS WITH THE ACIDITY OF THE NEW TEA.

BREWING THE KOMBUCHA MUSHROOM WITH GREEN TEA||



For persons wishing to lose weight, those suspected of having cancer, or other ailments, let the fermentation process go on for fourteen days, drink the same amounts as discussed above.

For those taking the tea for weight loss. When your desired weight is reached, continue drinking the eight day fermented tea.

POSSIBLE PROBLEMS--GROWING AND FERMENTATION OF YOUR MUSHROOM|||||

Do not smoke in the same room that your mushroom is growing as this may cause mold to form on the mushroom. If this does happen remember to boil two tablespoons of apple cider vinegar and add to the tea mixture, this will rid the tea and mushroom of any mold. The chances of mold forming are very rare, because of the mushrooms ability to self preserv.

Be sure and keep the cloth tight on the jar with a rubber band or a string, this keeps vinegar flies, and other insects from the jar.

Remember to keep the jars and utensils washed and rinsed in as hot a water as you have, and to rinse the mushrooms in warm water each time they are processed. Also clean hands are a must.

Well this is the main things to do for you to have a very healthy drink that should give you health and well being, as it has millions of others.