

## Nutritional Benefits of Kefir

### **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.

**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 B<sub>7</sub> (biotin), which aids the body's absorption of other B vitamins, B<sub>1</sub> (Thiamine), B<sub>2</sub> (riboflavin) B<sub>3</sub> (niacin), B<sub>6</sub> (Pyridoxal phosphate), B<sub>9</sub> (folic acid), and B<sub>12</sub> (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.

