

Healing Foods

KEFIR



Kefir is a living cultured food filled with over 30 strains of beneficial yeast and bacteria. These friendly flora populate the gut to give your body many of the following benefits. If purchasing premade kefir check the ingredient list to be sure you are not getting added sugars, flavors or colors. Homemade is always best. See the resources section for more information and to purchase your own cultures. You can also ask around your friend circle to see if anyone has kefir grains to share.

Health benefits:

- Maintains a healthy digestive tract.
- Cleanses the colon.
- Promotes a healthy gut.
- Builds flora in the gut which can strengthen the immune system, balance hormones, and fight harmful bacteria, viruses and fungus.
- Helps reduce bloating and gas.
- Helps lower cholesterol.
- High in calcium for strong bones (dairy kefir)
- Anti-inflammatory action.
- Antibiotic properties.

Resources for further learning:

- Culturesforhealth.com
- Bodyecology.com