On the left is kefir grains that grew in raw brown sugar. On the right is the same grains that grew in white sugar. If you add molasses, the grains look more dark, but are the same tibicos water kefir grains.

WATER KEFIR
Links for water kefir video
http://www.youtube.com/watch?v=_7svkQuUYYc&feature=related
http://www.youtube.com/watch?v=jdH50nK2kD8

If You Need Assistance with your water kefir

100% Organic Water Kefir

Very Good Water Kefir Videos Below

https://www.youtube.com/watch?v=_7svkQuUYYc&feature=related
https://www.youtube.com/watch?v=jdH50nK2kD8
https://www.youtube.com/watch?feature=endscreen&NR=1&v=2zVl1c115_A
Dear Buyer,

Thank you for buying Water Kefir. When your package arrives, take out the Water Kefir grains, wash them with filtered clean water and follow the basic recipe.

**How to make Water Kefir**

You need:
Glass jar
measuring cup
plastic or wooden spoon
plastic measuring spoons
plastic strainer
paper filter, rubber bands

NEVER use metal utensils

**BASIC RECIPE:**

Place 4 cups of room temperature filtered water in glass jar.
Add ¼ cup of sugar.
Stir until the sugar is dissolved. Please make sure that the sugar dissolves all the way, because if the sugar touches the kefir grains, they might become sick.
Add ¼ cup of kefir grains.

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Add dried organic fruit (5-8 raisins or 2 dried apricots)
Add 1 lemon wedge (optional)

**Fermentation:**

Cover the jar with paper filter or cloth and secure with a rubber band. DO NOT use a plastic or metal cover, this could cause the jar to explode from gases produced in the fermentation process. Place the container in a warm area, out of direct sunlight, for 24-48 hours. At 24 hours, the kefir water should be sweet. At 48 hours, it will be more acidic. After fermentation, using a plastic strainer, strain the water kefir into another jar. Rinse the kefir grains with filtered water and reserve 1/4 cup of grains for your next batch. Repeat the recipe above for your next bath.

**There are many rules that you must do when working with water kefir.** NEVER let sugar touch the grains, always make sure that the sugar has dissolved completely. If sugar touches the grains, then they burn and become sick and die. Water does not need to be warmer than room temperature. Don't use chlorine water. If you use filter water, then always add a clean white boiled egg shell or blackstrap molasses. Filtered water doesn't have nutrients for the grains. Never use grains in kefir after the kefir is ready. Some Things that show for you to know that kefir is ready, when the little pieces of fruit go to the top, and kefir needs to be a pleasant sour taste. You can't use a metal strainer or spoon when working with grains. During the summer, kefir is ready in 24 hours if it's cool then 2-3 days. Don't forget to strain & wash the kefir grains when making a new batch. Always wash the little pieces of dry fruit, raisins, apricots, cranberries, etc., before putting them in kefir because they have chemicals in them that the companies put so that they won't have mold. This chemical kills kefir grains.

Grains do not always reproduce every batch but may be used again and again. If grains fail to reproduce, they may need additional nutrition – add 1 teaspoon of blackstrap molasses for ¼ gallon of water.

Ideal temperature for fermenting water kefir is 68-85F. Warmer temps result in faster fermentation whereas cooler temps will slow it down.

Like all fermented drinks or eats, water kefir has a vast array of benefits. It is full of beneficial bacteria, yeasts, enzymes, easily digested sugars, acids, vitamins and minerals. One study showed that Water Kefir contained over 450 kinds of beneficial bacteria! Water kefir bestows billions of health-bestowing bacteria and yeast into your gut,
helping your body with digestion, absorption of vitamins and minerals, and helping your immune system fight off unwanted and bacteria, yeasts and viruses.

My recommendation: Try to use demerara raw brown sugar. Do not confuse it with brown sugar that is made from white sugar with molasses added. Raw brown sugar look like dry crystals that are a pleasant taste. Brown sugar looks wet.

