

**Real Traditional Homemade Kefir vs. Commercial Kefir** (*Buyer beware of probiotic scams! If it doesn't say "made from live kefir grains", then you can assume it is not real kefir.*)

Home-made Kefir from live Kefir grains is far superior to the bottled kind you can buy at health food stores. As a matter of fact, the store-bought kefir is made so differently than the homemade kind, that it isn't real kefir at all, but a weak derivative. Commercial Kefir is made from either a freeze dried powdered form of the culture, or from a culture made from a culture, which means it has considerably less healing power. Then it must be pasteurized, which kills the living microorganisms. They put additives in it such as "natural" undefined flavors, and then add a little commercial "probiotic" to try and replace what was killed by the pasteurization process so they can label it a probiotic. Many times they will add sugar. Totally not the same and not as beneficial as the real traditionally made kefir.

For example: studies have shown that commercial kefir not made with live kefir grains did nothing to lower bad cholesterol, while the real kefir made using live kefir grains lowered bad cholesterol levels significantly.

***The reason why is:***

The homemade kefir contains billions of friendly organisms per millilitre, and the organisms are alive and actively reproducing right up until the kefir is consumed along with ample amounts of kefiran and variations of the polysaccharide. Commercial kefir does not contain anywhere near the different types of organisms including yeasts as does kefir prepared with live kefir grains. Certain strains of organisms in the kefir grains can not be cultured once they are separated from the microflora. Hence, these organisms are not found in artificial kefir-starters, or in commercial kefir. We simply do not yet know how to culture these organisms. What their requirements are, and how they interact with the rest of the microflora remains a mystery to scientists and dairy technologists.

