

THE YOUTH YOGURT AND ITS MANY AMAZING BENEFITS!

SUPPLEMENTS TO ENHANCE THE YOUTH YOGURT

1. COLLAGEN POWDER ADD ONE SCOOP TO ONE CUP OF YOGURT DAILY
2. MONK FRUIT POWDER ADD ENOUGH TO TASTE
3. GOLDEN MILK ONE SCOOP IN 1 CUP OF YOGURT

INGREDIENTS TO MAKE THE YOUTH YOGURT

1. HALF-AND-HALF MILK ultra pasteurized half a gallon
2. L-REUTERI BY BIOGAIA GASTRUS 10 TABLETS
3. INULIN POWDER
4. INSTANT POT -DUO 7 IN 1 PROGRAMMABLE
5. MONK FRUIT POWDER ZERO CALORIE SWEETENER

PROTOCOL FOR MAKING THE YOUTH YOGURT

1. Grinding 10 tablets of the Gastrus Probiotic and mix it with 2 tablespoonfuls of insulin Powder.
2. Add about 1 cup of the Half-and-Half milk to the Powder, consisting of the ground Gastrus L. reuteri tablets and the Inulin. Mix thoroughly
3. After the mixing of the Inulin and the L-reuteri Probiotic thoroughly, add the mixture to the rest of the half gallon of Half-and-Half milk.
4. Place the mixture of the L reuteri probiotic, Inulin, and the Half-and-Half milk in the instant pot.
5. Press the button labeled 'Yogurt' on the instant pot and you are done!
6. Wait for 24 hours.
7. Open the Instant Pot and remove the yogurt.
8. Strain the thick Youth Yogurt Yogurt, if you like it to remain very thick. Otherwise, mix the yogurt and serve
9. Save a cup of the Youth Yogurt for future use as a starter culture for another batch.

THE YOGURT IS READY FOR CONSUMPTION.

1. Eat 1 cup daily or twice a day.
2. The yogurt is ready for consumption.
3. Eat 1 cup daily or twice a day.

ENHANCING THE POWER OF YOUTH YOGURT

1. Add Monk Fruit Powder to taste, as a zero calorie sweetener
2. Add good quality Hydrolyzed Collagen powder
3. Add one teaspoonful of Golden Milk to one cup of the Youth Yogurt

AMAZING RESEARCHED BENEFITS OF L. REUTERI

1. Reduces Dental Caries and Plaques
2. Reduces Nausea and Dyspepsia
3. Inhibits and Suppresses stomach Ulcers by H. pylori
4. Reduces Abdominal Gas
5. Reduces Viral/Non-Diarrhea
6. Decreases symptoms of Irritable Bowel Syndrome
7. Stimulates the Immune System
8. Reduce Colds and Influenza infections
9. Decreases Atopic Dermatitis {allergic skin rashes}
10. Reduces Eczema
11. Inhibits Vaginal Yeast
12. Fights Bacterial Vaginosis
13. Reduces Infantile Colic
14. Improves Leaky Gut
15. Produces an antibiotic Reuterin that helps to control some harmful bacteria, viruses, yeasts, fungi, and protozoa.{parasites}
16. Increases Muscle Mass & Losing Abdominal Fat and Weight Loss
17. Improves Female Fertility
18. Increases Libido
19. Increases Testosterone
20. Increases Oxytocin {The Love hormone}
21. Increases Sociability
22. Improves Skin and Hair quality

BENEFITS OF HYDROLYZED COLLAGEN

1. Supports Healthy Brain Function
2. Promotes Heart Health
3. Supports Healthy Gut Function
4. Eases Joint and Knee Pain.
5. Supports Your Back
6. Supports Skin Health
7. Helps Brittle, Broken Nails
8. Improves Bone Mineral Density
9. Boosts Muscle Mass

BENEFITS OF GOLDEN MILK

1. Anti-inflammatory
2. Boosts Digestive Health
3. Improves Heart Health
4. Better Blood Circulation
5. Improves Blood Pressure
6. Improves Cholesterol
7. Improves Blood Sugar
8. Natural Antidepressant
9. Reduces Stress
10. Improves Brain Function
11. Boosts Immune System
12. Reduces Stress
13. Helps With Weight Loss
14. Cancer prevention
15. Plus more...

GOLD MILK POWDER VARIOUS INGREDIENTS

- MAIN INGREDIENTS
 - TURMERIC
- OTHER INGREDIENTS
 - GINGER
 - ASHWAGANDHA
 - COCONUT
 - VANILLA
 - CARDAMOM
 - NUTMEG
- BLACK PEPPERS

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