

## Guillermou

Highly relevant report. The decline in abundance of *L. reuteri* in humans in recent decades correlates with an increase in the incidence of inflammatory diseases. Modulation of the gut microbiota by ingesting probiotic strains of *L. reuteri* could be a promising preventive and therapeutic approach against many diseases and disorders.---- 1) Research supporting the application of various strains of *L. reuteri* in the treatment of common diseases of the digestive system, including infantile colic, diarrhea, constipation, functional abdominal pain, *Helicobacter pylori* infection, inflammatory bowel disease, diverticulitis, colorectal cancer, and liver diseases.----- 2) *L.*

*reuteri* can control body weight and obesity, improve insulin sensitivity and glucose homeostasis, increase intestinal integrity and immunomodulation, and attenuate liver disorders. ---- 3) *L. reuteri* is capable of inhibiting the colonization of pathogenic microbes and remodeling the composition of the commensal microbiota in the host.----- 4) *L. reuteri* may benefit the host's immune system. Reduce the production of proinflammatory cytokines while promoting the development and function of regulatory T cells. ---- 5) Colonization of *L. reuteri* can reduce microbial translocation from the intestinal lumen to tissues, preventing inflammation.

---- 6) *L. reuteri* decreases intestinal pH and increases short chain fatty acids, such as butyric acid, which is essential for intestinal health.---- 7) *L. reuteri* improves tolerance in your diet, promoting the absorption of nutrients, strengthening your defenses.---- 8) *Lactobacillus reuteri* prevents post-antibiotic bone loss by reducing intestinal dysbiosis and preventing barrier disruption---- 9) The use of *L. reuteri* as an adjunct to non-surgical periodontal treatment can produce significantly better clinical results.-----

## Guillermou

L. reuteri strain may help colic symptoms, improve digestion, and reduce the risk of premature birth. The probiotic L. reuteri can have a positive impact on gastrointestinal function and relieve colic symptoms in three ways; strengthening the mucosal barrier, increasing gastric motility and balancing the intestinal microbiota. Additionally, L. reuteri is the only probiotic that has been repeatedly shown in studies to reduce crying time in babies with colic. [www.frontiersin.org/.../full](http://www.frontiersin.org/.../full) (2018)----  
[www.sciencedirect.com/.../S0965229921001229](http://www.sciencedirect.com/.../S0965229921001229) (2021)----  
[asbmr.onlinelibrary.wiley.com/.../jbmr.3635](http://asbmr.onlinelibrary.wiley.com/.../jbmr.3635) (2019)----  
[pubs.rsc.org/en/content/articlelanding/2021/fo/d1fo02517a/unauth](http://pubs.rsc.org/en/content/articlelanding/2021/fo/d1fo02517a/unauth) (2021)---  
[www.mdpi.com/.../522](http://www.mdpi.com/.../522) (2022)---- [www.ncbi.nlm.nih.gov/.../PMC10471993](http://www.ncbi.nlm.nih.gov/.../PMC10471993) (2023)---  
[asbmr.onlinelibrary.wiley.com/.../jbmr.10805](http://asbmr.onlinelibrary.wiley.com/.../jbmr.10805) (2023)---- [www.ncbi.nlm.nih.gov/.../PMC10613642](http://www.ncbi.nlm.nih.gov/.../PMC10613642)  
(2023)--- [www.sciencedirect.com/.../S175646462300405X](http://www.sciencedirect.com/.../S175646462300405X) (2023)--- [www.mdpi.com/.../1449](http://www.mdpi.com/.../1449)  
(2023)--- [onlinelibrary.wiley.com/.../hel.13017](http://onlinelibrary.wiley.com/.../hel.13017) (2023)---  
[bmcgastroenterol.biomedcentral.com/articles/10.1186/s12876-023-02778-4](http://bmcgastroenterol.biomedcentral.com/articles/10.1186/s12876-023-02778-4) (2023)---

Posted On 02/16/2024

---

**juststeve**

Gui, early on when yogurt first entered into the general public awareness and became available, and before it got turned into the candy bar ice cream. When it was similar to what researchers, alternative health practitioners had noticed in the original long live populations, the product had a huge impact clearing up my many gut, and health issues. Today there are many more types and kinds of probiotic products to work with. Homemade sauerkrauts, kimchi. Haven't explored homemade Kiffer or kombucha yet. The use of kimchi, or sauerkrauts though would seem to carry additional benefits.

