

Sources for Keeping Your Gut Happy With a Healthy Kombucha Recipe:

[What is a Microbiome and Why is it Important? Crystal Dawn Silas, MD](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4838018/>

<https://science.sciencemag.org/content/357/6353/802>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6422042/>