# Kefir’s comeback driven by rising interest in gut health and scientific support



Kefir, a fermented dairy product, is experiencing a resurgence in popularity as consumers increasingly turn to gut-friendly foods in their pursuit of better health. Once considered an obscure health food, kefir is now being lauded for its potential benefits, particularly in gut health, with experts offering insights into its advantages.

Dr Megan Rossi, known as The Gut Health Doctor, explained the relationship between kefir and other fermented products, stating, “Kefir is a cousin to yoghurt – the main difference being it contains more different strains of microbes. It's been around for thousands of years yet it's the rise in gut health over the last few years that has brought it back in vogue.” Clinical studies have linked fermented foods like kefir to reduced inflammation and improvements in various health metrics, including weight management and heart health.

One recent study from Stanford University indicated that a high intake of fermented foods could correlate with lower markers of inflammation, suggesting a broader role for such foods in contemporary diets. This focus on gut health aligns with emerging research that has linked the microbiome to mental health outcomes, with some studies proposing that gut regulation might alleviate symptoms of clinical depression.

The benefits of kefir can be attributed to its diverse range of probiotic strains, which are thought to enhance gut health and support the immune system. Consumers who have incorporated kefir into their daily routines report various health improvements, including increased energy levels and enhanced skin appearance.

In terms of consumption, Dr Rossi recommends a daily intake of 100-200mls, advising that those aiming to improve digestion should drink it on an empty stomach. In contrast, for those looking for satiety, consuming it post-meal is preferable.

While kefir might not appeal to everyone due to its distinct flavour and texture, it continues to emerge as a go-to for health enthusiasts. Dairy-based kefir, which contains lactose, remains popular, although alternatives like water kefir are available for those avoiding dairy. Homemade kefir requires careful preparation due to health risks associated with contamination, particularly for immunocompromised individuals.

Dr Rossi has cautioned consumers against brands that add sugars or thickeners, stating, “Sadly many brands are now adding sugars in the form of fruit extracts, versus using whole fruit, and others including new protein products have added sugar in the form of sucrose in them.” By scrutinising ingredients, consumers can ensure they are selecting high-quality products that maintain the intended health benefits.

Research consistently indicates that kefir can exert various physiological benefits, including reducing inflammation and improving glycaemic and lipid profiles. As these findings gain traction, the trend towards incorporating kefir into daily health routines is likely to continue, reflecting a broader cultural shift towards prioritising gut health.

With supermarkets frequently stocking kefir, along with an increasing array of brands available online, its accessibility further supports its growing popularity. As discussions surrounding gut health become more mainstream, kefir stands out as a potentially beneficial addition for many seeking to enhance their overall well-being.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

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