

Why Kefir is better than yogurt:

"The reason Kefir is superior to yogurt", explains writer Giselle Parker, "is because Kefir has tons more beneficial bacteria in it. While 500 ml of yogurt contains close to 1.5 trillion organisms, the same amount of Kefir contains a mind-numbing 5 trillion beneficial and friendly bacteria. What this simply means is, a whole lot more friendly bacteria doing lots of good little things to your body that yogurt can't do."

