

Benefits of Super Yogurt



Proven Studies of ‘Super Yogurt’s benefits as well as Folklores & Home Remedies:

‘Super Yogurt’ – hereby collectively refers to yogurt with the Live & Active Cultures only*

-Our complexion will improve; grow smoother and more radiant.

Beauty is more than skin deep. For really healthy skin, the smartest strategy is to go below the surface and address the delicate balance of our inner body ecology (balance the ‘Good’ & ‘Bad’ bacteria). Regular consumption allows the Good Bacteria in ‘**Super Yogurt**’ to stay in our Gastrointestinal Tracts (GI) as **Protective Bacteria that keeps our body’s micro flora in balance**. The internal balance will show on our complexion. Spending huge amount on external beauty products will not be as effective as fighting the battle inside out - eating and applying ‘**Super Yogurt**’. More effective yet less costly!

-Protects our Gastrointestinal Tracts & skin.

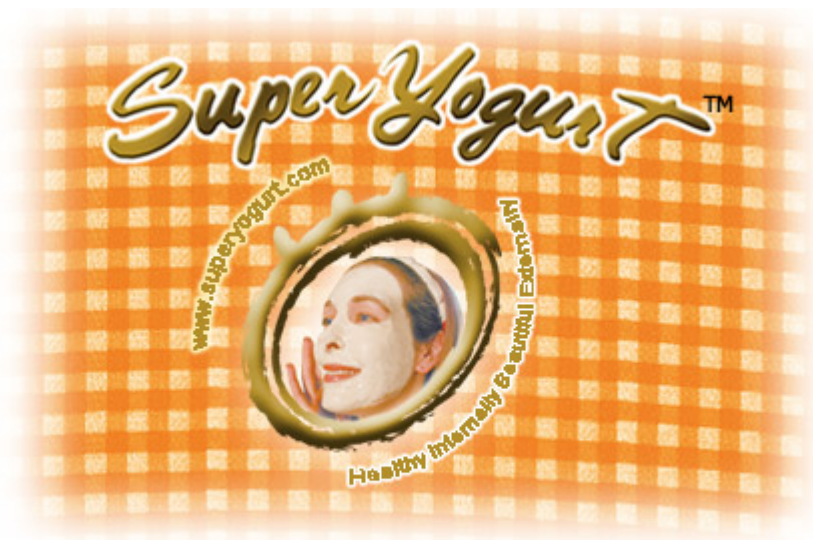
“Many stubborn skin problems like Fungal and Inflammatory Skin Conditions such as Dandruff, Acne, Candida, Eczema, Nail Infections and even Athlete’s Foot can arise when pathogenic bacteria and fungi gain power in our Gastrointestinal Tracts (GI) and on our skin”, according to the author of Look & Feel

Fabulous Forever. Good bacteria in **'Super Yogurt'** will compete and deprive the bad bacteria of foods and spaces in order to survive and flourish.

-Treats Pimples / Acnes & nourishes our skin. (Facemask & Face Scrub)

'Super Yogurt' applies on the whole face as facemask (simple mask as one tablespoon is enough to cover the whole face) for 15-30 minutes a day, then rinse off with water can **solve your Pimples/Acnes problems**. Supplement by eating lots of **'Super Yogurt'** to balance your internal ecology besides external application consistently for few weeks to achieve the best results. This can control facial acne in **80% of adolescent**.

For more beauty tips: *(Refer To: Beauty Recipes)*



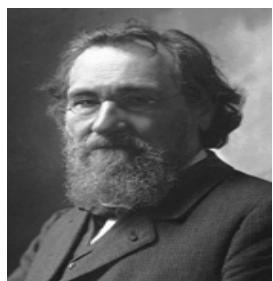
-Have all the elements hair needs to be healthy.

Apply natural **'Super Yogurt'** on the hair & its roots, leave on for ½ an hour and then wash off with water only will make them **soft and reduce hair fall**.

