

# Yeast - description, benefits, effect on the body and the best sources.

*Tkacheva Natalya*, herbalist, nutritionist

*Eliseeva Tatyana*, editor-in-chief of the EdaPlus.info project

*E-mail:* tkacheva.n@edaplus.info, eliseeva.t@edaplus.info

**Abstract.** Yeast is one of the most ancient “household” microorganisms. Archaeologists have concluded that around 6000 BC. Egyptians drank beer with pleasure. And they learned to bake yeast bread around 1200 BC.

Today, there are about 1,500 species of yeast in nature. They are found in leaves, soil, fruits of various plants, flower nectar, berries, sprouted wheat grains, malt, and kefir. Ascomycetes and basidiomycetes are the main groups of yeast species existing today.

Yeast is used in cooking to prepare various types of baked goods and drinks. Millstones and bakeries, images of brewers on the walls of ancient cities indicate how long ago these microorganisms were used in people's lives.

*Key words:* Yeast, general characteristics, daily requirement, digestibility, beneficial properties, signs of deficiency, signs of excess

## Yeast rich foods:

- "Live beer
- Kvass
- Ryazhenka [1]
- Kefir
- Cheese
- Grapes [2]
- Hop
- Raisin
- Butter [3]
- Sour cream
- Tea mushroom
- Cottage cheese [4]
- Curdled milk [5]
- Milk
- Honey malt drink

## General characteristics of yeast

Yeasts are a group of single-celled fungi that live in semi-solid and liquid nutrient-rich substrates. The main distinguishing feature of yeast is fermentation. Microscopic fungi thrive at room temperature. If the ambient temperature reaches 60 degrees, the yeast dies.

Yeast is studied by the special science of zymology. Yeasts were officially “discovered” by Pasteur in 1857. Despite such a huge variety of yeast species that exist in nature, we most often use only 4 of them in our diet. These are brewer's, dairy, wine and baker's yeast. Fluffy bread and pastries, kefir, beer, grapes - these products are real leaders in the content of these types of yeast.

The body of a healthy person also contains some types of these fungi. They live on the skin, in the intestines, and also on the mucous membranes of internal organs. Fungi of the genus *Candida* are of particular importance to the body. Although in too large quantities they cause disturbances in the functioning of the body and even lead to the development of certain diseases (candidiasis).

The most popular today are liquid, dry and simply live baker's yeast [6]. As well as brewer's yeast, which can be purchased at the pharmacy as a dietary supplement. But no less useful and more natural is yeast, which is found naturally in food.

### **The body's daily requirement for yeast**

It is known that for the normal functioning of the intestines, the presence of yeast-like fungi is a necessity. In laboratory studies, doctors call the optimal figure for the presence of these microorganisms in the intestines - 10 to the 4th power per 1 measured unit (1 gram of intestinal contents).

Doctors believe that 5-7 grams of yeast per day provides the body's daily need for B vitamins and is the optimal amount.

### **The need for yeast increases:**

- when engaged in heavy physical and mental labor;
- in a stressful environment;
- with anemia;
- in case of violation of carbohydrate, vitamin-mineral, and protein metabolism in the body;
- low nutritional value of the diet;
- for dermatitis, furunculosis, acne;
- for burns and wounds;
- vitamin deficiency;
- weak immunity;
- diseases of the digestive system (ulcers, colitis, gastritis);
- for neuralgia;
- chronic fatigue syndrome (CFS);
- in areas with increased radioactive background or harmful effects of other chemicals.

### **The need for yeast is reduced:**

- if you are prone to allergies to yeast-containing products;
- for kidney diseases;
- endocrine diseases;
- for dysbacteriosis and gout;
- predisposition of the body to thrush and other fungal diseases.

### **Yeast Digestibility**

Yeast is 66% protein [7]. In terms of the quality of the proteins contained, yeast is not inferior to fish, meat, and milk. They are well absorbed by the body, provided there is no intolerance to tremors, as well as their moderate use.

### **Beneficial properties of yeast, their effect on the body**

Potassium [8], calcium [9], iron [10], magnesium [11], B vitamins [12], H and P, folic acid, proteins and amino acids, lecithin, methionine - this is not a complete list of useful substances, contained in yeast.

Yeast activates the absorption of food, increases appetite, and stimulates metabolism. Positively affects the absorption capacity of the intestine.

It should be noted that the yeast contained in yeast dough and baked goods is killed as a result of high temperature treatment. Therefore, bread and baked goods are not foods containing live yeast.

### **Interaction with Essential Elements**

The beneficial properties of yeast fungi are especially actively revealed in the presence of sugar and water [13]. Yeast improves the body's absorption of many nutrients. However, excessive consumption of foods containing yeast can impair the absorption of calcium and some vitamins.

### **Signs of lack of yeast in the body**

- digestive problems;
- weakness;
- anemia;
- problems with skin, hair and nails.

### **Signs of excess yeast in the body:**

- allergic reactions caused by yeast intolerance;
- thrush and other fungal diseases;
- bloating.

### **Factors affecting yeast levels in the body**

The main criterion determining the presence of yeast in the body is the human diet. Optimal consumption of yeast-containing products and the overall health of the body have a significant impact on the required balance of yeast in the body.

### **Yeast for beauty and health**

Skin, hair, nails [14-16] literally become prettier before our eyes when consuming products containing live yeast. In folk medicine, there are many methods to improve your appearance and maintain your attractiveness. A yeast face mask made from baker's yeast with milk, herbs or juice and a yeast hair mask are the most common and effective methods of preserving beauty, used both in the old days and today.

