



Pam's Natural Remedies



Let food be thy medicine and medicine be thy food - Hippocrates

<https://www.greypowerwhangarei.org/pam-s-natural-remedies>

KEFIR - The Fountain of Health

Pam Blowers - August 2017

The West is finally now slowly waking up to the benefits of cultured foods on literally all of today's health problems and diseases.

Kefir is a delicious, unique, fermented, enzyme rich cultured milk, a complex symbiotic colony of probiotic bacteria used by centenarians in Bulgaria, Russia and Caucasus as an essential part of their daily diet.

Kefir grains although best made with raw, organic milk will turn any milk into a rich source of probiotics, far superior and most definitely cheaper and more effective than anything you can buy in a capsule.

Homemade Kefir has at least 35 beneficial bacteria strains alone, some say 50 or more whilst commercial products or the powder contain less than 10.

Generations of Caucasians gave Kefir to their newborns as a substitute or addition to mother's milk. Their verified lifespan in a full physical and mental acuity, lies between 110-140 years. They have no cavities, and are free of Diabetes, Prostate problems, Tuberculosis, Digestive Disorders, Cancers and other of our common diseases today. We may not have their pure air and water but we can make and eat Kefir daily.

Eighty percent of our Immune System resides in our gut, Hippocrates also said "All disease starts in the gut". Natural Practitioners have been telling us this for decades. Beneficial flora in our gut is easily destroyed by antibiotics, vaccine ingredients, fluoride, chlorine, insecticides, pesticides, herbicides etc.

Kefir can be made with powder sachets from Health Shops, or far superior, buy or find someone with Heirloom Kefir Grains, as they do grow.

Use any animal milk (Not UHT, homogenized or Low Fat) as long as it contains fat. Nuts may be used but do need date paste to survive. Make your first batch with milk, you can experiment later.

My original kefir grains came from a monastery in the UK, and the grains can be passed down from generation to generation, hence the name heirloom.

Kefir is highly nutritious containing proteins, fats, minerals and vitamins. It protects the body against dangerous or noxious bacteria, ptomaine's (food poisoning bacteria), and intestinal infection.



Heirloom Kefir grains look like miniature, rubbery cauliflowers

Put 2 teaspoons Kefir grains into a clean jar and cover with a cup of milk from the fridge.

Put a cover on top to keep out dust, loose lid, clean hanky, paper towel.

Leave on cupboard top, not in sun, overnight then pour through a sieve (6" fine).

Do not squash through sieve, just stir gently so the grains are left behind.

Put the grains into another clean jar and repeat.

If you want thicken the kefir you have just strained, leave it out with a cover for up to another 24 hours, use or refrigerate. You may save the strained kefir in the fridge then put through a nutmilk bag by hanging it up. Let it drip for 24-48hrs.

You now have Kefir cheese in the bag and whey in the bowl.

The cheese may have finely chopped, tomato (no pips), cucumber, red onion, peppers and mayonnaise etc. added to it and use as a savoury spread/dip. It can also have honey, chopped fruit and nuts added to it for a sweet dish.

The whey can be drunk as it is rich in minerals calcium etc. it also has a myriad of other uses from skin toner to cleaning stainless steel. Whey can also be used to culture vegetables. Cultured vegetable liquid taken for food poisoning or any nasty gut upset can literally stop it in its tracks.

In summer you may find a separation starting of milk and whey before the day is up, your kefir is hungry, so when you make it the next time give it more milk or use less grains. If you are going away or want a break, cover with plenty of milk and refrigerate.

Cultured drinks and foods are the most valuable food you can consume and you will be amazed how many of your health problems will slowly disappear.

