DRINKS & SMOOTHIES

How to Make Coconut Kefir Water: Reduces Sugar Cravings & Detoxifies the Liver

By bestfolkmedicine · 15/03/2021 · 2 min read



Sugar cravings can be hard to manage-a lot of sugar can also make our skin lose its glow, the one you had in your youth.

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It's not uncommon to notice different facial changes after the age of 30, including brown spots, even in people with a clearer skin.

Healthy diet and the right ingredients can help us maintain a healthy body and a healthy mind. And, we also need the right nutrients.

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One of the most important ones is definitely probiotics- they're amazing good bacteria for a healthy gut and our overall health.

Lately, one of the most popular probiotics is definitely coconut kefir water.

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This drink, which Donna Gates wrote about in her book The Body Ecology Diet: Recovering Health & Rebuilding Your Immunity, is changing people's lives.

It's praised for a long list of health advantages-below, check out the best ones.

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How Will Coconut Kefir Better Your Health?

- **Will help you lower your sugar cravings**
- **Will boost the digestion and better the gut health**
- **It will tone the intestines and help you decrease bloating**
- **It detoxifies the liver-coconut water helps you have clearer skin by cleansing your liver. It will encourage the moles and warts to decrease and disappear. You'll also experience better vision**
- **It will supply your body with important minerals**
- **It will boost your energy and help you feel better**

Coconut kefir water is a health tonic and an amazing superfood which is definitely a good diet addition for people who want to have better digestion, healthier liver, and fewer sugar cravings.

This will consequently increase your energy and help your skin glow.

How to Make Coconut Kefir Water?

There are several ways to make it- the Gates' recipe requires a kefir starter-it's a great choice for those who're beginners in making fermented and cultured foods since it's less 'intimidating' than the grains.

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This is the other way to make it-you buy them once and you can reuse them for a lifetime if properly cared for.

Whichever method you choose, you'll get the same results.

Let's check out the recipe:

*4 servings

4 cups of coconut water

¼ cup of water kefir grains or a kefir starter

Prep:

Mix the ingredients in a jar and leave it on the counter for 1 to 2 days.

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Check it every 24 hours. It will taste sour when it's ready. If it's not and it's still sweet, leave it for another day.

Then, before consumption, leave it in the fridge for a couple of hours and then drink it cold.

Extra tip:

You can enhance the flavour by adding a squeeze of lemon!

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Enjoy!

Sources:

COCONUT KEFIR

DAILY HEALTH POST

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