

1. AMAZING HEALING POWER OF KEFIR (Pronounced Kêh-feer')

Note: *The following is true about homemade Kefir. Commercially sold Kefir is another story.*



Kefir's Superior Therapeutic Nutrition

More than just beneficial bacteria, Kefir contains minerals and essential amino acids that help your body with its natural healing powers and maintenance functions. Kefir contains 42 different strains of friendly bacteria. The complete proteins in liquid Kefir are partially digested and therefore more easily utilized by the body. Kefir has an abundance of vitamins, minerals, amino acids and enzymes. Some of the more prominent of these are calcium, phosphorus, magnesium, vitamin K, A, C and D. According to Vivian Goldschmidt, M.A., Kefir is a potent source of calcium (approx. 300 mg. per cup) that your body can absorb because unsweetened cultured Kefir is acid neutral which is not true of pasteurized milk, as the pasteurization process turns the alkaline raw milk to highly acidic. Kefir is great for pregnant and nursing mothers and for babies to ease intestinal upsets.

Why Kefir is better than yogurt:

"The reason Kefir is superior to yogurt", explains writer Giselle Parker, "is because Kefir has tons more beneficial bacteria in it. While 500 ml of yogurt contains close to 1.5 trillion organisms, the same amount of Kefir contains a mind-numbing 5 trillion beneficial and friendly bacteria. What this simply means is, a whole lot more friendly bacteria doing lots of good little things to your body that yogurt can't do."

Tryptophan: One of the essential amino acids abundant in Kefir, tryptophan is well-known for its relaxing effect on the nervous system. Because it also offers loads of calcium and magnesium -- both of which are critical for a healthy nervous system -- Kefir in the diet can have a particularly calming effect on the nerves.

Rich in the B Vitamins: Kefir is an excellent source of Vitamin B₇ (biotin), which aids the body's absorption of other B vitamins, B₁ (Thiamine), B₂ (riboflavin) B₃ (niacin), B₆ (Pyridoxal phosphate), B₉ (folic acid), and B₁₂ (cobalamin). The many advantages of maintaining adequate B vitamin intake range from regulation of the normal function of the kidneys, liver and central nervous system to helping promote **healthy looking skin and hair, boosting energy and promoting longevity**. It is known that people who experience depression are usually low in their B vitamins.

Kefir may also alleviate anxiety. Studies have shown that those put on a Kefir diet have consistently had less anxiety. This may be because the fermentation process produces high levels of tryptophan, which converts into serotonin in the brain, thus producing a relaxing effect. (*Conscious Eating by Gabriel Cousens, p.736*)

Kefir's ample supply of phosphorus – the second most abundant mineral in our bodies -- helps utilize carbohydrates, fats, and proteins for cell growth, maintenance and energy.

Kefir reduces cholesterol – Studies have shown that milk cultured for 24 hours with live kefir grains has been found to have cholesterol reduced up to 63% and milk that was stored to 48 hours had up to 84% of cholesterol disappear.

Kefir kills harmful bacteria: Scientists tested the Kefir in the Caucasus Mountains for any type of harmful bacteria. But much to their surprise, they found nothing. Deep in the mountains where sanitary conditions are much worse than ours, the scientist refused to believe there was no harmful bacteria to be found. Creating a possible scenario that a piece of animal fecal matter would fall into the milk, they injected the E. Coli bacteria into the Kefir. Within 24 hours the E. Coli was destroyed by Kefir whey's beneficial bacteria. Kefir has also demonstrated the ability to kill H. pylori infections when bacteria alone could not. In addition, the complex

micro flora of Kefir has also shown a keen ability to greatly stimulate our immune system, ward off infections.

This is because when Kefir is consumed as a drink, it creates a healthy mucous lining in the colon, which acts as a good medium to support the growth of beneficial bowel flora which helps to prevent parasitic infections and cancer as well as constipation. This means Kefir is beneficial in preventing many gastrointestinal disorders.

Kefir is a natural antibiotic which exudes bacterial inhibitory factors that prevent the growth of harmful bacteria. Various medical reports have shown that Kefir has been helpful in the treatment of psoriasis, eczema, allergies, migraines, gout, rheumatic arthritic conditions, candidiasis and colitis. The World Health Organization has reported that Kefir has been effective in treating tuberculosis and typhoid fever. *See below for full list of diseases that have responded to Kefir.

