



# Cocoon Nutrition

Scientific Breakthroughs for Radiant Health

## Homemade Kiefer

### The Source Is Everything

We always say, "The source is every-thing." This means that unless the source of a product is premier quality, the benefits of taking the product may be very poor. And this definitely applies to kiefer and yogurt. All kiefer and yogurts are not created equal. In fact, the quality of yogurt (even organic) in the U.S. is typically very poor because the final product has been pasteurized which kills the beneficial bacteria, thus negating its health promoting benefit

### Bio-available Minerals For Strong Teeth and Bones

We have long observed that societies that eat cultured milk products, including even those from the poor classes, commonly have few or NO dental cavities. On trips to third-world countries, you may have noticed the beautiful, exceptionally white, strong teeth of many poor people. We believe one reason for the excellent dental health of many foreign countries is their daily consumption of fermented milk products such as kiefer. Kiefer contains a complex culture of many healthy, hearty bacterial strains, passed down from family to family for centuries.

### A Kiefer A Day Keeps The Doctor Away

Unlike Americans, many traditional cultures eat homemade kiefer or yogurt every morning, made the night before from fresh, whole, nontoxic cow's milk. Culturing fresh milk into kiefer makes the inherent nutritional factors in the milk, such as vitamins and minerals, extremely bio-available so your body can easily absorb and digest them. In addition, kiefer provides super healthy, valuable bacteria strains to promote healthy bowel function and digestion, and to help ward off pathogenic disease organisms. A healthy colon is the cornerstone of a healthy body.

### Home Culturing

Culturing your own milk with premier quality kiefer bacteria provides a wonderful, healthy, easy-to-digest food, for little tots up to great-grandpa. It's extremely easy to make and tastes delicious. Enjoy eating a bowl of homemade kiefer every morning. You can eat it as is or use it as a creamy base for kiefer-based salad dressings, sauces, part of your morning health shake or experiment with making kiefer ice cream.

### How To Make Kiefer

The best milk to use is organic whole milk (that comes with the cream on top) from cows never injected with synthetic hormones.

In the evening, pour the whole milk into a saucepan (for example, use 1 or 2 quarts of milk per person). If desired, skim the cream off first. Gently heat the milk until it comes to a boil, stirring the milk every few minutes so it does not stick to the pan and burn. Then turn off the heat and let the milk cool until it is still fairly warm but not too hot to hold your finger in the milk. Heating the milk to a boil kills any undesirable bacteria which may compete against and inhibit the growth of the healthy kiefer bacteria.

Next, stir in 2 tablespoons or more of kiefer culture into the warm milk. Immediately pour the milk with the added culture into a large glass bowl, cover, then wrap the entire bowl, with 2 large towels to keep it warm. Place one towel under the bowl and cover over the top. Place the second towel on top and wrap the bowl from the top down. Keep it out of drafty, cool places.

By morning (about 6 to 8 hours later), you'll have delicious kiefer. The milk has been converted into kiefer when it has become thickened. This hearty kiefer strain can culture very fast (within a few hours if kept fairly warm).