

## Yogurt making Instructions

This is the Yogurt maker I use. There are several brand names of the same yogurt maker.

Visit the Ultimate Store 4.6 ★★★★★ 636  
 Ultimate Probiotic Yogurt Maker - Make Trillions of Live Probiotics with Adjustable Temperature & Time Control - Get Better Gut Health - Best Yoghurt Machine - Perfect Kitchen Gifts for Women & Men  
**#1 Best Seller** in Yogurt Makers



Most of these products can be obtained from Amazon.

Order organic inulin to feed the probiotics.

These three probiotics

colonize upper Intestines and help defeat SIBO,

L.Reuteri and L Gasseri, will colonize the upper small intestine as well as colon and reduce leaky gut. L. Reuteri

and L. Gasseri are fermented at different temperatures so separate batches of each is best. The benefits of L. Bulgaricus and B.Coagulans is listed in Yogurt E-Book. **Most of these are available at Amazon.**

Buy the version with the two Larger Jars rather than these smaller jars.

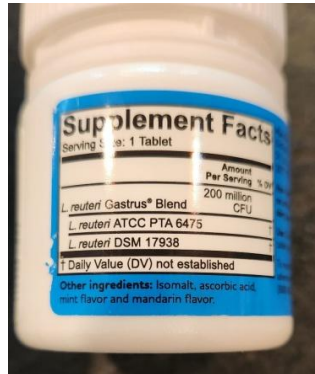
Micro Ingredients Organic Chicory Root Inulin Powder, 2 Pounds | Natural Prebiotic Fiber Supplement | Intestinal Support for Colon and Gut Health | Non-GMO and Vegan Friendly  
**Amazon's Choice** in Prebiotic Nutritional Suppl...

1 sustainability feature  
 900+ bought in past month



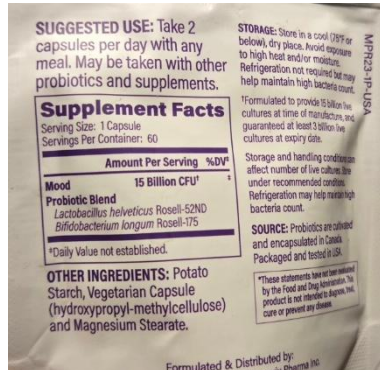
L.

BioGaia Visit the Store 4.6 ★★★★★ 2,968  
 BioGaia Gastrus Chewable Tablets, Adult Probiotic Supplement for Stomach Discomfort, Constipation, Gas, Bloating, Regularity, Non-GMO, 30 Tablets, 1 Pack



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These other recommended probiotics that can be fermented. Use the Yogurt E-Book that is available as a PDF for the correct fermenting temperatures. Yogurt Plus is an excellent 5 probiotic combination that I ferment at 102 F. All of them are fermented for 36 hours.



Mood Pro-biotic has two bacteria strains listed to reduce Stress Unfortunately I have struggled to ferment this

I found Yakult at Walmarts

Brand: Cutting Edge Cultures 4.4 ★★★★★  
 Yogurt Plus Probiotic Yogurt Starter Culture By Cutting Edge Cultures 4 grams 4 Packets  
 50+ bought in past month