Make Your Own Kefir and Save \$

Kefir is a very ancient remedy for ill-health and it is economical when you make your own. Producing drinkable Kefir from Kefir grains is simple and easy. When a clump of grains grows too large, you can pull off a piece and eat it or share it with a friend who needs a Kefir starter. According to **an old ethic of traditional kefir making, the grains must never be sold, but may be freely given away those desire want them.**

Why Store-bought Kefir is not nearly as beneficial: (*Buyer beware of probiotic scams! If it doesn't say "made from live kefir grains", then it is not real kefir.*)

Home-made Kefir from live Kefir grains is far superior to the bottled kind you can buy at health food stores. As a matter of fact, the store-bought kefir is made so differently than the homemade kind, that it isn't real kefir at all, but a weak derivative. Commercial Kefir is made from either a freeze dried powdered form of the culture, or from a culture made from a culture, which means it has considerably less healing power. Then it must be pasteurized, which kills the living microorganisms. They put additives in it such as "natural" undefined flavors, and then add a little commercial "probiotic" to try and replace what was killed by the pasteurization process so they can label it a probiotic. Totally not the same and not as beneficial as the real traditionally made kefir.

For example: studies have shown that commercial kefir not made with live kefir grains did nothing to lower bad cholesterol, while the real kefir made using live kefir grains lowered bad cholesterol levels significantly.

The reason why is:

The homemade kefir contains billions of friendly organisms per millilitre, and the organisms are alive and actively reproducing right up until the kefir is consumed along with ample amounts of kefiran and variations of the polysaccharide. Commercial kefir does not contain anywhere near the different types of organisms including yeasts as does kefir prepared with live kefir grains. Certain strains of organisms in the kefir grains cannot be cultured once they are separated from the microflora. Hence, these organisms are not found in artificial kefir-starters, or in commercial kefir. We simply do not yet know how to create these organisms. What their requirements are, and how they interact with the rest of the microflora remains a mystery to scientists and dairy technologists.

2. HOW-TO MAKE TRADITIONAL HOMEMADE KEFIR

What you will need to make 2-cups of Milk Kefir ***Ratio: 1 Tbsp. Kefir grains to 1 cup of milk.**

- 2 Tbsp. Live Kefir-grains
- 3 to 4-cup clean glass jar (two of them)
- Nylon or stainless steel mesh-type strainer and spoon (Do not use aluminum or other metal as it will leach into the Kefir.)
- Suitable container with wide open mouth for straining Kefir into, and clean bottle with lid to store Kefir
- 2 Cups fresh milk of any kind, the most economical being freshly made powdered milk. *Do not make up powdered milk with tap water unless you get rid of the chlorine first as it will kill your grains.* [other suitable milk types-- Raw un-pasteurized or pasteurized whole milk, fat-reduced, non-fat milk from Goat, Cow, Sheep, Buffalo, Camel and Mare's milk.]

Instructions: (3 simple steps)

1. Measure your Kefir grains, then place in clean glass jar, with appropriate amount of fresh milk (1 Tbsp. grains to 1 Cup milk). Cover with cloth secured with rubber band and let stand at room temperature (68°-71°) for 24 hrs.
2. After culturing kefir grains in milk 24 hours, strain them to separate the live grains from the Kefir liquid by pouring it into a plastic or stainless steel strainer with suitable container beneath to catch the liquid Kefir. Repeat step one with the live kefir grains. Follow step three with the liquid kefir.
3. Put the strained liquid Kefir in a clean jar and close lid. Let stand at room temperature for another 24 hours before drinking to let the culture manufacture a high content of B Vitamins (Whey will sit at the top instead of the bottom when ready.) When your liquid Kefir is 48 hours old, it is ready to drink or store in refrigerator.

Serving Suggestions:

- blend with fruit to make a smoothie (bananas, strawberries, peaches, mangos, blueberries or other berries; or apple with cinnamon spice, pumpkin w/pie spice), or fruit juice
- make a milk and honey drink with honey, agave nectar, or maple syrup to your taste.
- make a veggie drink and add spices to taste.

Kefir Tips:

- To avoid damaging your Kefir grains, **never add Kefir grains to a hot jar straight after washing the jar with hot water!** Slightly warm is okay.
- Designate a spot away from direct sunlight for Kefir fermentation, in a cupboard, etc. Do not fill the fermenting jar more than 3/4, otherwise the milk will overflow after some hours of fermentation. If the jar is sealed airtight, a slightly carbonated Kefir results. Kefir is mostly prepared with the lid ajar, or cloth covered so that gas produced through fermentation is allowed to escape.



- During fermentation, gently stir the jar for about 5 seconds when ever you can after the first 8 hours of fermentation. This action feeds the micro flora of Kefir grains by bringing lesser fermented milk to the Kefir grain-organisms, while at the same time, inoculates portions of milk with the organisms that leave the surface of the grains.

