



Q & A on Raw Tibicos Cultured Drink

Q: What is the Current Thought About How Tibicos Culture is Beneficial?

There are two main components to the thinking behind tibicos culture's reported health benefits — enzymes, and the complexity of the culture used. Some quick background information might be necessary, before discussing why a high-enzyme drink can be so beneficial.

Enzymes and Us:

Our bodies create compounds that are necessary for daily functioning — in particular, for this information — adrenaline, insulin and serotonin. As a species, we have learned that we can increase the body's output of these vital compounds through the use of caffeine, sugar, and anti-depressants, respectively. However some practitioners report that our bodies can only sustain increased production for a period of time, after which there is a “crash” and the body under-produces adrenaline, insulin, or serotonin.

The situation may be very similar with respect to digestion and enzymes. Raw foods come prepackaged with the necessary enzymes for digestion. Cooking, however, destroys those enzymes. Our bodies can — and do — supplement the missing enzymes. However, there is a body of thought that says that, just like over utilization of adrenaline, insulin and serotonin, as we get older, our supply of own-produced enzymes dwindles. Digestion without adequate enzymes results in malabsorption of food, gas, discomfort, and even disease, as our organs and other internal tissues are imperfectly protected from invasion by undigested foods.

In this case, why do we not all eat raw food, all the time? That is an easy question to answer: a) nutrients and calories are more accessible in cooked food, which is essential for our survival, especially in colder weather, b) cooking preserves foods, and also deactivates dangerous pathogens and chemical compounds, and finally, c) cooking has become one of humanity's finest and most widely appreciated art forms!

Fortunately, we know of a simple solution to the problem of cooked foods stressing our enzyme production — unpasteurized, fermented drinks during a meal! The fermentation creates an intensified enzyme “stew”, that relishes the job of helping digest your meal.

Complexity in Fermentation:

There are many different unpasteurized fermented drinks, from cultures around the world, but we feel that tibicos culture is unique in being: non-alcoholic, dairy free, caffeine free, gluten free, low calorie, and also deliciously dry and fizzy. However, there is another benefit, which is the wide range of complementary bacteria and yeasts in our culture.

Have you ever sat on your porch and watched a deer browse across your garden? The deer will take a bite here, and a bite there, and before long, that deer has taken a bite out of almost every plant in the yard. What is probably not uppermost in your mind is, “That deer has just



given itself a great nutritional boost with micronutrients and micro-plant compounds, from a wide variety of plant sources”.

Compare that to the typical diet of most of the US and Canada: white wheat flour, beef (muscle tissue only), stewed tomatoes, iceberg lettuce, and fried potatoes. Delicious and satisfying though this diet may be, it is lacking in diversity of micronutrients and micro-plant compounds.

Most providers of unpasteurized fermented drinks create their cultures by adding between one and perhaps — at most — twelve separate bacterial strains. Our company, Tibibev Inc. is unusual in having mastered the technology to use the tibicos “wild” culture, consisting of tens of thousands of different compounds. It took Tibibev Inc. years to master the technology to use a wild culture in a stable, predictable, commercial environment. The resulting product, though, is more stable and therefore safer for the consumer, in being a self-regulating symbiotic collection of bacteria and yeasts. From our perspective, that is what creates the complex, satisfying taste, at a lower calorie count. Our bodies appreciate the nutrition of many, many different micro-compounds — as satisfying to the human palate, and nutritional needs, as your garden is to a deer!

Q: What is that Residue I See at the Bottom of My Tibicos Drink?

Keen observers may have noticed a powdery residue in the bottom of raw tibicos cultured drink bottles. In wine-making, this is known as the “lees”. Seeing the lees are your guarantee that what you are holding has been naturally fermented and carbonated in the bottle, and that what you are about to drink will have the complexity of taste that can only come from natural fermentation and carbonation.

Q: Sugar in a Health Drink? How is That Possible?

We balance our drinks so that they have about the same sugar-to-nutrition content as in fresh fruit, and we also work to keep the concentration of the sugar at about the level of fresh fruit.

In nature, sugar comes packaged with nutrition. This is why eating an apple is good for us, but eating a spoonful of sugar is bad for us — the processed sugar has been stripped of its nutritional content. Additionally, an apple comes with fibre, which has no real taste for us, but has the effect of softening the sugar content through dilution.

Using nature as a guide, we have added back the nutrition missing in refined sugar, and kept the sugar levels quite low. This benefits our bodies, as the low levels of sugar help the nutrients and water pass through the digestive tract. This is why athletes will often find a lightly sweetened drink is more hydrating than plain water — a low level of sugar will help hydrate — whereas a higher percent of sugar will dehydrate us.

For more information on sugar and raw tibicos cultured drink, please check out www.annpayne.com. Recipes and other information are on the blog, too!