How to serve water kefir

When water kefir is done, simply strain the grains out using a plastic strainer. Water kefir grains are sensitive and can be damaged by stainless steel and other metals.

There are a couple of things you can do from here.

1. Flavor by adding any of the following flavor options (get creative!) and serve now.
2. Make water kefir soda by putting into an airtight bottle (I found some flip top bottles at IKEA) and leaving on the counter for 18 to 24 hours. The longer it sits, the more carbonation is produced. You can add a splash of juice to the finished soda when serving, but some people do add the flavoring before fermenting.

Ideas for flavoring water kefir

sliced lemon, lemon juice, ginger root,
splash of juice like cranberry or pomegranate,
vanilla extract (makes a cream soda flavor),

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dried fruit like figs, apricots, mango, fresh fruit like mango, pears, apples. Really, there are so many different ways to flavor water kefir that it never gets boring to drink it. Have fun experimenting!

**How to make flavored water kefir:**

Place your kefir water in a glass jar or bottle, leaving several inches at the top.

Add real fruit juice or 1/4 -1/2 cup of organic fruit. You can experiment with different combinations to find a flavor for you. Make sure there is at least an inch or so of space at the top of the container, after you have added the fruit.

Close the jar with a solid lid (not metal) and set in a warm place for an additional 24 hours or 24-48 hours in the fridge. Refrigeration slows the fermentation process. The tighter the seal, the more fizz the kefir water will have.

Make sure not to ferment too long as the jar can explode.

**Apricot Lemon Water Kefir**

11 cups of filtered water
1 1/2 cups organic sugar
1 lemon, organic and freshly squeezed
6 dried organic apricots,
3 tbsp water kefir grains

**One more basic water kefir recipe is:**

3 cups water
1/4 cup sugar
1/4-1/2 cup kefir grains
1 dried fig or 6-8 raisins or 1/4 cup apple juice
1 tsp fresh grated ginger

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Cover and let it sit in a cupboard for 1-3 days. Don’t seal it too tight as pressure will build up as the solution ferments. Each day you may taste it. If it is too sweet, you may ferment longer. If you like it, spoon off the fruit/ginger. Strain out the kefir grains using a fine mesh strainer (preferably nylon). Bottle and store the liquid water kefir in the refrigerator. Grolsh style bottles work great. Repeat the process with the kefir grains in fresh sugar water solution each day or two.

**Secondary Fermentation**

This involves adding juices or flavors to the kefir beverage after the grains have been removed. Bottle the kefir beverage. Add any flavors or juices to the Kefir beverage and let it ferment out of the refrigerator for about 12 hours with the lid on. Then place it in the refrigerator.

**Raspberry Kefir**

After the initial fermentation, strain out kefir grains.
Add about a tsp to a tbsp of maple syrup per 500ml or so.
Smush up some raspberries and pour the mush in with the liquid.
Let sit for a couple days (just stick it in the fridge)
Drink!

**Ginger Ale**

After the initial fermentation, strain out kefir grains. Add about a tsp to a tbsp of maple syrup per 500ml or so. Add in a few chunks of fresh Ginger. Grate a chunk (about the size of the end of a pinky finger) right into the liquid. Let sit for a couple days to allow the Ginger to mellow a bit.

**Possible additions:**

¼ cup of any frozen fruit juice concentrate
¼ cup lemon or lime juice for delicious lemonade or limeade
1 cup bottled fruit juice (cranberry, grape, orange, peach, mango, pomegranate, apple, raspberry, etc.)

Ginger
Experiment with dried fruit (raisins, apricots, cranberries, figs, blueberries, etc)

Many of these additions would hinder the kefir grain growth if used in the first fermentation but are great once the grains have been removed.

**Flavored Water Kefir Recipes:**

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Coconut Water Kefir

If you love coconut water, then making it into kefir is even better! Just substitute the water portion with fresh coconut water from Young Thai coconuts. You will need about 6-8 coconuts to get 6 cups of coconut water. You do not need to add sugar to the mix because coconut water is naturally sweet and it will feed the grains on its own. Also, you may skip the dried fruit and lemon.

