

Manchurian Mushroom Tea

Also Known as Kombucha

The following text about Kombucha is substantially that which was found on a few sheets of paper that came with the Kombucha starter culture I was given a few years ago. Harold W

Have you heard or read that there is a place in Siberia where people lived to be over 100 or 130 years old? They are a healthy happy people even at that age. We would like to share what is said to be their secret. Manchurian Mushroom Tea which originated in Shoegachum Manchuria. Those who have taken the Manchurian Mushroom Tea attest enthusiastically and solemnly that it works.

There is an area in Russia called Kargasok where people live to be well over 100 years old. 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. The 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 (gut) and it metabolises readily.

The ancient yeast culture tea which the Kargasoks believe sustains their excellent health into their hundreds found its way to Japan when a prominent Japanese travelled to Kargasok. She observed the unusually healthy people; that the women were virtually without wrinkles and have few visible signs of ageing. It was disclosed to her that everyone drank at least 150-250 millilitres of the Kombucha daily. Upon returning to Japan with the yeast culture and instructions on how to make it, She shared it with her close friends. After drinking it for several weeks friends reported an astonishing difference in how they felt physically. Her report also claims pronounced lowering of high blood pressure, the fading of wrinkles, the gradual beginning of hair restoration and an over all feeling of well being. Today over a million Japanese drink the fermented tea daily. It is a common conversation piece on television and over the radio

Dr. Pan Pen a Japanese scientist reports his findings: the tea helps restore hair growth after 4-6 months and grey hair will darken, it can reduce liver disorders and gallstones, it can help cure arthritis, it can strengthen eyesight, because the culture contains three basic vital elements needed by the body. He claims that the tea is a life extender.

Dr. Sklenar of Germany is using this tea to support cancer treatment. He believes that this tea can prevent cancer if drunk daily.

The first recorded use of the tea was during the Chinese empire of the Tsin Dynasty in 221 B.C. It was referred to as. 'The remedy of immortality' or the 'Dynasty Tsche' Dr. Kombu from Korea brought the tea to Japan during the reign of Emperor Inkyo. Afterwards. this tea was used throughout China. Japan and Korea. and was later introduced in Russia and India.

It was called by several different names: Fungus Japonicas, Fungo-japon, Kombucha, Pichia fermentans, Cembuya Orientalis, Combucho, Tschambucco, Volga Spring, Mo-Gu, Champinon de langue vie, Teekwass, Kwassan, and Kargasok Tea.

The kombucha fungus is built in membrane form and is a symbiosis of yeast cells and different bacteria. Among these bacteria are: Bacterium xylinum, Bacterium gluconicum, Acetobacter ketogenum, and Pichia fermentans. The kombucha fungus needs to live in a solution of black tea and sugar. At the right temperature they multiply constantly. They don't build spores as yeast normally does, but instead multiply by a process producing 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 tissue; Chondroitinsulfate acid which is the basic substance in our cartilage; Mucoitinsulfate acid which is for the mucous and for the vitreous (eye), and also Heparin and lactic acid which is especially for our colon. Kombucha works like a natural antibiotic.

The Kombucha 1X 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 aid those under stress.

We ask that the Manchurian Mushroom and its tea be distributed free of charge. The Manchurian Mushroom should not be used to replace professional medical help. Consult your doctor if you have a problem. Use the tea to help in recovery and in preventing recurrences of the problem.

USING AND PROPAGATING THE MANCHURIAN MUSHROOM

The Manchurian Mushroom needs to be kept in a glass container. A ceramic, unglazed or salt glazed earthenware pot should also be suitable.

Once every seven to ten days you will notice that the Mushroom is propagating itself forming a baby mushroom, of the same size, over the original mushroom. Separate them with your hands by carefully pulling them apart. Place each one in a different container with a new batch of tea to start the process all over again. This weekly process will continue to occur with all your mushrooms and babies. The original mushroom may be used again or given away.

From time to time, you may notice that your mushroom has trapped gas under it. To release the bubbles just press the area down until the gas bubbles out from under it.

