

Activated Probiotic Water (APW) Recipe

You need the following:

1. Primal Defense, HSO Probiotic Formula powder (Garden of Life) – ½ teaspoon
2. Organic brown sugar – 4.5 tablespoons
3. Organic rice bran – 4 tablespoons
4. Sea salt (NOT table salt) – 1 teaspoon
5. 1.5 liter empty plastic soda bottle (Do not use stainless steel bottle)
6. 1.3 liters of filtered water (Not distilled water)

Mix the above ingredients in 1.5 liter empty plastic soda bottle and close the cap.

Leave it at room temperature for 3-7 days until its smell is strong fermented smell (a little bit close to apple cider vinegar smell).

Please open the cap a few times a day to allow the fermented air to escape. Otherwise, it may blow up due to the high pressure inside the bottle.

When it has a strong fermented smell, it's ready to be used.

If you use a yogurt maker, it can speed up the process.

For animal use

Cats: Mix 2-5 mL of APW (depending on your cat's preference) with wet food and feed cats twice daily. Also, mix with water at the ration of 1:10.

Dogs: Mix 2-6 mL of APW per 10 pounds body weight of your dog, with food and water, and feed dogs twice daily. Also, mix with water at the ration of 1:10.

For bathing, dilute APW with water at 1:50 ration and rinse your pet after bathing. It will be helpful for dry skin and many skin issues.