



Water kefir: the healthy refreshment

What's the water kefir?

Water kefir is a probiotic drink, detox and isotonic which is obtained by fermenting sugar water with kefir bacteria. These are composed of strains of different lactic acid bacteria and yeasts that live in symbiosis (depending on each others).

Yeasts make vitamins and transform existing minerals in water, so they can be assimilated by the bacteria. These, on the other hand, use these nutrients for their metabolic functions.

They decompose the sugar present in the water through a fermentation process. As a consequence, the pH of the water changes, becoming slightly acidic and generate a anaerobic medium (free of oxygen).

Both lactic bacteria and yeasts are at ease and reproduce rapidly in it.

At the same time, other pathogenic microorganisms and molds, which need oxygen to live, die and disappear. That's why the lactic fermentation is used since antiquity as mean of conversation.

There are different variants of water kefir. In some cases, water is replaced by fruit juice or coconut water. In others, instead of sugar agave syrup, dates or other types of sweeteners are used. However, the principle basic works in the same way.

The healthy refreshment

With the process of decomposition of sugar by lactic acid bacteria, these are also also generate carbon dioxide. This provides the water with a sparkling taste, much like a soda.

If you want to give it an even more interesting flavor, it's possible to submit it to a second fermentation, adding fruits or spices to give it a special touch.

The final result: a tasty and slightly carbonated drink.

However, its composition is radically different. Water kefir have much less sugar, since the bacteria is being decomposed most of this during fermentation.

Health benefits of water kefir

The most remarkable thing about kefir is not its low sugar content. There is something that makes it even more attractive.

During fermentation, the bacteria reproduce rapidly and colonize the water. When you drink this liquid, you will also be ingesting large amounts of these beneficial probiotic bacteria.

In our previous post on probiotics, we already explained the positive effects that these microorganisms have on your intestinal health, and how they can help you prevent many diseases.

Thus, they are attributed, among others, the following effects :

- Regenerate the intestinal flora.
- Help prevent and improve intestinal problems (irritable bowel, ulcerative colitis, crohn's disease, etc.).
- They promote the correct absorption of nutrients, vitamins and minerals.
- Prevent and combat allergies and irritations.
- They avoid infections, especially those caused by the fungus candida albicans (candidiasis).
- They reinforce the immune system and protect us against degenerative diseases, cancer and diabetes.
- They provide us with vitamins A, B (including folic acid), C and D.
- They even have positive effects on stress and depression.
- It's detoxifying and isotonic.

Its effectiveness do not cure the diseases directly, but they allow the intestine to perform its functions correctly. So on one hand, it will help us absorb the nutrients we need, but it will also prevent our pathogenic and toxic blood from reaching our blood, which can overwhelm our immune system.

What probiotic strains does KEFIRSAN contains ?

As you've seen, water kefir is an excellent source of probiotics. It usually contains about 10 to 15 different strains of bacteria, and they are all healthy. The most representative are :

- Lactococcus lactis
- Lactococcus cremoris
- Lactococcus diacetylactis
- Lactococcus casei
- Lactobacillus acidophilus
- Kluveromyces marxianus

The water kefir clearly outperforms the best known probiotic, yogurt, which usually only contains one type of probiotic strain.

Nonetheless, water kefir has a number of additional advantages:

- It's much lighter to drink, since it does not contains fats.
- It doesn't contain lactose, so intolerant people and vegetarians can drink it without any problems.

To resume, you can enjoy an excellent probiotic supplement, without the need to fill or overload yourself with animals fats or proteins.

Important : watch the percentage of sugar !

As previously mentioned, during fermentation of kefir, bacteria decompose sugar. However,

there will always be a certain remnant in the liquid. The longer the fermentation time, the lower the percentage of sugar will be. It's usually around 1.5 gr. It's practically residual. It has a fresh and sparkling water, so there's no need for any added sugars.

We encourage you to try our KEFIRSAN brand, in which we take maximum care to keep the sugars at a minimum level. We also have many varieties flavored with flavors as a suggestive ginger, cherry, chamomile, orange...

Conclusion

With everything seen of water kefir, we can conclude that is an excellent option for you to incorporate a greater amount of probiotics in your diet. As with any other food, it's not about consuming liters and liters daily. Ideally, you should introduce this reach beverage into your diet on a regular basis, in moderate or periodic amounts.

It's recommended that you also consume other probiotic foods, such as fermented vegetables. Keep in mind that each fermented food contains different types of strains of these beneficial bacteria. Anyhow, since water kefir is a light and easy to drink, it will always allow you to have an extra probiotic supplement at any time. It's a perfect substitute for traditional soft drinks, which are not beneficial for your health. KEFIRSAN is certified as an organic drink according to ECC regulations.