



# the Kefir company

## FERMENTED COCONUT WATER

GOOD FOR YOU, NATURALLY!

This document is intended as a broad / brief introduction to THE KEFIR COMPANY'S KEFIR. Whether you have purchased a "SIPPER", a "BIG SIPPER" or a "BATCH", our recommended serving amounts SHOULD remain the same when starting out.

In all cases though, we HIGHLY RECOMMEND that you discuss with us your individual situation and requirements allowing us to discuss reasons and concepts in finer detail.

### UPON RECEIVING YOUR BATCH

We recommend keeping your MOTHER Bottle in the fridge whenever you AREN'T re-inoculating/re-fermenting. *<This slows down the ongoing fermentation of your Kefir.>*

Place the 4 frozen containers of young coconut water in the freezer.

**DO NOT (R) DO NOT STORE THE GLASS MOTHER BOTTLE IN THE FREEZER. IT WILL DESTROY THE FERMENT AND IF LEFT LONG ENOUGH, SHATTER OR EXPLODE.**

### INITIAL SERVING - ACCLIMATISATION PERIOD (ADULT)

**Note:- If you or your child have a pre-existing medical diagnosis, either gut related or not, contact us prior to commencing kefir usage, so that we can customise your acclimatisation plan to suit.**

For a 'typical' person, with a 'typical' gut, in a 'typical' world, we recommend starting with a daily dose of 30ml (2 Tablespoons).

Continue taking this amount for 5 - 7 days.

After 5 - 7 days AND if your gut is feeling good, increase your daily amount by 10ml (2 teaspoons). *<If you notice any reaction to this increase, revert serving back to 30ml per day BUT don't stop taking your kefir. - CONTACT US>*

Continue this cycle of increasing dose by 10ml every 5 - 7 days, as long as your gut is happy, up to a dose of 80ml per day (FEMALE) or 100ml per day (MALE).

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### **INITIAL DOSEAGE – ACCLIMATISATION PERIOD - CHILD (3 months +)**

**Note:- Prior to commencing a child on KEFIR, we highly recommend discussing your situation and requirements with us.**

Generally, you would start a child on 1/4 teaspoon (1.25ml) once a day, taken around food, for 7 days.

After 7 days, increase daily dose by a further 1/4 teaspoon (1.25ml) to 1/2 teaspoon (2.5ml).

*<If you notice any reaction to this increase, revert serving back to 1.25ml per day BUT don't stop taking your kefir. - CONTACT US>*

Continue this cycle of increasing dose by 1.25ml every 7 days, as long as your child is happy, up to a dose of 1 teaspoon (5ml) per day.

#### **For a child aged between 2-5 years old:**

Start at 1 teaspoon (5ml). Increase dose by 1 teaspoon (5ml) every 7 days, building up to 25 - 30ml per day.

#### **For a child aged over 5 years old:**

Start at 1 teaspoon (5ml). Increase dose by 1 teaspoon (5ml) every 7 days, building up to 50ml per day.

*<If you notice any reaction to dose increases, revert serving back to previous daily amount BUT don't stop taking your kefir. - CONTACT US>*

### **PRIOR TO DISPENSING YOUR KEFIR**

Given a period of time sitting, the beneficial bacterial contained within your kefir will separate out into individual levels. To provide yourself with the best blend of ALL the beneficial bacterial, slowly invert the capped mother bottle, and back again.

Release the cap SLOWLY to allow any pressure that may have built up to escape and minimise any wastage. If required, allow the mother bottle to settle for a period of time before releasing the cap again

You should always visually inspect your mother bottle for bubbling activity; it can be quite dramatic and vigorous. *<This generally indicates a higher ambient temperature.>*



## REFILLING / REINOCULATING YOUR KEFIR

On the left hand edge of the MOTHER bottle label, you will notice 2 small horizontal black lines.

The top line is marked **DEFROST** and the bottom line, **REFILL**.

1. When you have consumed your mother bottle down to the level of the defrost line, remove a frozen container of young coconut water from your freezer. Place this container in a warmish, out of direct sunlight, away from your MOTHER bottle and allow it to defrost naturally.

<Note:- The volume between the defrost and refill lines equals 125ml of KEFIR, therefore this allows for an adult on a typical serving of kefir, slightly more than 24 hours in which the young coconut water container should defrost.>

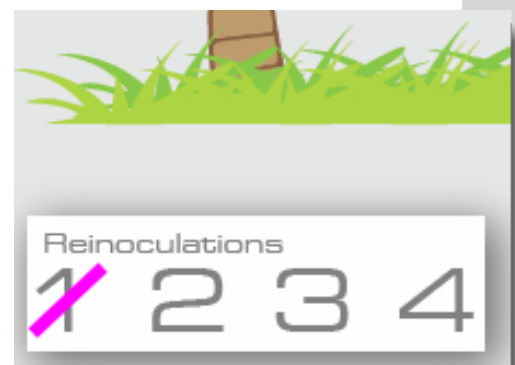
2. Once the level of your mother bottle is down to the 'refill line', top it back up to within 10 - 15 mm of the rim of the glass bottle, with the young coconut water you previously defrosted. Recap the mother bottle using only moderate pressure. This will allow any build up of pressure from the re-fermenting process to escape.