• When you observe small pockets of whey in the curd, it's ready to strain. It is usually best not to ferment for too much longer after the Kefir shows signs of thickening, or small pockets or layers of a pale-yellow liquid [whey] in the curd, otherwise a sourer Kefir results, and quite likely with separation becoming more prominent as 2 layers consisting of a thick white curd with whey at the bottom of the container. This does not mean it has gone bad, but it can make straining more difficult, and some folks may find it too sour for their taste.

- Stirring the Kefir right before straining makes straining a little easier. It usually gives the strained Kefir better consistency.

• as long as Kefir grains have a relatively consistent supply of food, they can live, theoretically, forever.

When you first start drinking your homemade Kefir, to avoid a healing crisis by detoxing too quickly, follow this routine: drink 4 oz. each day the first 2 days, 6 oz. each day the next 2 days, and 8 oz. each day the next 2 days, and so on until you get to the point where you can drink all you want.



Kefir FERMENTED for 24 & 48 HOURS

NOTE: The particular batch in the photo demonstrates the natural coagulation of milk through fermentation of Kefir at 24 and 48 hours at about 22°C [71°F] room temperature. Milk quality, the nature and the activity of the grains will depend on temperature or season. This particular batch is quite creamy.

Most of the above information and more can be found at Dom's Kefir website: <http://www.kefir-grains.com>

3. WANT TO GET YOUR OWN LIVE KEFIR GRAINS?

To find live Kefir grain owners near you, go to: <http://www.torontoadvisors.com/Kefir/kefir-list.php>
(International Kefir List)

***Some of the known health benefits of live Kefir made from live Kefir grains:**

1. Strongest natural remedy against any allergy
2. Strongest natural antibiotic without side effects
3. Treats liver disease
4. Treats gallbladder, dissolves gall bladder stones
5. Clears the body of salts, heavy metals, radionuclides, and alcoholic products
6. Cleans the body of chemical antibiotics
7. Treats kidney stones
8. Good bacteria in kefir are able to fight off pathogenic microorganisms
9. Lowers level of LDL cholesterol
10. Cleans the gastrointestinal tract
11. Treats Irritable Bowel Syndrome
12. Treats gastritis
13. Treats pancreatitis
14. Treats ulcers
15. Prevents and treats colon cancer
16. Improves digestion
17. Improves the body functions
18. Improves the human immune system
19. Cures Candida
20. Cures hypertension
21. Stops growth of cancer cells
22. Speeds up healing process
23. Treats psoriasis
24. Treats eczema
25. Treats inflammatory diseases
26. Reduces size of tumors
27. Treats heart disease
28. Reverses calcination of blood vessels
29. Clears the blood vessels
30. Boosts the bodies energy
31. Natural "feel good" food
32. Treats lung infections
33. Normalizes metabolism thereby can be used for weight loss
34. Cures acne
35. Has anti-oxidants and anti-aging properties
36. Nourishes hair
37. Treats the gum disease parodontosis
38. Lessens side effects of medicines
39. Replenishes body of good bacteria after antibiotic
40. Balances the microflora of the body's digestive system
41. Regulates blood pressure
42. Lowers blood sugar
43. Lowers blood lipid levels or cholesterol and fatty acids
44. Treats diarrhea
45. Treats constipation
46. Promotes bowel movement
47. Anti-stress properties
48. Treats sleeping disorders
49. Treats depression

50. Treats attention deficit hyperactivity disorder
51. Improves the brains neuro functions like reflexes, memory retention, attention, the five senses
52. Reduces flatulence
53. Lactic acid fermentation enhances the digestibility of milk-based foods. People who cannot otherwise digest milk, can enjoy the vital calcium rich Kefir.
54. Treats yeast infection
55. Eliminates vaginal odors
56. Cures wrinkles
57. Treats arthritis
58. Treats colitis
59. Treats gout
60. Cures migraines
61. Treats rheumatism
62. Treats other stomach disorders
63. Detoxifies the body
64. Improves protein quality of milk, and enhances absorption and digestion
65. Good bacteria manufacture B vitamins such as B3, B6 and folic acid.
66. Aids in treating tuberculosis
67. Treats stomach cramps
68. Treats chronic intestine infections
69. Treats liver infections
70. Treats asthma
71. Treats bronchitis
72. Treats sclerosis
73. Treats anemia
74. Treats hepatitis
75. Healing effects on catarrh, digestive nodes, astral nodes, bilious complaints
76. Treats leaky gut syndrome
77. Prevents metastasis