- A nourishing yeast face mask is prepared in the following way: 20 grams of yeast are mixed with 1 teaspoon of honey. [17], then add 1 tablespoon of wheat or rye flour. The resulting mixture is diluted with warm boiled milk (3-4 tablespoons). The mask is applied to a previously cleansed face for 15 minutes, then washed off with warm water. This procedure is suitable for dry and normal facial skin.
- A yeast mask for oily facial skin is prepared as follows: 20 grams of yeast are diluted in kefir until the consistency of thick sour cream is obtained. The mask is applied to the face and washed off after 15 minutes with warm water.
- Dry yeast was also used in folk medicine for colitis and enterocolitis. To do this, 1 teaspoon of yeast was added to a glass of carrot juice [18] and after 15-20 minutes the mixture was drunk.
- To strengthen hair, place half a pack of yeast with sugar in a water bath. After fermentation begins, add a little honey and mustard. The mixture is applied to the hair, and the head is wrapped (plastic film, then a towel). Wash off the mask after 60 – 90 minutes.

## Literature

1. Eliseeva, T. (2022). Ryazhenka – 5 proven beneficial properties and a simple recipe. *Journal of Healthy Eating and Dietetics*, 1 (19), 40-43. DOI: 10.59316/.vi19.157
2. Tarantul, A., & Eliseeva, T. (2019). Grapes (lat. Vitis). *Journal of Healthy Eating and Dietetics*, (10), 14-25. DOI: 10.59316/.vi10.54
3. Eliseeva, T., & Yampolsky, A. (2021). Butter. *Journal of Healthy Eating and Dietetics*, 1 (15), 29-43. DOI: 10.59316/.vi15.96
4. Yampolsky, A., & Eliseeva, T. (2020). Cottage cheese. *Journal of Healthy Eating and Dietetics*, (11), 37-50. DOI: 10.59316/.vi11.64
5. Eliseeva, T. (2022). Curdled milk: composition and benefits proven by research. *Journal of Healthy Eating and Dietetics*, 1 (19), 2-5. DOI: 10.59316/.vi19.151
6. Shelestun, A., & Eliseeva, T. (2021). Nutritional yeast – what is it and what is it used for. *Journal of Healthy Eating and Dietetics*, 4 (18), 50-54. DOI: 10.59316/.vi18.144
7. Eliseeva, T., & Shelestun, A. (2018). Protein - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 1(7). DOI: 10.59316/j.edpl.2018.7.6
8. Mironenko, A., & Eliseeva, T. (2020). Potassium (K, potassium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics*, (13), 59-69. DOI: 10.59316/.vi13.84
9. Mironenko, A., & Eliseeva, T. (2020). Calcium (Ca, calcium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics*, (12), 83-92. DOI: 10.59316/.vi12.77
10. Eliseeva, T. (2021). Iron (Fe) for the body – 30 best sources and importance for health. *Journal of Healthy Eating and Dietetics*, 4 (18), 66-75. DOI: 10.59316/.vi18.148
11. Mironenko, A., & Eliseeva, T. (2020). Magnesium (Mg, Magnesium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics*, (14), 60-71. DOI: 10.59316/.vi14.91
12. Eliseeva, T., & Mironenko, A. (2019). B vitamins – description, benefits, effects on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 2 (8), 74-87. DOI: 10.59316/.vi 8.45
13. Eliseeva, T., & Shelestun, A. (2018). Water - description, benefits, effects on the body and the best sources *Journal of Healthy Nutrition and Dietetics*, 1(7). DOI: 10.59316/j.edpl.2018.7.9

14. Tkacheva, N., & Eliseeva, T. (2021). Food for the skin - 12 products for its beauty and health. *Journal of Healthy Eating and Dietetics*, 3 (17), 44-48. DOI: 10.59316/.vi17.121
15. Tkacheva, N., & Eliseeva, T. (2020). Nutrition for healthy hair - healthy and dangerous foods, recommendations. *Journal of Healthy Eating and Dietetics*, (12). DOI: 10.59316/j.edpl.2020.12.12
16. Tkacheva, N., & Eliseeva, T. (2020). Nutrition for healthy nails - healthy and dangerous foods, recommendations. *Journal of Healthy Eating and Dietetics*, (12). DOI: 10.59316/j.edpl.2020.12.17
17. Tkacheva, N., & Eliseeva, T. (2023). Honey for human health – description of types (40+), features and beneficial properties of each, recommendations for use. *Journal of Healthy Eating and Dietetics*, (25). DOI: 10.59316/j.edaplust.2023.25.14
18. Eliseeva, T., & Tkacheva, N. (2023). Carrot juice—8 scientifically proven health benefits. *Journal of Healthy Eating and Dietetics*, 2 (24), 31-36. DOI: 10.59316/j.edaplust.2023.24.5

[HTML version of the article](#)

Received 02.06.2019

### **Yeast - description, benefits, effects on the body and best sources.**

*Tkacheva Natalia*, phytotherapist, nutritionist

*Eliseeva Tatyana*, editor-in-chief of the EdaPlus.info project

*E-mail:* tkacheva.n@edaplust.info, eliseeva.t@edaplust.info

**Abstract.** Yeast is one of the oldest "house" microorganisms. Archaeologists have concluded that around 6000 BC the Egyptians enjoyed drinking beer. And they learned to bake yeast bread around 1200 BC Today, there are about 1500 species of yeast in nature. They are found in leaves, in the soil, on the fruits of various plants, in the nectar of flowers, in berries, germinated wheat grains, malt, kefir. Ascomycetes and Basidiomycetes are the main groups of yeast species that exist today. Yeast is used in cooking to prepare various types of baked goods and beverages. Grindstones and bakeries, images of brewers on the walls of ancient cities test to the long history of the use of these microorganisms in human life. Keywords: Yeast, general characteristic, daily requirement, digestibility, useful properties, signs of shortage, signs of excess.