Ingredients:
1 quart Coconut Water.
3 tablespoons Water Kefir Grains
Optional Flavoring: 1 cup Fresh Fruit (mixtures of berries)

Place the Water Kefir Grains in the coconut water. Cover the jar with paper towel and secure with a rubber band. Allow the Kefir Grains to culture the coconut water for 24-48 hours. Once the culturing process is complete, remove the Kefir Grains. To add fruit flavoring, puree together the Coconut Water Kefir and the fruit.

Ideally Water Kefir Grains should be cultured in sugar water (1/4 c. Sugar and 1 quart water) for 24-48 hours in between batches of making Coconut Water Kefir. The sugar water will feed and refresh the Kefir Grains keeping them healthy long term.

Lime Pineapple

After 24 hours of fermentation with a slice of lime (instead of lemon), strain the kefir, take the liquid and add a half cup pineapple chunks per quart, squeeze in the lime juice and discard the lime slice. Let sit for another 24 hours on the counter, or 24-48 in the fridge.

Raspberry Mango

After 24 hours of fermentation, strain the kefir, take the liquid and add ¼ cup mango (or similar tropical fruit juice) per quart. Add in ⅓ cup raspberries. Let sit for another 24 hours on the counter, or 24-48 in the fridge. Tighten the lid for more fizz!

Strawberry Lemon

After 24 hours of fermentation, strain the kefir, take the liquid and add 1/2 cup purred strawberries and squeeze out the juice from the lemon into it. Add a couple whole strawberries if desired as well. Let sit for another 24 hours on the counter, or 24-48 in the fridge. If this is too tart, add in some sugar or honey at the end to taste.

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Cola Cherry

After 24 hours of fermentation of just sugar and grains, strain the kefir, take the liquid and add ¼ cup cherry juice per quart. Add a couple whole cherries if desired as well. Let sit for another 24 hours on the counter, or 24-48 in the fridge. Mix in sugar to taste if desired.

Pina Colada Water Kefir

1 quart water kefir
2/3 cup fresh pineapple chunks
1-2 Tablespoons unsweetened, shredded coconut

I blended the pineapple and coconut together, then added it to my kefir (that had been fermented for 48 hours). I let it sit for about 10 hours, then I put it in the freezer for a couple hours (not totally frozen, but close). I blended it! Soo yummy! Like a real pina colada!

How to make ginger juice:

Rinse ginger root. Place in blender. Cover with water puree.

Strain off liquid (this is your juice).

Use pulp for lemon ginger muffins… I’ll have to post that sometime!

Freeze this ginger juice in ice cubes, filling the cubes only halfway. Use one of these cubes for a quart of Water Kefir.

Now that you know how to prepare the ginger, here are some recipes for flavored Water Kefir. For each, combine ingredients in a quart jar, cover with the lid and let sit on the counter for about 3 days, or until it taste right to you. It will be fizzy. Like soda.

Apple Cider

one ginger cube (as prepared above)
four thin slices of apple
one quart fermented Water Kefir

Ginger Ale

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one generous ginger cube
one quart fermented Water Kefir

**Lemon soda AND Super Liver Cleanser**

one ginger cube
two thin slices of lemon
one quart Water Kefir

**Blueberry soda**

one ginger cube
8 frozen (or thawed) blueberries
one quart Water Kefir

**First Fermentation Cranberry Kefir**

Water kefir that’s ready for first fermentation
1/2 Tbsp dried cranberries

Most of these “flavorings” happen during the second fermentation, but I’ve found that cranberries added to the first fermentation are incredibly delicious – and SO good for your urinary tract. But mostly they’re delicious. Just drop the cranberries in during the first fermentation and leave them in through the whole thing. At this point, you can either pick them out when you go to make your new batch of kefir – or you can leave them in for one or two more first fermentations. Store the cranberry kefir water in the fridge, or keep it (tightly lidded) on your kitchen counter for another day if you want it to be really super fizzy.

