

## Probiotic Yogurt Recipe & Equipment:

(Also email this to participants so that they can click on the embedded links):

**HOW TO MAKE L. REUTERI YOGURT:** → <https://drbrg.co/4ctVuUu> [Affiliate links] Yogurt Maker: <https://amzn.to/4k1LO71> Yogurt Jars: <https://amzn.to/411hSPw> Yogurt Containers: <https://amzn.to/411eXX0> DATA: <https://www.ncbi.nlm.nih.gov/pmc/arti...>  
<https://www.frontiersin.org/journals/...> <https://www.nature.com/articles/s4139...>  
<https://www.en-journal.org/journal/vi...> Could your depression and anxiety be caused by a missing microbe in your gut microbiome? In this video (see info below) I'll share new, surprising information about Lactobacillus Reuteri, one gut microbe that could eliminate depression symptoms and boost your health in many ways. For more details on this topic, check out the full article on the website: → <https://drbrg.co/4gsrrxC>

**Probiotic Yogurt: Here are the Directions from Scratch:** You really don't need to put the probiotic pills in subsequent batches if you save 2-3 Tbsp. of yogurt from the last batch – i.e., you can always use 2-3 Tbsp. of probiotic from your last batch to start a new batch:

**2 quarts of A2 milk** from Kroger (Note: Regular milk will contain the A1 casein protein that has been linked to inflammation, auto-immunity, Alzheimer's, diabetes, heart attacks, etc. Alternatively, you could use half coconut milk/ half coconut cream instead).

**1 or 2 probiotic pills**, mix in with a whisk with the capsules discarded:

[https://www.biogaia.com/product-country/biogaia-osfortis/?doing\\_wp\\_cron=1568133406.6935029029846191406250](https://www.biogaia.com/product-country/biogaia-osfortis/?doing_wp_cron=1568133406.6935029029846191406250)

**3-5 Tbsp. Inulin powder** to provide soluble fiber for the bacteria and a little sweetness. You really need to whisk the inulin powder in slowly because it can form clumps. Probably any organic brand will do. Some yogurt-making experts say that only 1 Tbsp. is needed; in fact, start with 1 Tbsp. and then experiment with adding more if 1 Tbsp. doesn't create the outcome you want. For example, cheap on Amazon:

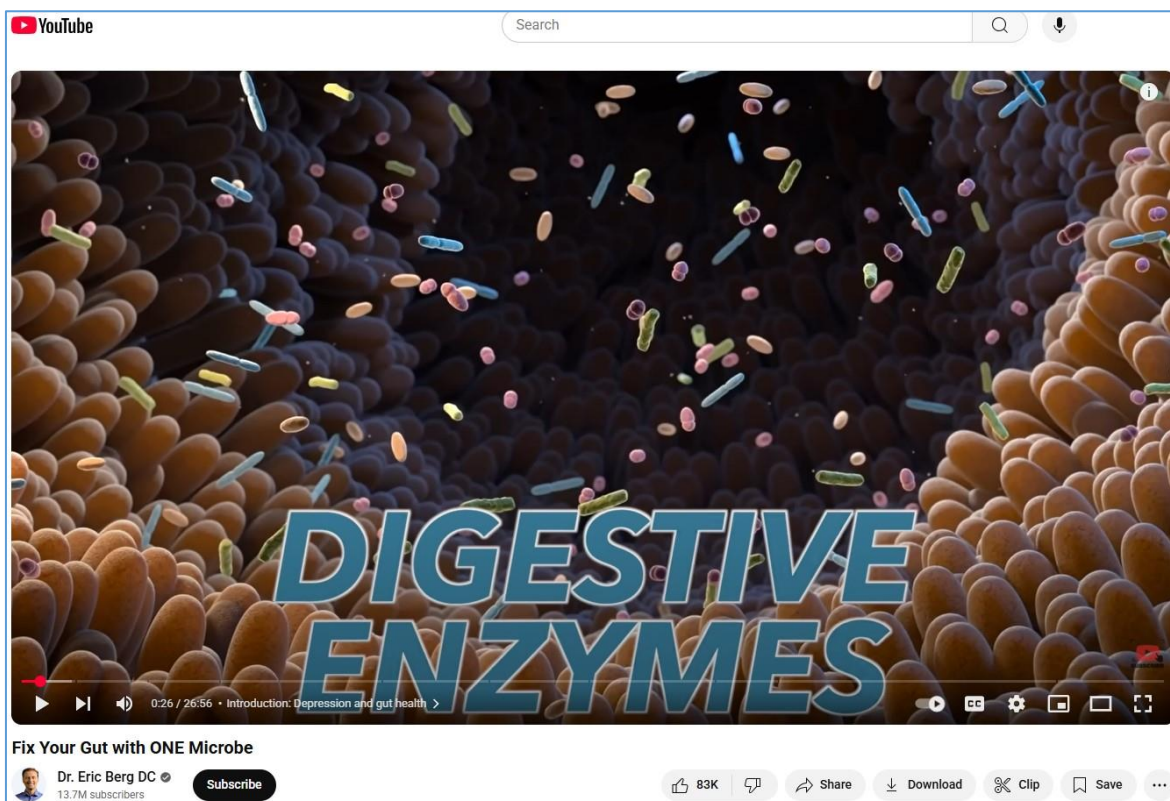
<https://microingredients.com/products/organic-inulin-fos-powder>

