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These live kefir grains mean a lot to me & I wanted to make sure I found the perfect way to ship them and get them to you safely. They make the best kefir! This blog post is sponsored by F-15 Meal Plan (The Program Dr. Ro used to help America Shed 5 Million Pounds). Everyone wants to lose weight now, not later. Here you can find my starter cultures, fermenting jars, and more! I have everything you need to get started. I sell many of these items here in my store. @R: Actually if you look through the article Mark links to a bunch of studies to back up his key points. Personally I am very much against gluten grains, although I do eat healthier grains like rice once or twice a week., Everything Sprouted Grains Book Everything Ebook.

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