**Kefir Apple Soda**

1 quart prepared water kefir (filtered after first fermentation
4-6 pieces of dried apples

In a jar that has a tight lid, pour in your water kefir and add the apples. Screw on the jar lid tight and leave on the kitchen counter for 24 hours. Then – drink. (Or put it in the fridge if you want to stop further fermentation.)

**Kefir Cream Soda**

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For this one, all you have to do is add in 1/4 tsp real vanilla extract to a glass of water kefir and stir. Tastes almost EXACTLY like cream soda. It’s incredible.

Kefir Juice Pop

In a large jar, add half of the water from your first fermentation of kefir to half juice of your liking (I particularly like Knudsen’s Blueberry-Pomegranate). You’ll want your juice to be natural and hopefully organic with no additives or tons of preservatives; that’ll just kill the probiotics. Allow this to sit through a second fermentation for 12 to 24 hours. Of note: This is the one recipe I’ve found to yield more alcohol if you ferment for more than a day, so you might not want to give this to your kids after a second fermentation of more than 24 hours.

I also LOVE adding 2 coin-sized pieces of fresh ginger during the second fermentation for a ginger ale – or 2 Tbsp freshly squeezed lemon juice for fizzy lemonade.

Molasses Water-Kefir (1)

1 liter spring water or filtered water at room temperature
2 tbsp molasses
1/4 cup raw sugar
1 slice lemon, washed (if not organic, squeeze the juice in and discard peel)
1 dried fig
A few raisins
1/4 cup kefir grains, rinsed

In a clean glass container, mix molasses, sugar, and water until molasses and sugar dissolve.

Toss in the kefir grains, fig, raisins, and lemon. Set in a warm place covered with a thin towel or paper filter to keep bugs out. If you want, strain out the fruit after 1 or 2 days (just to prevent mold from forming). Let it sit for a few days, smelling/tasting every day to check the progress. It’s finished when you like it and it’s got a nice bubbly sourness. When it’s to your satisfaction, strain out the grains using as plastic mesh strainer or a cheesecloth and refrigerate your drink. start a new batch with the grains!

Molasses Water-Kefir (2)

Water kefir grains should multiply in 2 days. Every batch I make I fill a quart jar with water (leave a little at the top for the sugar, molasses and grain) then dissolve 1/3 cup water with about 2 teaspoons molasses. Make sure that dissolves then add 1/2 cup of the grains. Don't stir. Let that sit for 48 hours then try to see if you like the taste. If so,
strain the liquid from the grains. Drink the liquid and rinse the grains and start all over again.

Storing Extra Kefir Grains

You can keep the kefir grains in the refrigerator on the lowest shelf for about 10 days. Wash the grains with clean water. Strain them well and place in Ziploc bag or glass jar.

Q. Is Water Kefir hard to make?
A. No. It takes a few simple steps!

Q. How is Water Kefir made?
A. Water Kefir is made when a sugar water or coconut water is cultured by Water Kefir Grains. It is a simple and inexpensive process.

Q. What amount of Water Kefir Grains do I need to make Water Kefir?
A. 1/4 cup of Water Kefir Grains will culture 1 quarts of Water Kefir every 24-48 hours.

Q. How long will the Water Kefir Grains last?
A. With proper care, Water Kefir Grains should last indefinitely. There are many delicious ways of preparing Water Kefir and creative experimentation is healthy. However, it is recommended to store a “reserve” in the refrigerator incase you ruin the grains. The master recipe should be used every so often to keep the grains is healthy condition.

Q. Are Water Kefir Grains reusable?
A. Yes, Water Kefir Grains are reusable. Once your Kefir is finished culturing, simply remove the Water Kefir Grains and place them in fresh sugar water, juice or coconut water.

Q. Will Water Kefir Grains multiply?

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A. Water Kefir Grains are known to multiply, but at times they are reluctant to do so. Water free from chlorine and rich in minerals along with sugar and molasses will promote the best growth.