Not only can one pick up health booster just from the product itself, but it would also seem the fiber in Chi or \*\*\* would be a reserve bank for probiotic bacteria to process any other foods consumed after. In addition, the importance of slowly chewing and breaking down food from the plate can be seen as it provides more surface area for the Probiotics to work their magic. Wolfing food down, a family bad habit, a strong urge to grab and gulp, got to get back to work, daylight burning in the swamp, makes for housing for microbe imbalance for the endotoxins in the gut.

Not enough time for enzymes to interact with the food before it goes through the gut. As you and the article point out so many areas of our body positively affected by the 'gut elves' reveals why so much of our immune, wellbeing and mental function is affected by foods grown in healthy living soil or in toxin soaked, mineral and plant compound depleted mass produced basically bark eater carbon. This is where pay the Farmer or pay the doctor comes in.

Posted On 02/16/2024

---

**well4life**

Gui, that frontiersin.org link is an interesting read thanks!

Posted On 02/16/2024

---

## Guillermou

Yes Just, the relationship that bacterial strains known as psychobiotics have with the central nervous system and with the blood-brain barrier, the guardian of our brain, is key in addressing many pathologies in the mental sphere, in addition to other possible benefits that can contribute to other levels. The enteric nervous system (ENS), known as the "brain within the gut" or "second brain", composed of an external myenteric plexus and an internal submucosal plexus, is structurally similar to the brain and operates with a "chemical body" of similar platform. Gut bacteria play an important role in food digestion, immune activation, and regulation of enteroendocrine signaling pathways, but they also communicate with the central nervous system (CNS) through the production of specific metabolic compounds, e.g.

For example, bile acids, chain fatty acids (SCFA), glutamate (Glu), -aminobutyric acid (GABA), dopamine (DA), norepinephrine (NE), serotonin (5-HT) and histamine. Vagus nerve (VN) afferent fibers that carry signals from the gastrointestinal tract (GIT) and gut microbiota to the brain are also linked to receptors in the esophagus, liver, and pancreas. Signals generated by the hypothalamus reach the pituitary and adrenal glands and communicate with enteroepithelial cells through the hypothalamic pituitary adrenal (HPA) axis.

SCFAs produced by gut bacteria interact with neurons or enter the circulatory system. The modulation, development and renewal of ENS neurons are controlled by the intestinal microbiota. Although the vagus nerve (VN) is in contact with all layers of the intestinal wall, the fibers do not cross the intestinal wall and are therefore not in direct contact with the intestinal microbiota. Signals reach the gut microbiota through 100 to 500 million neurons in the enteric nervous system (ENS) in the submucosa and myenteric plexus of the intestinal wall. [www.mdpi.com/.../1838](http://www.mdpi.com/.../1838) (2022)  
<https://biorender.com/>

Posted On 02/16/2024

---

## jamNjim

Dos this make beer a super food since it is fermented and it has CO2?

Posted On 02/16/2024

---

## juststeve

Maybe...all things in moderation...homemade naturally, conditioned beers, beers aged in their bottles have live microbes creating the product. Lots of Brewer's Yeast left over in the bottles where they accumulate on the bottom of the bottle. It's where in all those old westerns where they made a big deal out of a good head, foam, on top of the beer. It was a in general good indicator the brewing process went well. Conditioning in the bottle creates subtle taste, mouth feel and like Champagne improves the longer it ages, under the right conditions improves the product, for those who enjoy such things.