MAKING THE TEA

Boil a litre or two of water in a heat resistant glass container for a few minutes add 100 mg of sugar for each litre water and let it boil for a minute or two. Remove from the heat and add tea. One tea bag or a tea-spoonful of loose tea for each litre of water used. When the tea is not too hot to touch remove the tea-bag or strain the loose tea leaves. Place the starter mushroom on top, with the side without the tea stains uppermost and add any any kombucha-tea that accompanied the starter.

For subsequent brews add about ten percent (10%), of the volume of the sweetened tea for brewing Kombucha, from the previous batch. You may vary the proportion of tea and sugar in subsequent batches to find your preference.

Keep the container in a warm dark place. Swaddle in woolly material to retain the heat. Cover but allow for some breathing. For success a temperature above about 25° C is important.

Before making the next batch, decant the mushroom tea into another glass container and store in a cool dark place. Strain and drink some mushroom tea daily.

Pure mountain spring water ought to be preferred if readily available from a reliable source rather than the processed chlorinated and fluorinated river and bore hole water on tap from the water company. Try searching with Google or other search engine for ' Pharmaceutical residues in drinking water' . You may be drinking that tap water for the nth time!

WHAT WILL IT DO?

The Manchurian Mushroom is said to help with the following:

- 1. Eliminates wrinkles and helps with the removal of brown spots on the hands.**
- 2. Prevents certain types of cancer. In Manchuria where it originated, there are no reported cases of cancer. People drank this tea every day.**
- 3. During menopause, it reduces flash discomfort. Just after drinking the Manchurian Mushroom Tea you may feel a warm sensation. This is due to the tea components joining the blood stream, which causes your body to dump any poison being retained. This detoxification will result in a noticeable increase in mobility in your extremities and flexibility around your waist,**
- 4. It helps constipation.**

5. It helps with bronchitis asthma and coughs; also helps children with phlegm.
6. It helps with muscular aches and pains.
7. It helps with allergies.
8. It is prescribed for kidney problems.
9. It has proven effective with cataracts and other formations on the cornea.
10. It cleanses the gall bladder and helps colitis and nervous stomach.
11. It lowers cholesterol and soften veins.
12. It will stop infectious diarrhoea.
13. It helps burning of fat and therefore helps one to loose weight.
14. Its good for insomnia sufferers.
15. It helps the liver work more efficiently.
16. It helps level off glucose and sudden drops of blood sugar in diabetics. If taken daily it will eliminate urea in 100 days.
17. It has a surprising effect on the scalp helping to avoid balding and dandruff; it thickens the hair and slows hair greying.
18. It aids digestion.

The Manchurian Mushroom should not be used to replace medical help. If you have a problem, consult your physician. Use the tea to help in your recovery and prevent recurrence of the problem.

DOSAGE OF MANCHURIAN MUSHROOM TEA

Start with 50 ml. Over a few days, you can increase it to 200 ml. Do not take more than 200 ml. a day. For the tea to properly work you need to drink all 200 ml. the first thing in the morning on an empty stomach. Wait fifteen minutes for the tea to be absorbed into your system before taking anything else.

The tea can be taken by children in the same fashion and quantity. You can also add 30 ml. to the baby bottle.

The tea will have an invigorating taste similar to an an apple cider. If the tea becomes too strong to drink dilute it slightly with unsweetened freshly brewed tea.

POSSIBLE SIDE EFFECTS

You may experience hot flashes as the tea makes you detoxify for the first week Any previous injured part of your body may be sore This is your body working on any residual damage. After a week there should be little if any effect from the tea, except that you will feel better and more energetic.

*~ May all beings be well and happy ~
~ Sabbe Sattha Suki Honthu~*

(This statement expresses the spiritual outlook that guides all good thought and action; Chanting this is a spiritual exercise popular with Buddhists)

(For best health results repeat many times while focussing on your breathing at the same time, aloud or silently before and after taking Manchurian Mushroom Tea and at other times of the day... Do this alone or together with family and or friends.)