Rid of Dandruff; Add a spoon of salt to a cup of **'Super Yogurt'** and churn. Rub this mixture well into the scalp and leave on for ½ an hour, then wash with water only. Repeated use will **wipe out the dandruff**.

Prevent Graying; **'Super Yogurt'** mixes with lemon and rubs on hair and leave for ½ an hour, then wash will prevent graying.

-Promotes longer life & vitality.



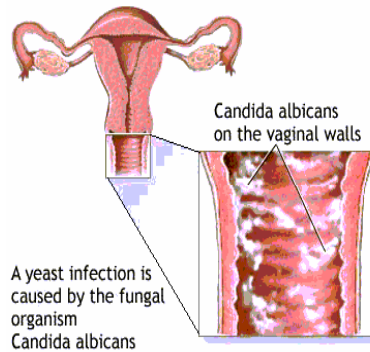
Dr. Ilya Metchnikoff (Nobel Prize Winner) observed that many Bulgarians enjoyed tremendous vitality and died peacefully in their sleep well past 100 years old with no serious medical problems mainly because of their heavy diet of **'Super Yogurt'**. Dr. Metchnikoff believed that human life were cut short by germ-produced toxins

absorbed by the human host while *L. Bulgaricus* **neutralised the harmful pathogens** in the intestinal tracts. Therefore, enhance longevity. (*Refer To: Lactobacillus Bulgaricus*)

-Relieves Vaginal Yeast Infection or Vulvovaginal Candidal Infections.

Study (Ann. Intern. Med. 1992) showed that regular **'Super Yogurt'** consumption relieves by 3 fold **Vaginal Yeast Infection** that affects every women at least once in their lives. Practitioners claim that applying plain/natural **'Super Yogurt' in the vagina will cure Candidiasis** as the Beneficial Bacteria feed on the yeast organisms. If one is pregnant, the yeast infection will be passed on to the baby who will get it in its throat and intestinal tracts called **Thrush**. Also, the irritation/Yeast Infection will allow virus easier entrant into one's blood stream thus making one more susceptible to contracting HIV (AIDS) or other Sexually Transmitted Diseases if left untreated.

The vagina of a healthy woman contains both yeast and bacteria living side by side. Some of the inborn bacteria like Acidophilus help keep the vagina slightly acidic by producing Lactic Acid which act like natural antibiotic that prevent the overgrowth of unfriendly bacteria or yeast (Candida). A yeast infection occurs when there is an imbalance and the yeast multiply out of proportion dominating the region. These can be due to stress, antibiotics, birth control pills, poor diet, douching or use of vaginal products.



One of the non-medical methods for treating yeast infection is by inserting natural **'Super Yogurt'** inside with a spoon or spatula or vaginal cream applicator. Insert at night and wear a pad. Repeat for 3 to 7 nights until symptoms disappear. Douching with **'Super Yogurt'** diluted in water can help too. Eat plenty of **'Super Yogurt'** to replenish the good bacteria and balance the internal ecology for maximum effectiveness.

-Decreases the risk of Cancer, especially Colon Cancer.

Study (Cancer Cause Control, 1992) done on cancer patients in US showed that regular **'Super Yogurt' consumption significantly decreases the risk of Colon Cancer**. The Good Bacteria act as anti-carcinogenic /anti-cancer factors with powerful anti-tumor potentials.

It has been found to be effective in the treatment of cancer and also treatment against viruses such as Hepatitis B and C. **'Super Yogurt'** boost your immunity by increasing interferon in our body. Interferon

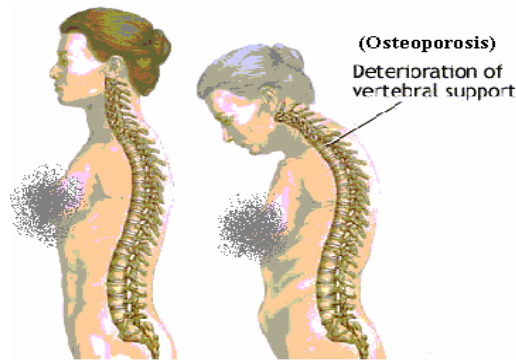
works against cancer cells by keeping them from multiplying, by changing them back into normal cells and by activating another kind of lymph cell known as a natural killer cell that binds to the cancer cells and kills them. While interferon does not kill viruses, it promotes the production of enzymes, which prevent these viruses from multiplying.