Posted On 02/16/2024

---

## Guillermou

A glass of wine in winter, and a glass of beer in summer, good for your health! Researchers from the Department of Food Science and Technology at the University of California, on the bioavailability of silicon from beer. Silicon is present in beer in the soluble form of orthosilicic acid (OSA), which produces 50% bioavailability, important for the growth and development of bone and connective tissue, and beer appears to be a major contributor to Silicon intake. . Hops are basically used in the manufacture of beer, which is considered one of its raw materials, along with malt, water and yeast, providing it with its characteristic bitterness.

The acid in hops has a mild antibiotic effect against Gram-positive bacteria, and favors the activity of malting yeast. Hops have preservative properties, allowing brewers to make lighter beers, without the need to obtain high levels of alcohol to preserve it from bacterial infections. Phenol composition: ascorbic, asparaginic, gamma-aminobutyric, gamma-linoleic, neochlorogenic, p-coumaric (fruit), caffeic, chlorogenic, ferulic, hupulinic, isovaleric (plant), oleanolic, ursolic (stem).

Essential acid rich in eugenol, humulene, limonene, farnesene, betafarnesene and myrcene. Hops have traditionally been used as a tranquilizing plant. In fact, one of the traditional remedies to fall asleep was to sleep on a pillow stuffed with the leaves of this plant. Subsequently, studies carried out on the principles of hops have shown that it has more than 20 anti-anxiety, insomnia and anti-cancer compounds.

Posted On 02/16/2024

---

## Concerned Patriot

What about the carbonated water you can buy in cans? Some is flavored. Is it useful to consume?

Posted On 02/16/2024

---

### grulla

Anyone can search for various home carbonation appliances. [duckduckgo.com/?q=carbonated+wter+appliances&t=h\\_&ia=web](https://duckduckgo.com/?q=carbonated+wter+appliances&t=h_&ia=web)

Posted On 02/16/2024

---

### pjucla

Fermented foods have changed my life !

Posted On 02/16/2024

---

### [pwc.42middlewoodgmail.co](mailto:pwc.42middlewoodgmail.co)

...mine too, in fact they have saved my life; on medication (blood thinners, blood pressures etc) after a T.I.A. nine years ago, I just didn't want to live anymore, I felt so bad. Enter acidophillus lactobacillus plus a digestive complex, real food to feed the newly introduced gut bacteria and here I am, aged 81 and feeling (and I am told. looking) better than at anytime for many a year. Easy to do, I make my own kefir and fermented veggies which I consume on a daily basis. I hope for, yet confidently expect, another 20 years of living in good health, we can all do this, go for it!

Posted On 02/16/2024

---

People who have histamine issues don't tolerate fermented foods.

Posted On 02/16/2024

---

### jamNjim

A made a discovery on this. Back in 2015/16 I switched to a high fat diet just to see what changes it would cause to my blood lipids, blood pressure, glucose, etc. I already had very good numbers so I was not expecting an improvement on anything except my glucose. EVERYTHING IMPROVED! Prior to this, the only way I could maintain my blood pressure was with HIIT at least twice a week. I would do at least 20 minutes of all out followed by 25+ minutes of lesser intensity (just enough to keep my heart rate up).

Doing this kept my BP below 120/80, my glucose under 85, and my A1C under 5. My cholesterol stayed in the 180-200 total range with LDL under 99 and HDL over 55. All good numbers, so I wasn't expecting any changes. It was during this time that Dr. Mercola was promoting a fat-based diet. I was already avoiding seed-oils and consumed a large quantity of healthy fats from sources like Salmon. It was Aug 2015 I had a biometric screening due in 3 months. I threw out ALL my veggie oils and switched to coconut, lard, and tallow.

I still had some olive oil on hand that I used SPARINGLY. I ditched all the low-fat meats like chicken breast, pork loin, and sirloin for chicken thighs, pork belly, and ribeye! I purposely refrained from exercise just to see how much my BP would go up. Everything was PERFECT! BP went down, total cholesterol stayed the same, LDL dropped below 55, and HDL rose to over 85! I thought this had to be a mistake. I got retested again 3 months later in Feb-2016 (when I normally get my Vit-D checked).

