

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.

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.