Kefir Grains Food

Q. What types of sugar can be used to make Water Kefir?

A. Dark brown organic sugar is best. Whole sugars with molasses still intact will promote healthy Kefir Grains in the long term as the minerals in molasses promote Water Kefir Grain growth. If Kefir Grains are having trouble fermenting experiment with different kinds of sugars until you find one that works. Sometimes the grains need different vitamins or minerals that could be in different brands. Kefir Grains have successfully cultured in agave, maple syrup, palm sugar, and other organic natural sweeteners. DO NOT use artificial sweeteners of any kind.

Q. What kind of molasses is best?

A. Organic unsulphured blackstrap molasses.

Q. Do I have to use molasses?

A. For the most part, no. If you don’t like the taste, you don’t have to include it. Every once in awhile it is a good idea to add some as the Water Kefir Grains may need minerals.

Q. Is there any danger to using less sugar than recommended?

A. Yes. Making Water Kefir requires a balance of ingredients to allow the Kefir Grains to properly culture and feed. Using less sugar (or culturing the kefir for longer than 48 hours) may cause the grains to starve. Over time, the Grains will become less efficient and although you are using less sugar, you may actually end up with more sugar in the finished Kefir than you would with efficient working kefir grains. Ultimately, using less sugar will result in unhealthy Kefir grains and possibly higher sugar consumption for you.

Q. Can I use coconut water to make Water Kefir?

A. Yes, young coconut water can be used to make Coconut Water Kefir. Allow Kefir Grains to get established using sugar water (for at least a few batches) prior to using coconut water.

Q. Can I use honey to make Water Kefir?

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A. Technically, yes. Raw organic honey will make a wonderful tasting Water Kefir. However, honey has antibacterial properties in nature and the Water Kefir Grains are a mixture of bacteria and yeast. Therefore honey is very hard on Water Kefir Grains and will cause them to weaken and eventually die. If you really must use honey, keep a reserve of Kefir Grains thriving on the master recipe.

Q. Can I use fruit juice to make Water Kefir?

A. Yes, straight organic fruit juice can be used to make Water Kefir. Allow Kefir Grains to get established using sugar water (for at least a few batches) prior to using fruit juice. Fruit juice is hard on Water Kefir Grains and will cause them to weaken and break down. Therefore, keep a reserve of Kefir Grains thriving on the master recipe.

Q. Do I need to add sugar if I’m using fruit juice to make Water Kefir?

A. No, there should be enough sugar in the fruit juice to feed the kefir grains.

Water Quality Makes a Difference

Q. What kind of water is best?

A. Artesian Well, Spring or regular well water have high mineral content and are best for culturing Water Kefir Grains.

Q: Can I use filtered water?

A: Distilled, Reverse Osmosis and water filtered trough a carbon-activated filter (Britta, Pur, etc) should not be used. These processes remove vital minerals for healthy Kefir Grains.

Fermentation Process

Q. Why the variable fermentation time?

A. The time you choose to ferment will likely depend on how you want it to taste. Letting it ferment longer produces a more sour beverage that contains more probiotics.

Q. Where should Kefir Grains ferment?

A. The ideal place would be clean and dark and away from any major appliances.

Q. Does the fermenting Water Kefir need to be refrigerated?

A. No. They need to ferment at room temperature.

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Q. At what temperature should the Grains ferment?

A. 70 degrees F is ideal. Cooler will slow fermentation. Warmer is ok, but it will ferment faster, so check it often. Warmer also works better for Coconut Water Kefir.

Q. Can I allow the kefir to culture for longer than 48 hours?

A. Allowing the Kefir Grains to culture for longer than 48 hours may damage the grains by potentially starving them (particularly in warm weather when the culturing process is sped up due to the heat).

