

3rd International Conference and Exhibition on **Food Processing & Technology**

July 21-23, 2014 Hampton Inn Tropicana, Las Vegas, USA

The healthy beverage of kombucha - A key for the eternal health and the remedy for the whole body

Mirjana Menkovska

Sts. Cyril and Methodius University, Macedonia

Today we are more often witnesses of a progressively returning to the natural healing methods, to the remedies and foods of natural origin. This is one of the reasons of the great popularity of the healthy beverage known as kombucha. kombucha represents a symbiotic community of yeast mushrooms and lactic acid bacteria nourishing with sugar in green or black tea and producing valuable substances such as glucuronic, lactic and pholic acid, vitamin C and B group vitamins, amino acids, and antibiotic components. Originating from the far East, kombucha today like in the past centuries is used around the world as an refreshing beverage, also as a remedy for treatment of numerous diseases. Being a main topic of numerous scientific papers, as well as the statistics from a survey over a group of several hundred people from all over the world who share their experiences with kombucha on a daily basis, this healthy beverage has confirmed its healing action which is based on its marvelous composition. In this paper home and domestic industrial methods for preparing the beverage as well as other healthy products of kombucha tea mushroom are presented, revealing the key of its positive effects on the whole body in prevention and healing of diseases.

Biography

Mirjana Menkovska is full Professor at the Department of Food Technology and Biotechnology at the Institute of Animal Science, Sts. Cyril and Methodius University in Skopje, Macedonia. She graduated at the Faculty of Technology and Metallurgy in Skopje in 1976, she took MS Degree in Instrumental Analysis at the same University in 1982, and PhD degree in Food Technology at the University of Belgrade, Serbia in 1993. She was research visiting scientist at many known research centers in the world such as Grain Marketing research Center in Manhattan, Kansas, USA and Cereal Research Institute in Detmold, Germany and other. She published more than hundred thirty papers in domestic and foreign scientific journals; and participated at more than sixty scientific meetings in the country and abroad. She was leader of many domestic and international scientific projects. She is author of a scientific book and she has translated three books from English into Macedonian language, and has reviewed two books. She is senator at the University Senate of the University in Skopje and was its Rector candidate in 2012. Her field of expertise is food technology-cereal science and technology, food processing and new products developing, functional food, quality and safety of food and feed and food instrumental analysis. She was awarded for scientific book in 2004 and got Recognition for contribution to the Eu/ICC Cereal Conference 2002 "ECC 2002-ERA". She was for a long time member of AACCC, RACI and ICC National Delegate, as well as of many other world scientific associations and member of many Scientific and Organizing Committees at international and domestic scientific conferences.

menkovska06@yahoo.com