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Kefir, the miracle food, is known as a superb probiotic source. With rich probiotic content, it automatically has a positive effect on our bodies. Kefir and Kefir grains have been around for centuries and centuries back, and all for a good reason.

Over the years while studying and experimenting on kefir and kefir grains, I have compiled a list of the known benefits that kefir may be able to cure. I have personally seen many of these health benefits throughout the years and I really do hope it helps you too.

Here are some of the known kefir health benefits:

- Strongest natural remedy against any allergy
- Strongest natural antibiotic without side effects
- Treats liver disease
- Treats gallbladder, dissolves gall bladder stones
- Clears the body of salts, heavy metals, radionuclides, and alcoholic products
- Cleans the body of chemical antibiotics
- Treats kidney stones
- Good bacteria in kefir are able to fight off pathogenic microorganisms
- Lowers level of LDL cholesterol
- Cleans the gastrointestinal tract
- Irritable Bowel Syndrome
- Treats gastritis
- Treats pancreatitis
- Treats ulcers
- Prevents and treats colon cancer
- Improves digestion
- Improves the body functions
- Improves the human immune system
- Cures Candida
- Cures hypertension
- Stops growth of cancer cells
- Speeds up healing process
- Treats psoriasis
- Treats eczema
- Treats inflammatory diseases
- Reduces size of tumors
- Treats heart disease
- Reverses calcination of blood vessels
- Clears the blood vessels
- Boosts the bodies energy
- Natural "feel good" food
- Treats lung infections
- Normalizes metabolism thereby can be used as for weight loss
- Cures acne
- Has anti-oxidants and anti-aging properties
- Nourishes hair
- Treats the gum disease parodontosis
- Lessens effects of medicines
- Replenishes body of good bacteria after antibiotic

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Balances the microflora of the body's digestive system
Regulates blood pressure
Lowers blood sugar
Lowers blood lipid levels or cholesterol and fatty acids
Treats diarrhea
Treats constipation
Promotes bowel movement
Anti-stress properties
Treats sleeping disorders
Treats depression
Treats attention deficit hyperactivity disorder
Improves the brains neuro functions like reflexes, memory retention, attention,
the five senses
Reduces flatulence
Lactic acid fermentation enhances the digestibility of milk based foods. People
who cannot otherwise digest milk, can enjoy the vital calcium rich Kefir.
Treats yeast infection
Eliminates vaginal odors
Cures wrinkles
Treats arthritis
Treats colitis
Treats gout
Cures migranes
Treats rheumatism
Treats other stomach disorders
Detoxifies the body
Improves protein quality of milk, and enhances absorption and digestion
Good bacteria manufacture B vitamins such as B3, B6 and folic acid.
Aids in treating tuberculosis
Treats stomach cramps
Treats chronic intestine infections
Treats liver infections
Treats asthma
Treats bronchitis
Treats sclerosis
Treats anemia
Treats hepatitis
Healing effects on catarrh, digestive nodes, astral nodes, bilious complaints
Treats leaky gut syndrome
Prevents metastasis
Cures bad morning breath