



Westbury Wheelers Newsheet

Issue 1. May 2018.

Health Matters

Welcome to the news sheet, whose purpose is to share information that relates to cycling, performance, and relevant health issues which help us to continue to enjoy the things we do.

Kefir. The topic under consideration of this new-sheet is Kefir. Many of you may be familiar with kefir and may currently use it, or may have in the past and so need no introduction to this amazing culture. This introduction only scratches the surface. Please do your own research.

I expect most people have heard the term Probiotic and know of its value to gut health. you may even take Actimel or something similar. You may not know that these over the counter probiotics only last for the duration they are taken, and have to be continually taken to have any effect. The cost is therefore ongoing.

The microbiome of the gut and the immune system are intimately linked, approximately 85% of the feel good factor "serotonin" is produced in the microbiome. Kefir supports the microbiome in a way that over the counter probiotics cannot, and therefore helps to keep the immune system strong. What Kefir does is re-colonize the microbiome with healthy bacteria that overcome the harmful ones that make us sick, and keep us off our bikes, what's more, once kefir is started it doesn't cost a penny.

Very few of us go through a whole year without taking antibiotic for something or another and as we all know these drugs destroy the good as well as the bad bugs we play host to, what you may not know is that it can take up to a year for the microbiome to fully recover. This is where Kefir comes into its own. Even if one has to resort to antibiotic, taking kefir at the same time can offset the challenge of taking these drugs to a degree.

What does Kefir do, how does it help? Kefir is the ultimate probiotic and contains many different living strains of healthy bacteria which boosts and strengthen the immune system.

The “grains” are a combination of bacteria and yeast that resemble a cauliflower floret and it ferments milk; Due to the fermentation process kefir can be taken by lactose intolerant individuals. It can be made with goats, sheep, cow, rice, soy and coconut milk.

There are many health benefits from taking daily kefir and there are numerous ways it can be taken. We pour ours on cereal, add chopped fresh fruit, blueberries, grapes etc. One huge benefit is that it improves bone density, a very important consideration with age, (which is probably why I bounce when taking a tumble), it is also said to be anti- cancer.

It goes without saying that the healthier we are the longer we will be able to continue to enjoy what we do. It is so easy to take our health for granted until something goes wrong, instead of listening to our bodies for the cues that tell us something is developing. There is a growing amount of evidence that many of the health challenges we face can be put down to internal inflammation and the damage it causes.

There are many ways of restoring the body to good health and taking care of the microbiome is one of the first places to start

Our cultures grow at an incredible rate and need separating every week or so. If anyone needs some grains to start, email me at allan.oakman@hotmail.com

Next issue: Kinesiology.

Photo: Sean Price. Lorraine and Ted’s (center) farewell Ride.