Not only did my numbers improve even further, my Vit-D was through the roof at over 85! Since that time, my vit-D has not been under 90, LDL has not been over 50, and HDL has not been under 90. My BP has remained in the 110/75 range with little to no exercise! The moral of the story here isn't my biometrics. My lifelong problem with histamine reactions is GONE! I don't have runny noses any more! Foods that used to cause a reaction I can tolerate now.

Posted On 02/16/2024

---

## sutlaf2

Google is censoring a great deal. They and Amazon have plans to take over medicine and pharma but that is another story. Just remember that google knows everything about your health if you ever look up your symptoms. If you have ever used 23And ME DNA analysis and family genetic connection fun Goog has your DNA profile and address and phone number etc. Goog owns 23and Me.! Goog also has \$30 million in the Astra Zenaca covid shot that was stopped because it was killing people. 10 years ago Goog was pYing Firefox \$168 million per year for undisclosed aid (data? On users?).

Bill gatesjust announce the otherday that Microsoft will be throttling Windows computer users who post misinformation about the upcoming elections ( lets hope he keeps his hands off your banking). I think only Windows 10 and 11 users have to be concerned. Nobody is quite sure if DuckDuckGo is compromised but I sincerely suggest all download the BRAVE browser and use its search engine. So far the community trusts it. BTW it is a great browser and in settings you can turn off your screen while listening to youtube and it also prevents ads from playing. .

Posted On 02/16/2024

---

## bpm4539

This is great advice. I am already doing this. I deleted all my accounts and services (as much as possible) related to Google, Amazon, Paypal. People who are still using gmail and using google search have no clue. I switched to protonmail, hope this will stay strong in privacy for long. Brave browser is awesome, at least to me. Set Brave search as default. I don't use Apple services; if I did, I would have deleted them too. Don't even talk about other evil platforms - fakebook, faketube, tiktok, insta. I am surviving just fine by never touching any of them. It is doable.

Posted On 02/16/2024

---

## rjn777

Qwant.com is an even better search engine.

Posted On 02/16/2024

---

## **tdmartinson**

I have Brave as my browser now, I also have to choose a search engine the iPad only lists 5, don't know if those are my only options, but they are google, bing, yahoo, duck and ecosia. Thanks Rjn I'll check out quant but it isn't listed on my iPad.

Posted On 02/17/2024

---

## **vanhelmont**

In response to Gates' statements on censorship I'm setting up FreeBSD on my computers (dual boot along with windows as I do some editing that requires MS Word). I've used Fedora/Red Hat Linux along with Windows for 30 years, but due to the "wokeness" of IBM which owns Red Hat (ceo said something like if you want to get ahead fire white people and hire minorities; hiring qualified minorities is great, but firing people for their identity is wrong and indicates that he cares more for PC than for making his company do its intended job, and therefore can't be trusted). FreeBSD seems to be the most big-tech-free OS that can give you a usable system without a lot of fiddling. Unless you're an expert, you'll likely want <https://www.ghostbsd.org/> which provides a desktop based on freebsd, so you'll have a functional modern system

Posted On 02/17/2024

---

## **binspired2earthlink.net**

Look up "Cultured Foods For Life", Donna (owner) has been speaking on the healing, life giving properties of cultured foods and drinks for years now. She has wonderful culture starters and loads of recipes along with amazing tutorials! Dr Davis is promoting her now also, her site is fantastic and my fridge is now filled with cultured foods & beverages. Here's to good health, naturally! By the way she has the best L-Reueri starter cultures ever.

Posted On 02/16/2024

---

**hoplitex**

Thank you!

Posted On 02/17/2024

---

**Gbergeron**

I saw an old video of a doctor recommending rubbing the body 2 times a day with Hydrogen peroxide to get rid of cancer. Makes sense now.

Posted On 02/16/2024

---

**ghfinn**

I read that, it was an older female who recommended it. Been a while.