-Substitute for people who cannot take milk or any dairy products. (Lactose Intolerance).

Statistic shows that a quarter of the populations have Lactose Intolerance. However, they can still take **'Super Yogurt'** because the Probiotic Cultures had converted the milk sugar into lactic acid by providing the enzyme **Lactase**, which is easily absorbed in the small intestines. Furthermore, the Good Bacteria also assist in breaking down the lactose when inside the small intestine. Good substitute to prevent deficiencies associated with the lack of milk intakes or any dairy products.

-High Calcium contains aid in the development of strong bones and teeth.

Osteoporosis is the disease of the bones, which causes the bones to become porous and brittle, increasing the risk of fractures. Calcium loss from the bones naturally as we age, increasing the risks of Osteoporosis. It affects **1 out of every 3 women** and **1 out of every 8 men**. Women are more prone, hence the need to stock up as much calcium as possible at the young age because as we age, the bones loss the ability to absorb.



Calcium, found in diary products enters our body in an acid matrix or our body will not absorb it. Lactic acid produced by the Good Bacteria in **'Super Yogurt'** is the perfect medium to maximize calcium absorption. 8 oz of yogurt equals about 400mg of calcium, 25% more than you would get out of a glass of milk.

-Boost the body's ability to build bones; helps prevent Osteoporosis.

Other than calcium, **'Super Yogurt'** also contains lactoferrin, an iron-binding protein that boosts the growth and activity of **osteoblasts**, the cells that build bone. Besides increasing osteoblasts, lactoferrin also reduces the rate at which these cells die and decreases the formation of **osteoclasts**, the cells responsible for breaking down bone, thus helping to prevent or even reverse Osteoporosis. Also,

lactoferrin increases the proliferation of chondrocytes, the cells that build cartilage. Lactoferrin's in milk and yogurt were found to increase osteoblasts by up to 5 folds at higher doses. Hence, eat more **'Super Yogurt'** will do you more good!

-High in Protein, helps build and repair body tissues.

An average 200g serving will meet 20% - 30% of your daily requirement for Protein and Calcium respectively according to USDA. Yogurt is so protein dense that it is now considered meat alternate by US Department of Agriculture (USDA) in its school meal programs.

-Replenish good bacteria killed during antibiotics treatment.

Living organisms require good bacteria to break down digestion. Living systems require bacteria to decompose waste. Unfortunately, **antibiotic therapy kills all bacteria, both good and bad**, thus debilitating digestion and slowing decomposition. That's why some people get diarrhea as side effects during antibiotic treatment. Doctors recommend that when on antibiotic, eat more **'Super Yogurt'** to replenish the good bacteria so as to fill in the vacuum and be dominant before the pathogenic bacteria do.

-Reduces the risk of High Blood Pressure/Hypertension.

'Super Yogurt' contains **Calcium, Potassium & Magnesium**; 3 nutrients that help reduce High Blood Pressure. Studies also show that calcium-rich diet helps regulate blood pressure in women during and after pregnancy.

-Not Fattening, a Low Fat and Low Calorie substitute to mix with.