**From a Cincinnati-local biochemist who has been making this yogurt for years:**

"I usually incubate the yogurt for 24-36 hours (though 36 hours seems to be best, but no longer than 36) with an Instant Pot in pint sized mason jars, half full of nascent yogurt, LIDS ON. Make sure that your Instant Pot has a "Yogurt" setting. I like to fill the Instant Pot with a

half inch of water in the bottom. However, I just got a new yogurt maker from Amazon because my wife uses her Instant Pot so much. If you use a yogurt maker (which is just a water heater that holds glass jars), set the temperature at 99 degrees Fahrenheit. I like to eat this yogurt with nuts and berries because they are delicious and because they contain soluble fiber that the good bacteria need in order to colonize your gut. I started making coconut yogurt with 1/2 and 1/2 coconut milk with coconut creme. Use the same proportions as with regular milk.” **Note:** A different expert indicated that, when using the yogurt warmer shown below, set the temperature at 95 degrees Fahrenheit because, if you set it at 99 degrees, the temperature will often spike up to 104 degrees, which is too hot for the L. Reuteri bacteria. Again, you might need to experiment and take notes on what works.

**TIPS from Dr. Berg:** You may want to tweak the recipe, using only 1 tablespoon of inulin so as not to give the microbes too much food and create over-fermentation. The other thing is to really clean the containers with soap and hot water, including cleaning the container tops, because bacteria in the air can also get in there and reproduce. The other variable is the type of half and half you use (of course always use organic grass fed dairy products), which can produce different results, so I am trying different brands currently. If you notice grainy texture and lots of whey with the first batch, do a second batch using just the top part with 2 Tbsp. as your starter with 1 Tbsp. of inulin - this should make a better batch.



**Watch this video to get some basic info about Lactobacillus Reuteri:**




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- Contains our patented strain of *L. reuteri*, which is among the most researched in the world\*\*

Here, above, are some sample products that, as of 8/20/25, are listed on Amazon.com (the

first three items; the probiotic capsules come from biogaia.com, a separate website). As you can see, two of the first three items are one-time purchases. And, once you buy the actual probiotic pills, you don't actually need to purchase this item again for future batches of yogurt because all you need to do is save a few tablespoons from the last batch (which contains the good bacteria) and use that yogurt to start the next batch. Dr. William Davis, author of *SuperGut*, recommends an L. Reuteri product called MyReuteri (by Oxiceutics), but my biochemist friend says that the BioGaia/Osfortis product is better researched and provides the purest strains of bacteria.

Also watch this brief tutorial, too, to get an even better feel for the process from someone who has been making this yogurt for years:



The image shows a YouTube video player interface. At the top, the YouTube logo is on the left, and a search bar with the text 'making perfect l. reuteri yogurt every time' is on the right. The main video frame shows a man with short brown hair, wearing a dark t-shirt and a grey apron with 'FOREST' written on it, standing in a kitchen. He is looking towards the camera. The kitchen has wooden cabinets and a white refrigerator. Overlaid on the bottom of the video frame is yellow text with a black outline that reads 'Making Perfect L. Reuteri Yogurt Forest Townsley - LifestyleForHealth.com'. Below the video frame, the video title 'Making Perfect L. Reuteri Yogurt Every Time!' is displayed. Underneath the title is the channel name 'Cheryl Townsley' with a profile picture and '6.68K subscribers'. To the right of the channel name is a 'Subscribe' button. Further right are icons for 'Like' (3.7K), 'Comment', 'Share', 'Ask', and 'Download'.

**Subject:** Scientific papers re yogurt

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