



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Homemade S. Boulardii

*It is simple to grow your own strain of the probiotic *Saccharomyces boulardii* (*S. boulardii*), which can help you dramatically reduce your gut's population of *Candida albicans*. The *S. boulardii* are living organisms, and they will respond to your thoughts and feelings. I like to say a blessing over them in the same way that I say a prayer of gratitude over my food before a meal. After you prepare a batch, you can use a spoonful of your current *S. boulardii* as a starter for the next batch.*

1. Gather about 4 cups of organic, ripe fruit from your garden or grocer. The overripe fruit your market is going to pull from the case is best, as it is loaded with sugars. I love using blueberries or raspberries, but they must be very ripe. Pears, mangoes, and frozen berries work great. If needed, pit the fruit, (e.g., apples), but do not peel it.
2. Blend the fruit in a blender with 1 cup of spring water.
3. Cook the fruit and water mixture in a saucepan at low heat until it boils for 20 minutes.
4. Let the batch cool to body temperature. Then, add the contents of 2 gelatin capsules of *S. boulardii*. Get the best-quality brand you can find. I like Pure Encapsulations. (4 capsules provided in your program packet)
5. Pour the mixture into a large bowl, filling it halfway. The batch will expand as it ferments, so you want to be sure it has plenty of room to grow.
6. Place the bowl in your oven, but don't turn the oven on. The heat from the over light is all you will need to keep the mixture at body temperature for the next two or three days.
7. Watch as you batch of *S. boulardii* grows and ferments, making strong medicine for you!

After two or three days, the *S. boulardii* will have fermented all the sugars in the fruit. You might want to taste it on day two. When there is no residue of sweet taste, you know it is ready. Place the mixture in the refrigerator and use one tablespoon daily before breakfast for two weeks before the Grow A New Body program, and as needed thereafter. Your *S. boulardii* will last for two weeks the refrigerator.

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