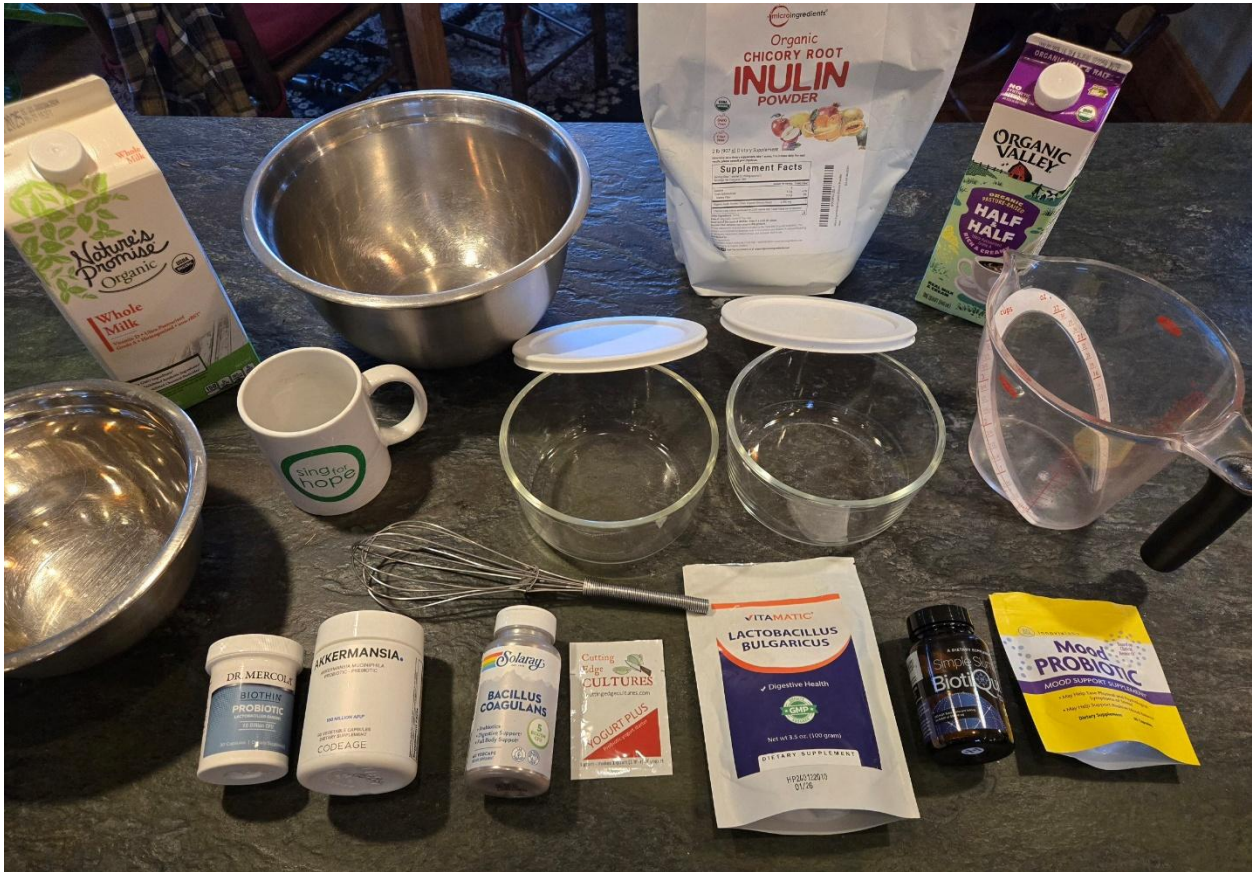


Yogurt Plus Has 5 probiotics

This Akkermansia is available from Vita-Cost but I'm unsure of quality

BiotiQuest is recommended by Dr. Davis

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Here are the basic tools. A mixing bowl, a measuring cup, metal whisk, inulin, milk and the starter. I pre-wash my hands and then rinse in the hottest water everything that will touch the mixture including the final two glass jugs with their lids.

If the yogurt maker has any residual water from a previous batch, pour it out. Dry the inside of the yogurt maker with a paper towel. Rinse the lid thoroughly in hot water and dry it out. I don't want any extra bacteria in the yogurt maker.

Some grass-fed milk is not ultra pasteurized. Since I have **not** been doing my own 20-to-30-minute pasteurization I only use Ultra-Pasteurized milk. I find grass fed milk without additional pasteurization produces half curd yogurt and half whey liquid. Most batches come out great using organic ultra-pasteurized milk especially if you include half and half for half of the milk. Pasteurizing the milk requires heating the oven to 180 and placing the bowl of milk in the oven for 30 minutes. Let it cool for 5 to 10 minutes in a larger bowl with ice water to speed up the cooling. **Organic A2 ultra pasteurized milk is preferred as it is less inflammatory than regular milk.** Costco and Kimberton sells it.

