The History and Health Benefits of Water Kefir

History

- The exact origin of water kefir grains is unknown
- In 1899 M. Lutz talked about it as part of the water in opuntia cactus in Mexico
- The may have also originated in Japan where they are known as Japanese crystals
- There is also a story of the grains originating in Tibet

History

- The grains have been around for a long time and found in many places
- They are completely different from the milk kefir grains and have more unique bacteria strains in comparison to other fermented foods
- The only similarity is that like milk kefir grains, water kefir grains are a combination of symbiotic good bacteria and yeasts that work together

Health Benefits

- Far less research exists on water kefir
- Contain antioxidants which increases as fermentation increases
- Lowers cholesterol and triglycerides
- Stabilizes blood sugar and can help provide sustained energy
- Help aid digestion
- Synthesizes vitamins especially the B's

Benefits

- Contributes to gut health, like other fermented foods
- Good bacteria strains in water kefir are immune supportive
- Anecdotally, may help prevent colds and flus
- More research needs to be done on the specific strains

Benefits

- Water kefir is made from fermenting sugar in water with the grains
- It is easy to make and can be used anywhere where water is used
- The kefir grains can be eaten even though they are rather tasteless
- This is one that is well worth bringing into daily life

References

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