

# Fall Into Health

2013



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## A Home Brew that Brews Up Health! Kombucha—the Wonder Tea:

Kombucha is a natural detoxifier and immune booster. The history of Kombucha is as mysterious as the wide reported health effects from drinking the tea. Was it presented to Emperor Qinshi Huangdi during the Qin dynasty around 220 BC or was it brought to Japan later by a Korean Doctor, Dr. Kombu, in 414 AD? It did make its way along trade routes from Asia into Russia and then into Europe. Clearly in the past 5 years Kombucha brewing is going through another renaissance revival in several countries including the US, Europe and Australia. The reported health effects of Kombucha include weight loss, alleviating constipation, arthritis and rheumatism, stabilizing blood sugar, lowering cholesterol and blood pressure, treating gout and even cancer. (Continued on P. 2)

### Fall Into Health Promotion:

New Pts: \$20 off 1st Visit  
Return patients get \$20 off  
2nd appt booked in the  
same month. Insurance  
does not apply.

Expires November 30th  
2013

### Sensitivity:



2013

"Sensitivity is our heartfelt connection, birthed through our feelings. In today's society, many are afraid to be sensitive. We have become desensitized to our surroundings. Advanced souls, however, view their sensitivity as one with their spirituality. It is our sincerity spiraling from The Source. It speaks of being concerned, careful and compassionate. This, in turn, awakens the spiritual intervention and intermingling of a sense of responsibility...These are the makings for saving our world.

Remember: sensitivity confirms an acuteness of consciousness."

Universal Truths 1997

## Other Foods to Include for better GI Health and Digestion:

1. Ginger
2. Licorice
3. Sauerkraut
4. Yogurt & Kefir
5. Lemon
6. Red Beets
7. Sweet potatoes
8. Avocados
9. Miso Soup
10. Asparagus
11. Artichokes

\*Eat well, aid digestion and support a healthy intestinal bacterial ecosystem. Dr. G.

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## Kombucha—continued:

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So how does one start brewing up a batch?  
You will need the following to get started:

- \* 2 & 3/4 cup of water
- \* 1/2 cup of sugar
- \* 2 black or green tea bags
- \* 1/2 cup of “starter” brewed Kombucha tea
- \* 1 Kombucha Baby (also known as a Scoby)

Boil the water, add sugar, boil for 2 to 4 minutes, then remove from heat. Add the tea bags and let cool to room temp or let sit overnight. Remove the tea bags, then pour the tea into a glass quart jar. Add the “starter” tea and then place the Kombucha baby on top. \*\*Remember to keep the Kombucha baby and starter liquid at room temp. Now cover the jar with a cloth or with cheese cloth making sure that there is at least 2 inches at the top for the tea to breathe and ferment. Let it sit for 3 to 7 days. Keep it out of direct sunlight and remember that the longer it ferments the more sour and less sweet the flavor will be. After the tea has fermented pour off most of the liquid, leaving a cup with the Kombucha baby, and store in glass jars in the refrigerator. Now you can repeat the process. Your Kombucha baby will produce new babies on top. You can compost or give them away.

I use the Kombucha to marinate baked chicken and vegetables. It is also delicious in salad dressings and as an iced tea. Feel free to experiment and remember to eat and drink to your health! Dr. G.

PS—please ask me if you would like a Kombucha baby.

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