Kefir Health Benefits

Kefir, the miracle food, is knows as a superb probiotic source. Easily digested, it cleanses the intestines, provides beneficial bacteria and yeast, vitamins and minerals, and complete proteins.

*"All disease begins in the gut." Hippocrates*

Here is a list of the known health benefits:

1. Strongest natural remedy against any allergy

2. Strongest natural antibiotic without side effects

3. Its large dose of serotonin has 'feel good' effect on brain

4. Treats gallbladder and dissolves stones

5. Clears the body of salts, heavy metals and alcoholic products

6. Cleans the body of chemical antibiotics

7. Treats kidney stones

8. Good bacteria in kefir are able to fight off pathogenic micro organisms

9. Lowers level of LDL cholesterol

10. Cleans the gastrointestinal tract

11. Irritable Bowel Syndrome

12. Treats Gastritis and ulcers

13. Treats pancreatitis

14. Prevents and treats colon cancer

15. Improves digestion

16. Improves the immune system to your body can heal itself

17. Cures Candida

18. Cures hypertension

19. Stops growth of cancer cells and reduces size of tumors

A picture containing milk, beverage

Description automatically generated20. Speeds up healing process

21. Treats eczema

22. Treats inflammatory diseases

23. Treats heart disease

24. Clears blood vessels

25. boosts the body's energy

26. Treats lung infections

27. Normalizes metabolism, thereby can be useful in weight loss

28. Cures acne

29. Has anti-oxidants and anti-aging properties

30. Nourishes hair

31. Treats liver disease

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Dairy Class at Milk & Honey Homestead

Saturday, May 22

10–11:30

$25/household

Learn the incredible health benefits

of turning fresh milk into Kefir products and butter.

Boost your immune system with homemade kefir.

Class includes: Kefir Starter Kit, Recipes & Handouts, Butter Demonstration, Tasting

& skin mask. Come learn the amazing health benefits of this 'drinkable yogurt'.

A picture containing food, cup, indoor, plate

Description automatically generated A picture containing table, food, indoor, dessert

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Straining kefir grains BUTTER from grass fed cows.

Limited Space Available. Please rsvp to TAMI @ 417-7506