Q. Do I fill the jar completely to the top?

A. Fill almost to the top, leaving about one inch from the top to allow for bubbles and pressure.

Storing Finished Water Kefir

Q. Where do I store finished Water Kefir?

A. It is best stored in a closed container in the refrigerator.

Q. Is there any danger of the glass container exploding under the carbonation pressure when bottling water kefir?

A. We have yet to hear reports of exploding containers although lids do occasionally fly off, particularly when being opened. We recommend keeping your whole hand over the lid of the container as you open it to prevent being hit with a flying lid. We also recommend opening the container over a sink in case the carbonation causes the Water Kefir to bubble over.

Traditional Old-fashioned Ginger Beer Plant Recipe

Ginger beer is easy to make with this traditional ginger beer plant recipe. Water, ginger, lemon and yeast result in a drink with a slight hint of alcohol.

Old-fashioned home brewed ginger beer tastes fresh and spicy with a slight hint of alcohol.

How to Start Your Ginger Beer Plant

1 method

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½ oz (15 g) brewers yeast
1 pint (0.5 l) warm water
1 rounded teaspoon ground ginger
1 rounded teaspoon caster sugar
a glass jar
sieve or tea towel

Your plant doesn’t tolerate chlorinated water. You can use mineral water instead.

Dissolve the sugar in a third of the water, whisk in the yeast with a fork and leave in a warm place for 10 – 15 minutes. Add the rest of the water and the ground ginger. Put the mixture into a jar and cover loosely. Leave it for 24 hours then start feeding your plant. Each day, for seven days, add 1 rounded teaspoonful of ground ginger and 1 rounded teaspoonful of caster sugar. Stir this into the mixture in the jar then recover loosely. After seven days, strain through a fine sieve or tea towel. Do not throw away the sediment because this will start your new plant.

Caring for your Ginger Beer Plant

Caring for your ginger beer plant doesn’t take up much time. It doesn’t like extreme direct sunlight, room temperature up to 30°C is good. Feed it once a day. After 2 to 7 days your ginger beer is ready. If you look after your plant with love, it will last a lifetime. It is much more fun drinking old-fashioned ginger beer than buying a can of chemical concoctions from one of the multi-nationals in the supermarket.

Bottling your Ginger Beer

Ginger beer is a fizzy drink. When pressure builds up, a glass bottle can explode. Therefore avoid glass bottles with a screw-on top, but use plastic ones. Use always use bail top bottle.

This is what you need to make your all-natural, real ginger beer

12 oz (340 g) granulated sugar
1 pint (0.5 l) boiling water
juice of a large lemon
2½ (1.4 l) pints cold water
the liquid from your ginger beer plant

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Dissolve the sugar in the boiling water. Add the lemon juice, then the cold water. Add the strained liquid from the ginger beer plant. Use a funnel and bottle the ginger beer. Adding a little sugar to each bottle, will increase the fizz and sweeten your ginger beer slightly. Leave your brew at room temperature for 1 or 7 days. It ferments in the bottle and the fizz increases. When you put it in the fridge the fermenting process stops. Ginger beer is at its best when the brew is relatively fresh. The older it gets, the more sour it becomes. Best is to experiment to see how you like your real ginger beer best.

**Ginger Beer Plant without Ending**

After bottling your ginger beer, you have the sediment left. Give half of this to a friend. Keep the other half and start your ginger beer plant again. Add ½ oz fresh yeast, 1 rounded teaspoon ground ginger, 1 rounded teaspoon caster sugar, 1 pint of warm water and leave for 24 hours. Then start feeding your ginger beer plant again. After 7 days you can make a new batch, divide your plant and give it to another friend.

**2 Best Ginger Beer**

Ginger Beer Plant
Ingredients
8 sultanas or raisins
2 Lemons
4 tspns Sugar
2 tspns Ground Ginger
2 Cups Cold Water
A jar and a small cloth with which to cover this.

Place sultanas, juice of the two lemons, 1 teaspoon of lemon pulp, sugar, ground ginger and cold water in the jar. Cover lightly with a cloth.
Leave for 3 or 4 days... in warm weather when it should be starting to ferment. Then each day, for a week add 2 teaspoons of ground ginger and 4 teaspoons of sugar to the plant. By this time, it should be ready to make into beer.

