



INFORMATION READ

WHAT IF I HAVE OTHER QUESTIONS?

Get in touch! We have a team of qualified Nutritional Therapists standing by to answer any questions that you might have, and help develop a personalised kefir program for you. The fastest way to contact us is via live chat on the website.



www.chucklinggoat.co.uk
Response in under a minute
8am to 8pm weekdays



info@chucklinggoat.co.uk
24hr response weekdays



01239 654072
9am to 4pm weekdays



IMPORTANT PLEASE

• HOW TO OPEN

Your kefir is a bit like champagne - explosively strong! When opening, take extreme care and point away from eyes. We suggest that you wash your kefir bottle and put it in a bowl to reclaim any overspill. Ease the cap open very gradually, allowing gas to escape and kefir to run down the side. Watch the opening video here: chucklinggoat.co.uk/how-to-open

• WHEN TO TAKE YOUR KEFIR

You can take your kefir anytime, but because it gives you an energy boost, most people prefer to take it in the morning. Try working it into your routine first thing, before food. The reason for this is that it gives the beneficial lactobacillus bacteria a clear run at populating your intestine, where they will crowd out the bad bugs.

• HOW MUCH TO TAKE

The full daily dosage is 170 ml. If you are sensitive or dealing with issues that stem from gut

dysbiosis, you may wish to begin slowly. Take 1 TBSP daily for the first week, then increase to 2 TBSP daily for a week, etc. **If anything starts feeling worse instead of better, you're increasing your dosage too quickly.** This includes tummy, skin and mood symptoms. If this happens, immediately cut right back to 1 TBSP daily and start the increase process all over again. Kefir is strong stuff! The idea here is to allow your system to adjust at its own pace, and not to rush the process. If you have any questions about this process, please get in touch with one of our Nutritional Therapists via live chat at www.chucklinggoat.co.uk and we'll be happy to help.

• WHAT ABOUT THE TASTE?

The primary taste in kefir is butyric acid, which is the flavour in Parmesan cheese. This is a short chain fatty acid that is so anti-inflammatory and beneficial for health that it is sold as a health supplement on its own. Most people become adjusted to the

tart, tangy taste and begin to crave it over time. If you struggle with the taste, try blending your kefir up with fruit and 100% stevia, to taste. Blueberries and bananas make a nice combo with the kefir! You can download our Kefir Smoothie & Lassi recipe book at chucklinggoat.co.uk/smoothies

• HOW DOES KEFIR GO WITH OTHER MEDICATIONS?

Immunosuppressants are the only contraindication that we are aware of. If you're currently taking immunosuppressants please check with your GP before beginning your kefir plan. The medication works to suppress the immune system, while the kefir is trying to boost it. It is a bit like driving a car with your foot on the accelerator and the brake at the same time!

• WHY DO SOME BATCHES TASTE DIFFERENT?

Because kefir is a natural product made by living organisms, there is a

certain amount of natural variation from batch to batch. You may notice differences in flavour, fizziness and thickness. This is due to variations in ambient temperature and seasons - kefir grains are like tiny animals, and they respond to their environment! However what remains constant is the therapeutic bacterial content. We know this for a fact, because we perform microbiological testing on every batch, every day.

• HOW LONG DOES THE KEFIR LAST?

Your Kefir will continue to ferment in the bottle, becoming stronger in taste and potency over time. It's good for 90 days and can be stored at room temperature, in the fridge or frozen and thawed as needed. Opening the bottle does not affect the best before date. You will notice that it begins to separate itself into curds and whey - this is a natural function of fermentation. You may gently shake or blend to resolve this.