Posted On 02/16/2024

---

**ms.libby**

Food grade H2O2 of course would be best if using "globally" and for absorption, not grocery shelf version with stabilizers.

Posted On 02/16/2024

---

**jef2091**

Hmm, this can't be right. After all, CO2 is bad for everyone. (yep.. sarcasm)

Posted On 02/16/2024

---

## Igailk

I have the same question as concerned patriot - Is drinking carbonated beverages good for you? Unsweetened of course, such as Perrier water.

Posted On 02/16/2024

---

## Tom.Joad

See my comment above.

Posted On 02/16/2024

---

## vanhelmont

2nd paragraph: "It's rather surprising that the benefits of CO2 have become forgotten considering its historical use. Asian cultures, for example, have a long history of using carbonated water for its health benefits." Dr. M. has mentioned drinking CO2 in other articles, so yes, good!

Posted On 02/17/2024

---

## tdmartinson

I had a microbiome test which showed abnormally high levels of lactobacillus, so had to quit yogurt and change a few things, so in spite of everything I read about how good it is for us apparently you can have too much. On another note does anyone have Duck Duck Go and open these articles there? I used to and now it doesn't work and customer service recommended using Google but I thought Dr. Mercola recommends against using Google. I can read some on substack but not all are there, and to read comments like these and the Breaking News segment I have to switch to Google. If anyone's Duck works please let me know if it could be my settings because neither Dr. Mercola's customer service or Duck's have been able to help.

Posted On 02/16/2024

---

## housemaid\_203

I use DuckDuckGo, but as a search engine, not a browser. I use Firefox as a browser. Google tracks you and is a very censored search engine. I am not having problems reading comments. Usually if you have problems it is because of an ad blocker or you need to delete your history and restart. Sometimes you need to delete cookies.

Posted On 02/16/2024

---

## rrealrose

'scuse me what internet BROWSER are you running? Duck duck go works find for older and newer PC and Mac operating systems using Firefox browser. Just loaded their app on my newer (not newest G5) iphone. Looks like Duck duck go is now an overlay on Google, minus the tracking (or so they say). However, if you are way back in time, all bets are off.

Posted On 02/16/2024

---

## MarKe

My son put me on Brave.

Posted On 02/16/2024

---

## bpm4539

Install Brave browser. It is awesome. I am using it after I quit Google, then used DuckDuckGo and quit that too because it was slowly showing the color of Google. Brave browser automatically blocks all ads, gives you a clean feeling. For comparison, read thegatewaypundit site (a fine site for news) on Brave vs any other browser.

Posted On 02/16/2024

---

## Villainesse

I read articles just fine on DuckDuckGo. But the reason I switched was to get free of the spying/tracking of Google. Then DuckDuckGo admitted that they also will censor us for stepping into the many minefields our elites have decided we may not enter! Still haven't found a new home free from this sociopathic crap.

Posted On 02/17/2024

---

## tonic127

This is fascinating... I found a CO2 suit here, if anyone is interested.

[www.consciousbreathing.com/.../bodystream](http://www.consciousbreathing.com/.../bodystream) I welcome any replies about less expensive options, thank you!

Posted On 02/16/2024

---

## RJC2001

I was wondering about their carbohaler @ "only" \$700! [www.consciousbreathing.com/.../carbohaler](http://www.consciousbreathing.com/.../carbohaler) I get some benefit from drinking carbonated water, but the effect is short-lived. For now I am working on my breathing techniques to improve my CO2 levels. So far I have tried the paper-bag technique and it has worked sometimes. I

Posted On 02/16/2024

---

## wendybolt

Wheat bran and barley contain gluten, which no human can digest (humans do not make the necessary enzymes to digest gluten in wheat, barley and rye) and can lead to leaky gut and autoimmune conditions. I would remove those from your list of foods to promote Lactobacilli.

Posted On 02/16/2024

---

## ciaopaty

What about kombucha? I ferment mine twice and the second fermentation in kombucha bottles produces a lot of carbonation.