**To Make The Ginger Beer**

2 lbs Sugar
11/2 Pints Boiling Water
Juice of 4 Lemons

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1 Ginger Beer Plant
1 1/2 Pints Cold Water
Approximately 10 airtight bottles, screw top or the old fashioned stone type.

Method

Place sugar into a very large bowl and add the boiling water, and the juice of the four lemons. Strain the liquid from the plant into a small container, through muslin or other fine cloth, squeezing the plant dry. Put the dry plant to one side, reserving for regrowth. Add the cold water to the bowl, then add the liquid extracted from the plant. Mix and bottle in air tight bottles. Screw top bottles or the old fashioned stone type bottles are best. Store in a cool dark place for at least 2 weeks before drinking. Makes approximately 10 bottles.

Keeping the Plant Alive

Halve the plant in the cloth and place it back in the jar with 2 cups of cold water. Continue feeding with 4 teaspoons of sugar and 2 teaspoons of ginger for one week. Then you are ready to make your next batch of beer.

Crystalized or Candied Ginger -
http://www.youtube.com/watch?v=gCPOio5dl8Q&feature=related

How to Make Soda: Ginger Beer Recipe Part 1
http://www.youtube.com/watch?v=HCjNmuRE6DQ

How to Make Soda: Ginger Beer Recipe Part 2
http://www.youtube.com/watch?v=3MWLjXgnaQo&feature=related

Real Ginger Beer Plant http://www.youtube.com/watch?v=Ok-FOA

Here are some of the known kefir health benefits:

1. Strongest natural remedy against any allergy
2. Strongest natural antibiotic without side effects
3. Treats liver disease
4. Treats gallbladder, dissolves gallbladder stones
5. Clears the body of salts, heavy metals, radionuclides, and alcoholic products
6. Cleans the body of chemical antibiotics
7. Treats kidney stones

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8. Good bacteria in kefir are able to fight off pathogenic microorganisms
9. Lowers level of LDL cholesterol
10. Cleans the gastrointestinal tract
11. Irritable Bowel Syndrome
12. Treats gastritis
13. Treats pancreatitis
14. Treats ulcers
15. Prevents and treats colon cancer
16. Improves digestion
17. Improves the body functions
18. Improves the human immune system
19. Cures Candida
20. Cures hypertension
21. Stops growth of cancer cells
22. Speeds up healing process
23. Treats psoriasis
24. Treats eczema
25. Treats inflammatory diseases
26. Reduces size of tumors
27. Treats heart disease
28. Reverses calcination of blood vessels
29. Clears the blood vessels
30. Boosts the bodies energy
31. Natural “feel good” food
32. Treats lung infections
33. Normalizes metabolism thereby can be used as for weight loss
34. Cures acne
35. Has anti-oxidants and anti-aging properties
36. Nourishes hair
37. Treats the gum disease parodontosis
38. Lessens effects of medicines
39. Replenishes body of good bacteria after antibiotic
40. Balances the microflora of the body’s digestive system
41. Regulates blood pressure
42. Lowers blood sugar
43. Lowers blood lipid levels or cholesterol and fatty acids
44. Treats diarrhea
45. Treats constipation
46. Promotes bowel movement

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47. Anti-stress properties
48. Treats sleeping disorders
49. Treats depression
50. Treats attention deficit hyperactivity disorder
51. Improves the brains neuro functions like reflexes, memory retention, attention, the five senses
52. Reduces flatulence
53. Lactic acid fermentation enhances the digestibility of milk based foods. People who cannot otherwise digest milk, can enjoy the vital calcium rich Kefir
54. Treats yeast infection
55. Eliminates vaginal odors
56. Cures wrinkles
57. Treats arthritis
58. Treats colitis
59. Treats gout
60. Cures migranes
61. Treats rheumatism
62. Treats other stomach disorders
63. Detoxifies the body
64. Improves protein quality of milk, and enhances absorption and digestion
65. Good bacteria manufacture B vitamins such as B3, B6 and folic acid.
66. Aids in treating tuberculosis
67. Treats stomach cramps
68. Treats chronic intestine infections
69. Treats liver infections
70. Treats asthma
71. Treats bronchitis
72. Treats sclerosis
73. Treats anemia
74. Treats hepatitis
75. Healing effects on catarrh, digestive nodes, astral nodes, bilious complaints
76. Treats leaky gut syndrome
77. Prevents metastasis
78. Cures bad morning breath