I like to pre-warm  $\frac{1}{2}$  cup of milk in microwave for 30 seconds. I add two to three heaping tablespoons of Inulin to the warm milk. Chicory root Inulin mixes easier than this artichoke variety. The warm milk will more easily pre-dissolve the chicory root powder in the cup. Add the 2-3 tablespoons of previously

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made yogurt or new power from capsules to the milk and inulin. Use a spoon to combine milk and Inulin and bacteria without aerating. Yogurt fermenting is an Anerobic process. Add the mixed cup to a larger mixing bowl. I even scoop out bubbles on top of the mixture which is probably not needed. Add Mix it gently so not to aerate the milk. Some small lumps of the Inulin will not be an issue. To start a new batch I add three tablespoons of a previous batch or three tablets of Gasseri or 10 tablets of L Reuteri or three tablets of the other pro-biotics when starting a new batch.

Next pour in 32 ounces of whole organic ultra pasteurized milk on the edge of the bowl without frothing the milk. Gently stir the 32 ounces with the whisk or spoon without creating air bubbles.



After it is well mixed, pour the milk into the two bowls that came with the yogurt maker once again without frothing the milk. Put the lids on the bowls and compress the center as the lids snap in place to minimize the lids popping open in the yogurt maker and possible getting other bacteria into the mix. Place both bowls in the yogurt maker.



Put the two bowls in the yogurt maker. Add about 8 oz of water into the yogurt maker to be about an inch deep so that the heat is more even. Put the lid on the top of the yogurt maker.

I measured the temperature of my yogurt maker and found it was running about 4 degrees hotter than the setting. During your 1<sup>st</sup> batch of L. Reuteri and L. Gasseri use a (hopefully) accurate meat thermometer in the water in the cooker to check if your maker is close to the

specified temperature. Each probiotic likes different temperatures. L. Reuteri likes 100 degrees and L Gasseri likes 109 degrees. Each probiotic likes different temperatures.

To start press left "Temp/Time" button and 108 is displayed at the start. Use + or – to adjust the temperature to the preferred level as specified in the Yogurt E-Book. Press right "Start/Reset" button and 08 is displayed which is 8 hours. Press the "+" 28 times to increase the fermenting to 36 hours. Press "Start/Reset" again and the process begins. It will then count down the hours until it is ready.

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You can leave the yogurt in the bowls if it finishes while you are sleeping. I try and time it, so I'm awake when it is done.



After 36 hours take it out and save 16 ounces to use as starter for future batches. I recommend starting either another batch of the same or start another batch of the L.Gasseri or any of the probiotics recommended in the Yogurt E-Book. Put the rest in the refrigerator. I found it helpful to buy extra wide mouth glass jars to store the starters and wide mouth 32 oz jars to store the different yogurts in the refrigerator. See the links for these below. I use a label maker to identify each batch. You can use a magic marker. Labeling each batch is really necessary once you start making other yogurts.

Dr Davis says his patients reduce or eliminate their SIBO after 4 weeks of consuming several ounces of yogurt every day. This healing needs some crucial other factors.

- 1) Minimize ultra processed foods and cook as many meals as possible at home.
- 2) Always have a fiber-based food in every meal preferably eaten first to reduce insulin spikes.
- 3) Other high quality pro-biotics are still recommended to help the colon bacteria.
- 4) Seriously consider eliminating wheat and other grains from your diet.
- 5) Support organic farming and your own health. Glyphosate is in most grains.

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JARMING COLLECTIONS Mason Jars 32 Oz Glass EXTRA WIDE MOUTH Quart Storage Jars with Lids - BPA Free Plastic Storage Lids - Made in USA - Quart Glass Jars 32 oz with Airtight Lids (Set of 2)

Return or replace items: Eligible through January 31, 2025



Buy it again

View your item



EONJOE 4-Pack Overnight Oats Containers with Lids 16oz Glass Mason Jars Meal Prep Salad Food Cereal Snacks Pudding Yogurt Storage

Return or replace items: Eligible through January 31, 2025



Buy it again

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## Lactobacillus Reuteri DSM 17938, ATCC PTA 6475

Available from Bio Gaia

DSM 17938 and ATCC PTA 6475 strains increase oxytocin release from the pituitary gland and thereby yield effects such as smoother skin, reduced skin wrinkles, accelerated healing, increased feelings of empathy, restoration of youthful muscle and other benefits.