Posted On 02/17/2024

---

## tdmartinson

Sutlaf2, everyone is being so helpful, Brave seems to be a favorite, I have it set as my browser now but on my iPad I also have to select a search engine, they show 5 options to choose from, don't know if I can change this list or not but they offer google, yahoo, bing, duck, and ecosia.

Posted On 02/17/2024

---

## bpm4539

I dont use Apple products. I dont know about eosia. The rest are all propaganda tools. You can try a search for "how to add brave search to ipad" or something similar.

Posted On 02/17/2024

---

## **tdmartinson**

Villainesse, could I ask then what search engine and browser you use, right now I've got Duck as the engine and Brave as the browser. Where did you look to find out Duck will censor?

Posted On 02/17/2024

---

## **bpm4539**

[www.naturalnews.com/2022-03-14-google-alternative-duckduckgo-becomes-g..](http://www.naturalnews.com/2022-03-14-google-alternative-duckduckgo-becomes-g..)

Posted On 02/17/2024

---

## **Villainesse**

I am currently attempting the use of Kefir-power to save my heart-defective 13 year old kitty's life. She had died on the spaying operating table as a kitten from her massive defective heart valves. (The assistant vet that missed it was soon let go!) Immediately brought back, she nonetheless soon developed death-breath gingivitis, but with no recourse to anaesthesia, I discovered the lactobacilis in yogurt, or far better, kefir, could knock back that infection. But she did not like it, so after thinking she was healed, I stopped dosing her daily. And of course, it came back with a mighty vengeance! Her kidneys are now also a deadly huge issue, so, even after her mouth pain has been re-cured, I am hoping for a kefir miracle, and a remission of her kidney disease also.

Posted On 02/17/2024

---

## Almond

Reminder... I don't do friending. Thanks for understanding. As to inquiries, here are some of my favorite seed varieties for northern climates and why. MORTGAGE LIFTER TOMATO--hardy, look up the interesting history online. AMARA ETHIOPIAN KALE-not overly productive, but it continues to produce after a frost. ASHWORTH SWEET CORN-one of the few heirlooms that is a short season corn. Not the sweetest, but good germination and hardy. Consider the "MONTANA" corns for cornmeal. Bred from Indian corns. Unique flavor from several varieties. I have grown PAINTED MOUNTAIN, but cropping was not consistent from year-to-year. I am growing MONTANA LAVANDER CLAY CORN, but may try other varieties.

BRUSSELS SPROUTS produce well into the fall after a frost. The outside may be a bit black from mold/mildew, but just trim the sprouts like you would a cabbage--nice to have fresh food after a frost. KAJARI CANTALOUPE, beautiful and such a delight, even though on the small side. Start indoors and plant lots to make sure some ripen. CRIMSON SWEET WATERMELON-small melon for short growing seasons and very sweet even if more pink than red. JAPANESE GIANT RED MUSTARD--hardy, nutritious and versatile in recipes. JARRAHDAL PUMPKINS-A good all-around pumpkin (more like a squash). Large enough to have leftovers for making a pie after baking.

Beautiful blue-green shell and good keeper. I like to grow STYRIAN PUMPKIN for the green pumpkin seed, so good fresh or only slightly dried before freezing for later use in baking. Beautiful colors. SNOWCROP BEANS-green beans, although they also make dried beans if you let them dry on the vine. Hardy and productive although there may be some that taste much better. If I could only grow one culinary herb, it would be loveage! You cannot have too much garlic--let it go wild. Hardiness and yield are major issues for me. My favorite APPLES are CHEHALIS and SUMMERRED. I consider GRANNY SMITH to be the best all-around apple and good keeper for our climate.

Posted On 02/16/2024

---

## Concerned Patriot

Almond, I just bought some Mortgage Lifter tomato seeds along with Martha Washington asparagus seeds. Do you know anything about Honey Berries? They're supposed to look and taste like blueberries but are unrelated. Allegedly, you can eat them right off the plant, which is 3-5 ft tall, and you need at least two. Years ago Jonathan apples were prevalent in the colder climates. I miss them. They were tart but sweet and perfect for everything.

