



Yogi Nectar

June 8, 2017 · 🌐



Our gut's favourite health drink is still water kefir! Fizzing, sparkling, bubbly *magic *

What is the mystery behind the little cauliflower-like entities that turn simple sugars into something that nourishes the body's intestinal cells like nothing else that touches our lips?

And how is its mode of action so different from its popular fermented counterpart, kombucha?

Well, they often rival one another in that both drinks contain a variety of yeasts and bacteria, but that's pretty much where the similarity ends.....





Through its massive army of probiotics, sparkling water kefir – derived from the Turkish word meaning “to feel good after eating” – has been successfully used for the treatment of countless health complaints including:

- lactose intolerance
- constipation
- gastroenteritis
- atopic eczema
- urinary tract infections
- tooth decay
- weight loss
- reduced acne
- healing of ulcers

However its most impressive achievement to date is that kefir can even assist in re-populating a mother’s gut post caesarean section via its beneficial, microscopic little “friends”. These can in turn be passed on through mum’s breastmilk to her microbe-deficient baby who missed out during the birth. Talk about giving your baby the best start in life!





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So how are fermented drinks actually created? Kombucha, which involves a Symbiotic Colony of Bacteria and Yeast (a SCOBY), is traditionally made using black tea, from which the caffeine can only be reduced with continuous brewing. Unfortunately this will naturally bind various minerals in the body, such as iron, calcium and zinc in much the same way as any other caffeinated beverage.

This important factor also makes kefir, which does not rely on any form of tea, but rather some kind of sweetener (which gets gobbled up by the starter culture, the "grains"), both more appealing and more suitable for young children. Kids love it! Rather than burdening their poor little bodies with sugar-laden soft drinks filled with artificial additives, why not put a glass of beautiful, ever-so-sweet, mildly effervescent Yogi Nectar in front of them and see what happens? Their eager smiles will say it all; their tiny bodies, alive with vitality, will make you forever glad you made the switch.





Kombucha tonifies, cleans and rejuvenates the digestive tract in much the same way as Apple Cidar Vinegar.

Meanwhile water kefir also:

- strengthens the immune system
- fixes any existing gut leakiness
- fights free radicals
- allows the body to better absorb nutrients from food

Regarding its distinct flavour, kefir produces more of a light and inoffensive taste which successfully picks up the delicate essence of any other ingredients added whereas kombucha can have a tendency to bring more of a tart, almost vinegar-like quality to the palette due to its much longer fermentation time.

After sampling many different brands on the market it is clear that Yogi Nectar brings something extra special to the table: a perfect contrast between the refreshing coolness felt in the throat and the warm and nourishing sensation as the liquid finally reaches the stomach.

