

## **Let's start living with Shwa-Saka San !**

What is "Shwa-Saka San" ?

It is an ultimate healthy drink filled with millions of various kinds of live beneficial bacteria.

They cleanse and refresh your life from inside out.

These millions of beneficial bacteria fill your intestinal walls,

◎strengthening your immunity and improving allergy, dermatitis, cancer and many other conditions.

◎detoxifying radioactive particles from your body.

Your body feels clear and refreshed. You feel happier and full of energy with Shwa-Saka.

★Mitakara friends across the world keep adding beneficial bacteria living on various medicinal herbs upgrading its energy everyday.

### **[How to take care of Shwa-Saka San]**

Shake it, mix it as they dance joyfully together. They looove to be talked to. "Thank you for being so alive and happy!"

### **[How to multiply]**

Add water and sugar to the Mother Shwa-Saka San, and place it in a warm spot.

Recipe:

Water: 3 to 4 times of the Mother

sugar: apprx. 50 grams per 1 quart

#### ☆**Container**

Transparent glass jar/bottle

It tastes best in a bottle of blue, better in green, and good in no color.

### **[Food for Shwa-Saka San]**

<water> natural water (spring water, well water, etc.)

<sugar> unrefined source

- molasses
- real dark brown sugar
- raw honey
- fruit sugar

If you like add:

fruit, dried fruit, grass, flowers

It tastes delicious to ferment herbs in it!

<salt> Sometimes add a pinch of natural salt, especially on a full moon night and new moon night.

### **[How to use]**

★Drink it EVERYDAY!★

When it tastes sour it's ready to drink!

Make tasty Shwa-Saka yogurt using milk of your choice!

★Mix Shwa-Saka, rice bran, and salt. Bam!! You get the most delicious pickling bed, Nuka-Doko, ready to use from that day!

**For children:**

- Soak fresh cut fruit as you like.  
(Soaking for a long time turns it into alcohol.)
- Add soy milk and fruits as you like.
- Children love fresh baked chewy Shwa-Saka San bread!
- ◆ If it turns into alcohol or vinegar, use it for cooking.  
How about pickling vegetables?

For skin care and as effective deodorant,  
for laundry, for taking bath and so on.

For odor neutralizer in kitchen and bathroom, for gardening, natural farming...

Try out various uses!

Keep it in a sunny warm spot as much as possible.

Keep the lid loose, otherwise the lid flies open when these beneficial bacteria bubble lively inside.

So easy to multiply!

Every time we hand over Shwa-Saka San to someone, it is from each of our HEART.  
When you hand it over to someone, ask them to also share this precious drink with more people FREE.