



# Kombucha: Manchurian Tea Mushroom: The Essential Guide

*Christopher Hobbs*

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## **Kombucha: Manchurian Tea Mushroom: The Essential Guide** Christopher Hobbs

This concise guide answers many commonly asked questions such as: Does kombucha have beneficial medicinal effects? Can it help fight cancer and other diseases? What are the traditions and history of kombucha? How is tea made from kombucha? And, most important, Is kombucha safe?



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