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HEALTH & WELLNESS



**Generation Regeneration Archives Available**  
**November 17th 2015: Trust Your Gut with Kombucha Kamp Founder Hannah Crum**

Trust Your Gut will feature Kombucha Kamp Founder and Master Brewer Hannah Crum. Hannah is a leader in the Kombucha business, and Kombucha Kamp is the most visited website in the world for quality Kombucha information, recipes and supplies. She will educate us about the long history of this healthy, fermented drink. It may be gaining popularity recently, but it's been around for a long time! Hannah will also discuss the importance of gut health on many body systems and how Kombucha can play a role in enhancing our gut microbiome. Hannah mentors new and experienced Kombucha brewers and will exp

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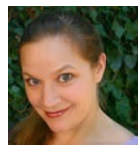
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#### Featured Guest



#### Hannah Crum

Hannah Crum is The Kombucha Mamma, founder of Kombucha Kamp (<http://www.kombuchakamp.com/>), the most visited website in the world for quality Kombucha information, recipes and supplies. KKamp's mission is to "change the world, one gut at a time."

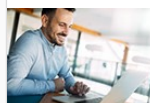
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