

# [Kefir that used to help the fermentation](https://assignbuster.com/kefir-that-used-to-help-the-fermentation/)

[Nutrition](https://assignbuster.com/essay-subjects/nutrition/)

Kefiris a fermented milk that has flavor, color, and consistency that similar withyoghurt and has a typical smell like tape. The difference between them are  the type of microorganisms that used to helpthe fermentation process, yoghurt only use one type of microorganism that isbacteria while kefir uses  2 types ofmicroorganisms they are bacteria and yeasts. This yeast makes the smell of  kefir similar to the smell of tape so kefir containsa little alcohol.

Kefir obtained  fromthe fermentation process of pasteurized milk using astarter of kefir grains or kefir granule. Kefir also called a superyoghurt, because kefir contains about 60 types of beneficial microbes that hasmany benefits such as maintain body health, skin health, and can preventdangerous disease (Irfatun, 2015). Oneof the benefits from the kefir is maintain body health because kefir containmany nutrition that good for our bodies like vitamin D, vitamin K, calcium, protein, phosphorus, vitamin B, and magnesium. kefir also contains many healthybacteria that have many benefits like digestive health, break down fattydeposits and cholesterol in the body and help improve  bodies functions, including kidney and brainperformance. calcium in kefir is supplemented with vitamin K2, vitamin B9 andvitamin D which can prevent osteoporosis and help maintain density or bonedensity. Beside of that, kefir can also help improveimmune function(Usmiati, 2007). Theuse of kefir can also provide benefit on skin health by  utilizing kefir as a mask.  Kefir is a natural antioxidant , it keeps theskin youthful and glowing.

It also prevent acne, psoriasis, wrinkles, and  also can help the aging  process to slow down by neutralizing the freeradicals. Kefir also contain skin nutrition like vitamin c , vitamin e and theother (Suhartanti, 2014). Kefiralso can prevent dangerous disease like cancer, tumor, bronchitis, asthma, coronary heart disease, and the other dangerous disease.

kefircan inhibit the growth of cancerous cells and can prevent certain type ofcancers like colon cancer, breast cancer etc, and reduce the size of the tumorbecause kefir extracts have components that specifically target and stop thegrowth of human cancer. kefir Having benefits can help the thickening of theheart wall, then kefir can also be useful to prevent coronary heart disease(Irfatun 2015). Inconclusion, kefir is a probiotic drink made from fermented milk with the helpof kefir grains containing many beneficial microorganisms such as bacteria andyeast.

in its use, kefir has so many benefits such as maintain body health, skin health, and can prevent dangerous disease. it is because kefircontains many nutrients needed by the body like vitamin vitamin D, vitamin K, calcium, protein, phosphorus, vitamin B, vitamin K2, vitamin B9, anti oxidant, magnesium and others.