



L. Reuteri Superfood Yogurt

Source:

<https://www.culturedfoodlife.com/recipe/l-reuteri-superfood-yogurt/>

Donna Schwenk of Cultured Food Life introduced us to the uncommon bacteria L. reuteri. L. Reuteri Superfood Yogurt is a cultured dairy product made with completely different strains of bacteria than conventional yogurt. This culture provides significantly better benefits and far higher probiotics than typical yogurts, especially those purchased in stores. If yogurts were priced by their probiotic contents alone, then L. reuteri would be a premium product.

<https://www.culturedfoodlife.com/l-reuteri-the-bacteria-youre-missing-and-the-superfood-yogurt-i-love/#graph>

Dr. Davis in Supergut states: “Modern life has eradicated this species from 96 percent of people in the modern world. Today, only 4 percent - fewer than 1 in twenty people – continue to enjoy this marvelous species.”

People rave about the flavor and texture of this culture. It has helped people suffering from IBS (Irritable Bowel Syndrome), SIBO (small intestinal bacterial overgrowth) and SIFO (small intestinal fungal overgrowth), Candida, colic in infants, H. pylori, and is also known for increasing oxytocin, aka the love hormone, for its impacts on empathy and compassion!

Other symptoms that reportedly improve with L. reuteri include:

- Leaky gut
- Low energy
- Loss of muscle and bone
- Metabolic syndrome

<https://www.culturedfoodlife.com/l-reuteri-superfood-starter-faqs/>

Next Step UP!

Schwenk writes that when we mix reuteri with regular kefir, we create a super mix that can have some really interesting benefits. Benefits observed from careful observation by dedicated yogurt people are:

- Increased muscle mass from workouts and exercise is easier with more results
- Hair is thicker and longer, and grows like crazy.
- Skin is moister and glows like never before
- We all sleep harder and need less sleep and have a lot more energy.
- Our emotions are more stable, feeling more compassion and a lot more joy, less obsessive thinking.
- Lost about 6-7 lbs and haven't done anything different but add this yogurt blend.

One man in particular reported the following benefits after consuming the third batch:

- Pullups and pushups increased by 20%
- Experienced waves of empathy
- 20% boost in deep sleep and REM sleep as reported by his smartwatch
- Increased libido in the morning.

Reuteri is commonly wiped out through the use of antibiotics, so consuming this strain in particular is a good post-antibiotic routine.



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<p>Lowers Blood Pressure Lowers Blood Sugar Reduces Acid Reflux Reduces Allergies severity Detoxes and balances the microbes. Lowers Cholesterol Calming effects on the nervous systems</p>	<p>Kefir Regular Strawberry Mango</p>
<p>Deeper Sleep Improved Skin Collagen Reverse signs of aging Oxytocin boost SIBO / SIFO Not for pregnant women 30d before birth</p>	<p>L. Reuteri Oat (Allergen free) & Almond/Vanilla</p>
<p>Weight Loss IBS SIBO / SIFO</p>	<p>L. Gasseri</p>
<p>Inflammation Arthritis Muscle recovery for intense exercise</p>	<p>B. Loagulans</p>
<p>Viral Respiratory Illnesses</p>	<p>Shirota</p>
<p>Anxiety Depression</p>	<p>L. Helveticus / B. Longum</p>
<p>Baby health</p>	<p>B. Infantis</p>



SUPER GUT - A Four-week plan to reprogram your microbiome, restore health and lose weight.
 By William Davis, MD Best-selling author of **WHEAT BELLY**

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Week 1: Prepare the soil.
 Week 2: Reseed your garden.

Week 3: Add water & fertilizer

Week 4: Grow your super gut microbe garden.

Goal	Species + quantity recommended by Dr. Davis in Super Gut
Smoother Skin with Reduced Wrinkles, Accelerated Healing	L. Reuteri - ½ cup/day
Deeper Sleep with extended REM	L. Reuteri - ½ cup/day
Reduced Inflammation and Arthritis Pain	B. Coagulans - ½ cup/day
Reduced Stress	L. Casei - ½ cup/day
Reduced Depression & Anxiety	L. Helveticus + B. Longum, possibly L. Casei. ½ cup/day
Enhanced Mental Clarity and Focus	L. Casei - ½ cup/day
Weight Loss, Visceral Fat Loss	L. Reuteri + L. Gaseri. ½ cup/day of each
Increase Muscle & Strength	L. Reuteri - ½ cup/day + Collagen hydrolysates 10 gr/day
Athletes: Increase Strength & Accelerate Recovery	L. Reuteri + B. Coagulans - ½ cup/day
Pregnant Mothers	B. Infantis - ½ cup/day
Enhanced Immunity	L. Reuteri + L. Casei Shirota - ½ - 1 cup/day
Super Gut SIBO	L. Reuteri + L. Gasseri + B. Coagulans. ½ cup/day