

Terms and Conditions:

- I am not selling any food products on my website. What you are paying for is a guided ebook and demonstration video on how to make kefir. This comes with some complimentary kefir grains and recipes to get your started.
- If you have any health concerns about growing your own kefir I can recommend a store bought substitute.
- I am not providing medical advice. A doctor should always be consulted about any health condition, illness or disease. The information provided must not be used or relied upon for diagnosing or treating a health condition, illness, disease or for failing to take action with respect to a health condition, illness, disease or accident.
- I do not know for certain that kefir will be beneficial for all illnesses as every individual is different. Please seek medical advice from a medical professional or your doctor before using kefir if you are pregnant or have any medical illness.
- Be careful when using kefir or other fermented food products with medications and always seek medical guidance before proceeding if in any doubt.
- Any product drunk in excess can be harmful, please drink your kefir responsibly and limit yourself to no more than 300ml per day.
- When you choose to use your complimentary kefir grains, you are agreeing to these terms.

***DISCLAIMER: MILK KEFIR IS GENERALLY CONSIDERED VERY SAFE, HOWEVER THERE IS ALWAYS RISK WHEN CONSUMING LIVE BACTERIA. I DO NOT TAKE ANY RESPONSIBILITY FOR WHAT MAY OR MAY NOT HAPPEN IN REGARDS TO YOUR HEALTH AFTER YOU START DRINKING MILK KEFIR.**