'Super Yogurt' is **not fattening**. An easy way to **cut back on fat, calories and cholesterol** is to replace high fat ingredients food such as sour cream, cream cheese, salad dressing, mayonnaise and etc with half of **'Super Yogurt'**. For example, mix half mayonnaise with half **'Super Yogurt'** and blend them well, you will still have the mayonnaise but less the fat content for a healthy diet. That will make great toppings or dips without feeling guilty. Adjust to taste, you can use more **'Super Yogurt'** like $\frac{3}{4}$ to $\frac{1}{4}$ mayonnaise, etc depending on your weight consciousness.

Eat frozen yogurt instead of ice cream. **'Super Yogurt'** can be frozen and eaten like ice cream but because gelatine is not used, it would not have the consistency of ice cream. Once frozen, it will become slightly watery when thawed. Also, most good bacteria will be dead because of the freezing temperature but can be kept very long, well past the expiry date.

-Specifically, significantly increase fat loss.

Study done on obese men and women on a reduced calorie diet that include 3 daily portions of **'Super Yogurt'** showed that within 3 months, they lost 61% more fat and 81% more abdominal fat than obese subjects on normal diet. They not only lose more fat, especially around their waistlines but they also retained more lean muscle tissues than subjects without yogurt diet. (International Journal of Obesity)

-Versatile & Varieties, kids just love it.

'**Super Yogurt**' is the "thumbs up" for children and parents, which is tasty and enjoyable to eat with its varieties of flavours. Natural/plain '**Super Yogurt**' can be any flavour you like by **mixing with** other foods such as **honey, jam, cereals, nuts, fresh fruits, fruits juices, juice concentrates & etc** to suit your own taste and creativities.



'**Super Yogurt**' is also versatile, good for **baking, marinating and cooking**. Can be used as **meat tenderizer**. When used in cooking, adds '**Super Yogurt**' to cooking pot carefully and **not to over stir, beat excessively or over heat** as that can make it lose its body (the protein's superstructure breaks) and become thin. Add '**Super Yogurt**' **only towards the end of cooking**. To prevent separation of '**Super Yogurt**' in cooking, blend one tablespoon of cornstarch to the yogurt in a separate cup and use according to directions. For cooking recipes: (*Refer To: Cooking Recipes*)

Yogurt drink/Cultured Milk lover can simply mix '**Super Yogurt**' with fruit juices or stir in juice concentrates & water. Add one-third of '**Super Yogurt**' to fruit juice and stir to mix or blend them. You will **get yogurt drink at a lower cost** as '**Super Yogurt**' is in concentrated form.

Also, good for babies as baby food. Recommended as first solid food for babies around four months old and above. (*Refer To: Bifidobacterium Bifidum*)

-Relieves Diarrhea.

High potency of good bacteria can be used to treat and prevent food poisoning and diarrhea. Diarrhea flushes intestinal microorganisms out of the intestine, leaving the body vulnerable to opportunistic infections. Replenishing the beneficial bacteria with Probiotic supplements from '**Super Yogurt**' can help prevent new infections.

Traveller's diarrhea, caused by pathogenic bacteria in drinking water and undercooked food, can be reduced by eating more '**Super Yogurt**'.

Probiotics are useful in the treatment and prevention of diarrhea and rotovirus in infants especially B.Bifidum and S.Thermophilus. (The Lancet, 1994)

-Chronic Constipation.

The friendly bacteria help in enhancing bowel movement. Eating more '**Super Yogurt**' and boosting the good bacteria will do you more good with the addition of other non-resident good bacteria (Bulgaricus & Thermophilus) that complement the overall performance of the resident bacteria (Acidophilus & Bifidus). (*Refer To: Lactobacillus Bulgaricus*)

-Aids in digestion.

Acidophilus and Bifidus are bacteria already present in our body that helps with digestion of food, which we cannot live without. Eating more **'Super Yogurt'** will keep replenishing the good bacteria because they get flushed out of our system when we go to the toilet. No doubt they are still present but sometimes because of our lifestyle and the food that we eat, more are lost than being produced and this imbalance is the cause of many sickness.

-Fresh Breath and Healthy Mouth.

