

What is Kefir? Kefir is the most powerful probiotic drink in the world, and it has existed in many cultures for thousands of years. It looks like yogurt, or a yogurt drink; however, it is vastly more powerful:

	Kefir	Kombucha	Yogurt	Sauerkraut
Probiotic Strains	30 - 60 or more	10 - 15	2 - 7	4-12+
CFU Per Milliliter	10 B illion	10 Million	100 Million	100 Million

* Commercial products will have far few probiotics.

* CFU = Colony Forming Units = living bacteria or yeast that can reproduce.

* It is healthier to consume multiple probiotics, such as all those listed above.

The quality of the product has an enormous impact on the probiotic and nutrition content, so always choose the most natural products you can find.

- Kefir made with organic raw milk from grass-fed (pastured) cows has additional probiotics, enzymes, amino acids, vitamins, and minerals (boron, magnesium, etc.).
- Kefir that is fermented a 2nd time with added fruits will have even more vitamins, especially folic acid and the B vitamins (B6, B9, & B12).
- Kefir that is ripened (aged) several days continues to eliminate any remaining lactose, and continues to increase nutritional content and probiotics.

Kefir is a nutritional powerhouse, containing many valuable nutrients in abundance:

- Tryptophan, an essential amino acid that is known for relaxing the nervous system.
- Phosphorus, which is important for cell growth, maintenance, and energy.
- Biotin (Vitamin B7), Pantothenic acid (B5), Folic acid (B9, Folate, etc.), Riboflavin (B2), B12, and B1, are all in abundance, and are more effective together.
- Vitamins K2, D, and A, along with calcium, magnesium, and boron work together to promote strong bones and prevent osteoporosis and other such diseases.
- High quality protein and healthy fats, which are essential for your body to actually absorb and use many of the other nutrients.
- A lot of enzymes, such as lactase, which digests lactose. Thus, most people that are lactose intolerant can consume kefir with no problem, and may find that they can then enjoy other dairy products as well. Kefir provides the bacteria that produce the lactase enzyme.

Kefir will aggressively populate your digestive system with many beneficial organisms that will kill pathogens in your gut, and thus strengthen your immune system. It has been shown to help fight countless diseases, including cancer, and even helps to mitigate the damaging effects of antibiotics, chemotherapy, pollution, and more.

Shake or stir well before drinking :-)