

Probiotic Health Tincture with Yeast



What are probiotics?

Probiotics are bacteria and yeasts that promote health. For example, they ensure that there is a good balance of bacteria in the stomach. This promotes good digestion.

This probiotic health tincture contributes greatly to our general health. It enables the body to do its job properly and protect us from organisms that may harm us.

Ingredients

Dried active yeast

Sugar

Medicinal plants:

As many as possible of the following:

Cymbopogon citratus (lemon grass)
Ipomoea batatas (sweet potato leaves)
Psidium guajava (guava leaves)
Cape gooseberry leaves
Euphorbia hirta (asthma weed)
Phyllanthus niruri leaves
Artemisia annua (artemisia leaves)
Carica papaya leaves
Mangifera indica (young mango leaves)
Moringa oleifera leaves
Moringa olifera flowers
Eucalyptus globulus leaves
Cucurbita maxima (pumpkin leaves)
Cassia alata (ringworm bush leaves)
Rosemarin officinalis (rosemary)
Cassava leaves
Citrus sinensis (orange leaves)

Citrus limon (lemon leaves)
Hibiscus sabdariffa (roselle)
Beetroot leaves

Fruits

Grapefruit
Cherries
Citrus limon (lemons)
Citrus sinensis (oranges)
Mangifera indica (mangoes)
Carica papaya (pawpaw)
Passiflora incarnata (yellow passion fruits)

Spices

Allium sativum (garlic)
Curcuma longa (turmeric)
Zingiber officinalis (ginger)

Method of preparation

1. Wash one handful of the fresh leaves of as many as possible of the medicinal plants listed above under running water.
2. Place them in a big pot and cover with water. Bring them to the boil and simmer gently for 2mins. Cover the pot and allow it to cool for 30mins. Sieve and return the liquid to the pot.
3. Collect as many of the fruits as possible and wash them. Cut them into very small pieces and add to the pot. Leave the mixture to stand for 2 days in a cool, dark place to allow the nutrients from the

skin and pith of the fruits to be absorbed into the liquid. Then sieve the contents again and retain the liquid.

4. Collect as many of the spices as possible. Using the mortar and pestle pound the spices to a paste and put in the pot. Stir well.
5. Sieve again and collect the liquid.
6. Add the sugar and yeast. For 10 litres of liquid use 2kg of sugar and 100 grams of dried yeast. For smaller or larger quantities keep these proportions. Stir well until all the sugar has dissolved.
7. Store for two weeks in a glass or plastic container in a cool dark place. Cover with a loose lid or cloth. This allows the gases (carbon dioxide) produced by the yeast fermentation to escape. The lid or cloth also prevents dust and insects from contaminating the liquid.
8. Add honey. For 10 litres of liquid add 1 litre of honey. Stir thoroughly.
9. The probiotic health tincture is now ready for use. If possible store in opaque glass bottles with a screw top. Failing that store in strong plastic bottles in a cool, dark place. It may be used for 3 months. Anything that remains after 3 months must be thrown away.
10. Prepare a label giving details of the contents (Pro-Biotic Health Tincture), your name, the date of production and the expiry date (3 months later).

Recommended dosage

Take 100ml of this tincture 3 times daily after meals for a period of one month.

General experience with probiotics

Probiotics help with stomach related problems such as diarrhoea, problems caused by taking antibiotics, irritable bowel syndrome and inflammatory bowel disease.

Probiotics can also help with some non-stomach related problems, such as eczema and other skin conditions, bladder and vaginal infections, allergies and the common cold.

Specific Experience with this probiotic health tincture in Kenya

This probiotic tincture has helped patients with various chronic ailments such as diabetes, high blood pressure, arthritis, gout and digestive tract infections.

It has also helped to increase mental alertness, improve poor vision, relieve stress and to strengthen the immune system.

Acknowledgement

The late Peter Kuria and his colleagues in Murang'a, Kenya.

Disclaimer

Discover has compiled this information with the best possible interests of its colleagues in Africa at heart. Discover cannot be held responsible for any negative consequence of following the procedures described in this paper.