

Nutrition Therapy

Highlights

Milk Kefir

What is Kefir?



Kefir Benefits...

Easily digested, it cleanses the intestines, provides beneficial bacteria and yeast, vitamins and minerals, and complete proteins. Because kefir is such a balanced and nourishing food, it contributes to a healthy immune system and has been used to help patients suffering from AIDS, chronic fatigue syndrome, herpes, and cancer. Its tranquilizing effect on the nervous system has benefited many who suffer from sleep disorders, depression, and ADHD (attention deficit hyperactivity disorder).

The regular use of kefir can help relieve all intestinal disorders, promote bowel movement, reduce flatulence and create a healthier digestive system. In addition, its cleansing effect on the whole body helps to establish a balanced inner ecosystem for optimum health and longevity.

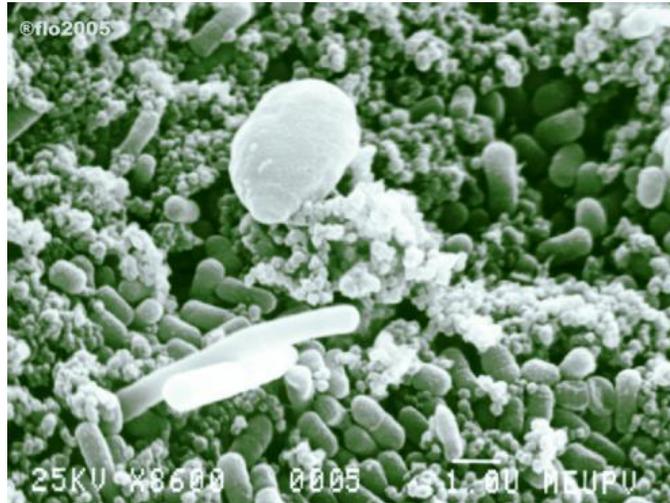
Kefir can also help eliminate unhealthy food cravings by making the body more nourished and balanced. Its excellent nutritional content offers healing and health-maintenance benefits to people in every type of condition.

Good Bacteria

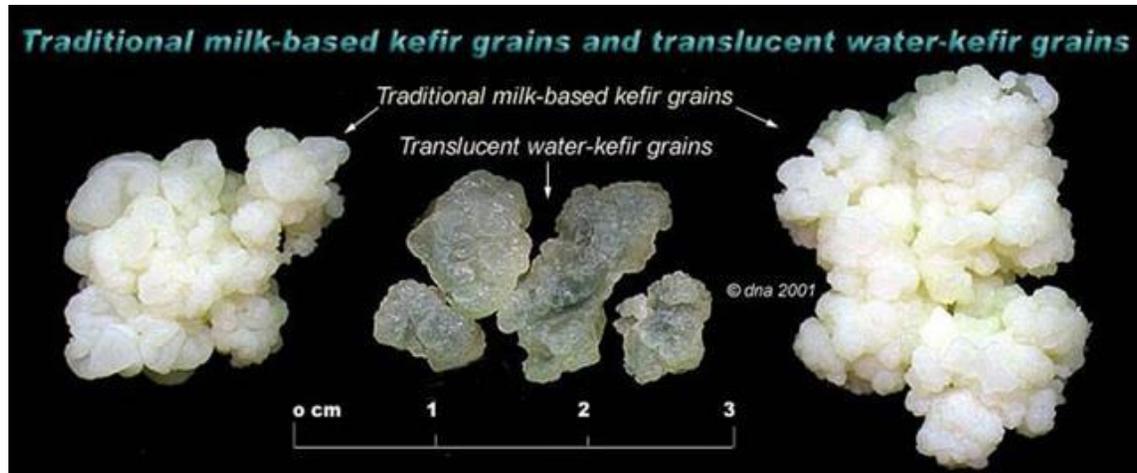


for digesting food

Composition of Milk Kefir Grains: Bacteria & Yeasts



Milk kefir grains are a combination of live bacteria and yeasts that exist in a symbiotic matrix on a surface of a complex polysaccharide with a casein core. Kefir strains can vary according to where they have been cultured over periods of time, resulting in a highly variable community of lactic acid bacteria and yeasts.



This is a list of the specific set of active bacteria and yeast generally known to comprise the milk kefir culture in live grains. The strains listed may include numerous subspecies and variants. The total number of strains of bacteria and yeasts in any kefir culture may number in the hundreds!

Please note: this list is for general informational purposes only. We do not test individual batches of milk kefir grains for yeast and bacteria content; therefore we cannot make any guarantees to the exact probiotic makeup any particular set of milk kefir grains.

Bacteria

Lactobacillus acidophilus

Lactobacillus brevis

Lactobacillus casei

Lactobacillus delbrueckii subsp. bulgaricus

Lactobacillus delbrueckii subsp. delbrueckii

Pseudomonas

Pseudomonas fluorescens

Pseudomonas putida

Streptococcus thermophilus

Lactobacillus delbrueckii subsp. lactis
Lactobacillus helveticus
Lactobacillus kefiranofaciens subsp. kefiranofaciens
Lactobacillus kefiri
Lactobacillus paracasei subsp. paracasei
Lactobacillus plantarum
Lactobacillus rhamnosus
Lactobacillus sake
Lactococcus lactis subsp. cremoris
Lactococcus lactis subsp. lactis
Lactococcus lactis
Leuconostoc mesenteroides subsp. cremoris
Leuconostoc mesenteroides subsp. dextranicum
Leuconostoc mesenteroides subsp. mesenteroides.

Yeasts

Candida humilis
Kazachstania unispora
Kazachstania exigua
Kluyveromyces siamensis
Kluyveromyces lactis
Kluyveromyces marxianus
Saccharomyces cerevisiae
Saccharomyces martiniae
Saccharomyces unisporus



Benefits Of Kefir



Milk Yogurt



Milk Cheese



Milk



Milk Butter



Milk Ghee