More Benefits

Drinking Water Kefir can help you to achieve your optimal health, strengthen your immune system, and help to prevent diseases of all kinds. Most importantly, it restores

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good digestion – the key to health and longevity. When your body is out of balance, unfriendly opportunistic bacteria and yeasts can take over – producing irritable and bad digestion, food allergies, headaches, flu, skin rashes, and other more serious disorders. Water kefir is something you and your family can drink and use on your skin every day.

- Inhibits the growth of unfriendly bacteria and yeasts, and helps beneficial probiotic microorganisms to colonise and thrive in your digestive tract, and throughout the test of the body (skin, eyes, bladder, vagina, nose, throat, etc).
- Contributes to a healthy immune system.
- Reduces inflammation.
- Helps with the digestion of food and micronutrients. The KEY for health and longevity is good digestion, and a balance of good bacteria are the essential starting point.
- Heals, or reduces the symptoms of irritable bowel syndrome IBS including bloating, indigestion, flatulence, diarrhea, constipation, nausea, low energy, muscle aches and pains.
- Heals intestinal dysbiosis and SIBO (small intestine bacterial overgrowth).
- Increased energy and overall feeling of good health.
- Can stop unhealthy food cravings, especially for sugars and sweet foods.
- Skin complexion and overall condition improves. Brown liver spots / age spots can fade, as can skin tags, moles, warts etc. It can ease or cure many skin conditions, such as psoriasis, eczema and acne.
- Hair and nails look healthier, and are strengthened and improved.
- Liver cleansing, as in traditional Chinese medicine, thus easing aches and joint pains, and benefiting the eyes.
- Glandular (endocrine) system (adrenals, thyroid, pituitary, ovaries) benefits. Women have healthier periods, some women have periods start again after early menopause.

http://www.floridasunkefir.com
- A tranquilising effect on the nervous system has helped many who suffer from sleep disorders and insomnia, depression, ADHD and autism.

*The table below indicates suggested doses indicated for some conditions:*

<table>
<thead>
<tr>
<th>Condition</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nervousness</td>
<td>1 liter daily</td>
</tr>
<tr>
<td>Ulcers</td>
<td>1 liter daily (they disappear after 2 months)</td>
</tr>
<tr>
<td>Asthma</td>
<td>1 liter daily (during a longer time)</td>
</tr>
<tr>
<td>Bronchial Catarrh</td>
<td>1 liter daily</td>
</tr>
<tr>
<td>Anemia / Leukemia</td>
<td>1 to 2 liters daily (check blood test values after 2 months)</td>
</tr>
<tr>
<td>Sclerosis</td>
<td>1 liter daily</td>
</tr>
</tbody>
</table>

[http://www.floridasunkefir.com](http://www.floridasunkefir.com)
<table>
<thead>
<tr>
<th>Condition</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dermatitis / Eczemas / Skin Allergies</td>
<td>1/2 liter daily + local application over affected skin letting it dry. Wash hands and face (after 2 to 4 weeks allergy disappears)</td>
</tr>
<tr>
<td>Cystitis</td>
<td>1 liter daily</td>
</tr>
<tr>
<td>Kidney Problems</td>
<td>1 liter daily</td>
</tr>
<tr>
<td>Gall Bladder Disorders</td>
<td>1 liter daily</td>
</tr>
<tr>
<td>To regulate Blood Pressure</td>
<td>1/2 liter daily</td>
</tr>
</tbody>
</table>

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