<Note:- It is good practise to release any built up pressure, several times during the re-inoculation period>

3. Cross off the re-inoculation on the front of the mother bottle's label in the space provided.

<Note:- As the re-inoculation progresses, listen out for 'the snakes in the kitchen' of escaping pressure. This may indicate a higher than wanted temperature.>

FERMENTED PI		
NUTRITION INFORMATION		
Servings per package: 8 (32)		
Serving Size: 125.00 ml		
	Average Quantity per Serving	Average Quantity per 100 ml
Energy	145 kJ	116 kJ
Protein	0.3 g	0.2 g
Fat, total	0.0 g	0.0 g
- saturated	0.0 g	0.0 g
Carbohydrate	8.2 g	6.6 g
- sugars**	8.2 g	6.6 g
Sodium	6.0 mg	5.0 mg
DEFROST		
BREWED:		
REFILL		
Net Volume = 1000ml		





4. Leave the refilled Mother Bottle in a warm location for between 12 - 18 hours. This will allow the kefir that was remaining in the bottle to re-inoculate itself.

*<Note:- The majority of the fermenting periods should be throughout the day. If after a period of time the re-inoculated kefir still tastes sweet then it will require longer to ferment out the natural sugars in the coconut water. This is generally caused by a lower than required temperature.>*

Correctly re-fermented kefir will retain that slightly sharp, effervescent, clean taste. Your Kefir should not taste sweet. This is how you know when your kefir is properly refermented. The sugars in the Young Coconut Water have been fermented off by the bacteria within the Kefir.

22°-25° centigrade seems to be the optimum temperature for re-inoculation. A couple of degrees either side of this amount shouldn't cause need to worry. Ambient temperature has a major impact on the time taken to re-inoculate the MOTHER bottle.

Try to avoid dramatic temperature changes to the MOTHER bottle. *<I would always recommend a slightly lower temperature over a higher one to re-inoculate Kefir. - Terry>*

During the colder periods of the year, allow a longer period for re-ferment/re-inoculation and in summer 8-12 hours should suffice, depending on how warm the temperature is.

Repeat this process 3 more times, as you consume the kefir down to the defrost/refill levels, marking off the re-inoculations as you go.

Once you are happy that you have refermented your refilled MOTHER bottle correctly (i.e. no sugar remaining) **the MOTHER bottle is returned to the FRIDGE.** Storing the Kefir at this lower temperature slows down the ongoing fermentation of your Kefir.

After using the last container of coconut water to re-ferment the mother bottle, give consideration to ordering another batch of kefir, hence maintaining a continuous ongoing supply and consumption of kefir.

It is safe to finish off all of the last re-inoculation of the kefir, past the refill line. Consider adding a little organic juice or stevia, if the taste is not to your liking. Though, just realise that fruit juice contains natural sugars and that is what we're getting rid of by fermenting the young coconut water.

## FURTHER NOTES, SUGGESTIONS AND LESSONS LEARNT.

22°-25° centigrade seems to be the optimum temperature for re-inoculation. A couple of degrees either side of this amount shouldn't cause need to worry.

Try to avoid dramatic temperature changes to the mother bottle.

The kitchen bench, near your stove/oven seems to be a great spot to re-inoculate your Kefir, given its inherent warmth.

Other suggested locations include:

- - Hot water cupboards;
- - A warm bedroom (leave the room shut up for the day); or
- - If you are in a particularly cold area of New Zealand, consider using the front seat of your car on a sunny day (whilst the car is stationary).

Don't place your mother bottle in direct sunlight.

It is NOT a race to get your body up to the recommended dosage. Listen to your gut, it knows how much it can handle. It will tell you if you have taken too much kefir in a serving. Everybody's gut is different and will react differently to kefir, HENCE you should talk to us prior to commencing consumption.

A slower acclimatisation period using smaller amounts of kefir is preferable over rushing your body. Rushing through the acclimatisation period will just push yourself into a state of DETOX / DIE OFF and thats just no fun. *<trust me on that one - Terry>*

Remember.....

**"Sneaky, sneaky, monkey catchee"** – *one of the many favoured Kefir Company proverbs*

Please keep in touch and always contact us if you have any questions or concerns. We are always happy to help.

**"Better silly questions than dumb mistakes"** – *another one of the Kefir Company proverbs*

Enjoy your **Kefir**



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