

Kefir in care of Anticholesterolemic and Antioxidative effects

Aysel Guven

Baskent University, Ankara/Türkey



Abstract

Excessive accumulation of various chemical and oxidative stress agents in the body leads to cellular destruction. Recently, many natural plant and nutritional supplements have been used as antioxidant agents in different studies to prevent or treat toxicities in various body systems triggered by various toxic substances in various studies. The search for use of natural antioxidant agents in the treatment of toxicity and investigation of its mechanism and effectiveness is increasing. Kefir which is a probiotic and taken with diet is one of them.

In this study, the anticholesterolemic and antioxidative effects of kefir, which has been done in dozens of studies, have been tried to be presented.



Speaker Publications:

1. "HEV seroprevalence in blood donors in Turkey by two commercial total anti-HEV Ab ELISA kits".
2. "Specificity and sensitivity of differentiation antigens in superficial soft tissue tumors: comparison of SMA, calponin, H-caldesmon, C-kit, PLAP and HPL".
3. "Central nervous system complications of diabetes in streptozotocin-induced diabetic rats: a histopathological and immunohistochemical examination".
4. "Genetic diversity of local geese of varying productivity and feather color in Kars".
5. "Early glutamine-enriched enteral feeding facilitates colonic anastomosis healing: light microscopic and immunohistochemical evaluation".

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Biography:

Aysel Guven has completed his PhD at the age of 30 years from Kafkas University and postdoctoral studies from Kafkas University School of Veterinary and Ankara University School of Medicine. She served as the Head of the Department of General Biology between 2000-2010 He has published more than 40 papers in reputed journals and has been serving as an editorial board member of repute. He made 20 oral presentations of international research articles.