



**Dr Dalene Barnard**  
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## Yogurt for IBS

First, boil a gallon (3.7 litre) of milk for 5 minutes and let it cool to lukewarm. Next, mix in 1 cup of Dannon plain yogurt, which is used as a starter and source of *Lactobacilli*. Place in an oven with the light on overnight (do not turn the oven on), and then refrigerate the next morning. Save 1 cup from each batch to use as a starter for the next batch.

"You can make enough yogurt for 1 week, and it's pretty cheap," Dr Chandran pointed out. "And it doesn't have to be eaten as plain yogurt." Because it can be mixed with fruit or used in a smoothie, it doesn't "feel like it's a medicine; it is part of a regular diet."



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