Study shows that regular consumption of **'Super Yogurt'** lowers the levels of hydrogen sulfide and other volatile sulfide compounds responsible for bad breath while reducing dental plaque formation, cavities and gingivitis as well as eliminates tongue-coating bacteria.

-Lower our cholesterol level.

Some studies show that **'Super Yogurt'** can be helpful in lowering cholesterol levels in the blood by decreasing the amount of cholesterol the body produces. Several studies conducted on the Maasai warriors of East Africa found that when they ate large quantities of yogurt, their cholesterol levels went down even though they gained weight due to over eating.

-Protection against Stomach Ulcers that cause gastric pain.

The bacterium (Helicobacter Pylori) responsible for most stomach ulcers can be shut down by **'Super Yogurt'** consumption according to a study published by American Journal of Clinical Nutrition. In this study, volunteers infected with H.Pylori ate yogurt containing the Probiotic bacteria twice daily after a meal for 6 weeks. After 8 weeks, C-urea breath test were done, which measures the amount of enzyme (urease) used by H.Pylori to allow it to penetrate and infect the stomach lining. H.Pylori activity was effectively suppressed in those receiving yogurt-containing probiotics,.

-Increase absorption of Minerals & Vitamins.

Lactobacillus aid in the breakdown of proteins, carbohydrates and fats in food and help absorption of necessary elements and nutrients such as minerals, amino acids and vitamins required for humans and animals to survive.

Yogurt is a very good source of calcium, phosphorous, riboflavin-vitamin B2 and iodine. Yogurt also emerged as a good source of vitamin B12, pantothenic acid-vitamin B5, zinc, potassium, protein and molybdenum. These 10 nutrients alone would make yogurt a health-supportive food. They also manufacture vitamin B leg-biotin, niacin (B3), pyridoxine (B6) and folic acid. (W.H.Foods)

-Promotes a healthier Immune Response.

Laboratory trials have shown that Probiotic bacteria stimulate the activity of the immune system by increasing the number of cells responsible for breaking down of inert particles from the body. (J. Dairy Sci 1993)

-Detoxify toxic material found in our diet.

Play a role in protecting against the negative effects of radiation and toxic pollutants, thus enhancing immune function.

-Lotion/ bath, helps relieve rashes in pregnant women.

'**Super Yogurt**' as a **lotion** helps to **stop itching** or even as a **bath soak** for pregnant women in their later stage of pregnancy when they get **itchy pimply skin eruption, redness, rashes or itchy hives** according to the book Holistic Midwifery. Mix '**Super Yogurt**' with warm waters in bathtub and then soaks your whole body.

-Prevents Asthma in children before birth.

Pregnant women who eat lots of '**Super Yogurt**' helps prevent children from contracting **Asthma** by strengthening the baby's fledgling immune system even **before birth**, according to the British Medical Association Journal.

-Alleviate Anxiety & Stress.

-Reduces Cold, Allergies & Hay Fever.

-The list goes on... but, do bear in mind that '**Super Yogurt**' is not a cure-all-remedies and do not expect immediate results, even the medicines you take do not cure you instantly or in some cases, not at all. This is only a supplement and only long-term consumptions and consistencies will one see the results!

*** Note: Not all yogurts are created equal; Ordinary yogurts without the Live & Active Cultures will not have most of the abovementioned benefits.**

Ask yourself, what nutritional values do Starch (Stabilizer) or Gelatin (Emulsifier) in commercial yogurts have other than better mouth feel with thicker texture, consistency and bigger margin for the manufacturers ?

All information is intended for your general knowledge or educational purposes only and is not a substitute for medical advice nor intended to treat, diagnose, cure or prevent any specific medical conditions. You should seek prompt medical care and consult your physician for any specific health issues. While we take great care in editing, we do not take responsibility for the information provided. Results may vary from person to person; without prejudice.

Copyright © 2007 superyogurt.com

Copyrights Reserved

[<Back>](#)