**Leaky Gut:** Helps to strengthen and **repair the intestinal barrier**, which, when damaged, can allow harmful bacteria to enter the body and cause bloating, gas, cramps, and food sensitivities.<sup>39</sup>

**Urinary Tract Infections:** Provides female support to **combating** and easing the effects of Urinary Tract Infections (UTI's).<sup>40</sup>

**Dental Health:** As one of the few probiotics found in the mouth, studies have shown it helps **deter** the growth of Streptococcus mutans, the bacteria which causes **tooth decay**.<sup>41</sup>

**H. Pylori Defense:** May help **reduce the presence** of Helicobacter pylori (H. pylori), a harmful bacteria which researchers have linked to peptic ulcers and other digestive diseases.<sup>42</sup>

## . Lactobacillus Gasseri

**Healthy Weight Support:** A review of over a dozen human randomized controlled trials concluded that L. gasseri supports healthy weight management. Other studies have shown this strain to support the **reduction of fatty tissue** and **improve metabolism**.<sup>24-27</sup>

**Bone Density:** Shown to have anti-menopausal effects by **increasing bone mineral density** and **lowering pain** sensitivity.<sup>28</sup>

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*Official name of strain is Lacticaseibacillus casei* Shirota

*Lacticaseibacillus casei* : the full strain name may also be referred to as *Lacticaseibacillus casei* DN-114001

***Lactobacillus casei*** is one of numerous species belonging to the ***Lactobacillus*** genus. As of April 2020 *L. casei* has been officially reclassified to *Lacticaseibacillus casei* so the full strain name may also be referred to as *Lacticaseibacillus casei* Shirota (Zheng J et al., 2020). Strains from this particular species are often present in fermented foods such as sauerkraut and yoghurt, and the *Lactobacillus casei* Shirota strain is typically found in commercially available yoghurt drinks.

### What are the benefits of *Lactobacillus casei*?

1. **Production of antimicrobial substances** - Bacteriocins are antimicrobial and produced by many organisms including lactic acid bacteria. *L. casei* displays antimicrobial ability against gram-positive and gram-negative pathogenic and antibiotic-resistant bacteria, thus supporting the growth of beneficial microbes and maintaining gut homeostasis. (Ullah N. et al., 2017).
2. **Enhances gut barrier function** – *L. casei* prevents impaired barrier function of intestinal epithelial cells. The exact role probiotics play in epithelial barrier function is not well understood but when gut cells were pre-treated with *L. casei* before undergoing induced cytokine dysfunction, they provided a protective effect (Soo Han D et al., 2010).
3. **Reduces the adhesion of pathogens** – *L. casei* competes with selective groups of pathogens for adhesion to intestinal surfaces, thus taking up more room on the gut lining and leaving less space for pathogens to inhabit and grow (Y.-K. Lee and K.-Y. Puong, 2007).
4. **Modulation of the immune system** – Some strains of *L. casei* have demonstrated their ability to alter the composition of the gut and modulate the human innate immune system. *Lactobacillus casei* DN-114001 has been extensively trialed for immune support and *L. casei* Shirota has been shown to increase the activity of natural killer (NK) cells which target several types of tumours and other infectious cells (Reale M. et al., 2011).

### Key takeaways for *Lactobacillus casei*

- *Lactobacillus casei* is officially known as *Lacticaseibacillus casei*; it contains well-studied strains within the species and is often used in food production to ferment cheese and yoghurt.
- The benefits of *L. casei* include supporting the growth of beneficial microbes, protecting the gut lining and reducing the adhesion of pathogens; other benefits are strain-specific.
- One of the most well researched strains is ***Lactobacillus casei* Shirota** which has been widely studied to support digestive and immune health.