Posted On 02/16/2024

---

## Almond

ConcernedPatriot... It takes a long time (and lots of weeding?) to grow asparagus from seed. I have never been successful. Perhaps I would have more luck if I just scattered seeds along fence lines, as when birds sit on fences and poop out the seeds. Maybe it is their "special fertilizer"? I don't know much about honey berries as I am overwhelmed with growing blueberries and cane berries. A lot of bush berries grow slowly, so buy the largest you can find and afford.

Posted On 02/16/2024

---

## Tom.Joad

I always loved carbonated water, non-sweetened, seltzer (but I hate the flavored kind). Once I read that it somehow causes tooth decay - and I'm afraid it does, at least in my case. One year, maybe 12 or 15 years ago, I drank practically nothing but seltzer, which again is sugarless carbonated water. I drank both the natural kind from carbonated springs and the kind made by infusing water with CO2. That year I had so many cavities that my dentist thought I had contracted some disease. I stopped drinking seltzer and I stopped having cavities. PS I don't remember ever drinking it from cans, as Concerned Patriot mentioned. All were from bottles, glass or plastic, mostly glass and mostly the natural kind like Perrier or Gerelsteiner, or whatever its called, I think. The dentist had no idea why seltzer would cause tooth decay and neither do I, but I did once read that it did.

Posted On 02/16/2024

---

## **melissimala**

Is there any difference between CO2 from fermentation or carbonation?

Posted On 02/16/2024

---

## **Renee888**

Does anyone know if raw milk kefir has L. reuteri in it? I have some L. reuteri and was wondering if I added it to my kefir grains, if over time the grains would incorporate the L. reuteri.

Posted On 02/16/2024

---

## **rrealrose**

You may want to read Dr William Davis' book "Supergut" - should still be available. He has an entire section on L-reuteri, its importance to the diet and how to make a special yogurt to magnify its effects. Dr Davis also has a website, and more support.

Posted On 02/16/2024

---

## **vanhelmont**

Raw milk kefir is a little more complicated because the raw milk has its own flora, but when you add kefir grains they almost certainly have L. reuteri. I can't imagine grains without it, and therefore the kefir will have it too.

Posted On 02/17/2024

---

## Smudge2

According to Dr Nemechek who helps cure autism as he's found every child with autism also has SIBO, NO probiotics. Never. Prebiotics only for children 12 and under. I was taking them before I was diagnosed with SIBO. They didn't help.

Posted On 02/16/2024

---

## luckygal8241

OH MY!!! You mean it's NOT causing global warming !! LOL ! LOL! LOL!!!!!!

Posted On 02/16/2024

---

## DebbyW

I'm growing buckwheat micro-greens right now. I cycle through a few types of sprouts, including broccoli. I eat walnut for snacks. I make my own yogurt so I can control the sugar, but it also saves me a lot of money.

Posted On 02/16/2024

---

## ghfinn

On the subject of homogenized milk being good is 180 out of readings from long long ago. Homogenization binds the fat to (fluid?) so the body is unable to separate them, making it more or less waste. Stick to the raw.

Posted On 02/16/2024

---

**reg5821**

Fruit kevas seems to produce a lot of CO<sub>2</sub>, enough to detonate a mason jar and send the fragments to every corner of your kitchen. The special green rubber fermenting lids with a safety valve will be nice.

Posted On 02/16/2024

---

**well4life**

Yes thanks GoldCoaster I think I can get it from Wrays and even though I know it's a very good milk I wouldn't like to boil it for 10 mins to kill off any other bacterias! Which is what is recommended to make the special yoghurt so the reuteri have no competing bacterias or any other potentially dangerous ones. This culture is then done at 38c for 36hrs and it's the last couple of hours that exponentially increases the L.R count. Sofar the Norco Jersey milk performs the best. I did try mixing cream into the Norco organic milk but it turned to a hard solid cultured cream on top of the more watery yoghurt!

Posted On 02/16/2024

---