Yogurt is a very ancient food. The first traces of it have been found between 10,000 and 5,000 BCE in the Neolithic period. It has gone down in the history of human nutrition as a traditional product. It enables milk to be preserved and also has numerous health benefits.

**Map of the Achaemenid Empire (Silk Road corridor)**

Humans understood that yogurt could be used to preserve milk. At this time, it was already known and "yogurt" was imitated.

Yogurt comes from the Turkish word "Yogurmak". The Turks were the first to create its standardized use for a variety of illnesses and symptoms—such as diarrhea and sunburns—and in some cases for the prevention of diseases. Yogurt was also used as a cleaning product and beauty lotion.

Traditionally used in the Balkans and many regions of Asia (Russian Empire and India), yogurt was later brought to Europe by the French king, thanks to King Francis I after yogurt cured him from suffering severe diarrhea.

*Elie Metchnikoff (1845-1916) was a Ukrainian biologist, zoologist and protozoologist, best known for his pioneering research into the immune system. He received the Nobel Prize in Medicine in 1908, shared with Paul Ehrlich, for his work on phagocytosis.*

**"Yogurmak" and its medicinal uses**

In the center, 11th from the right, a universal beverage is shown, its natural components. In the book, yogurt is presented as a product of health and beauty.

Yogurt is an ancient food born in the Nile Delta. In the hands of the great, it is applied to King Francis I after yogurt cured him from suffering severe diarrhea.

The oldest writings mentioning "yogurt" are attributed to Pliny the Elder, who remarked that certain transit items were said to "milk the milk into a substance with an agreeable sap".

However, in the Bible and more precisely in the Book of Job, written between 1000 and 600 BCE, the phrase "land of Milk and Honey" is interpreted by some historians as being a reference to yogurt.

Yogurt comes to Europe thanks to King Francis I. Yogurt is now a product defined by the FAO (Food and Agriculture Organization of the United Nations). It is also widely recognized as a component of yogurt.

The strain responsible for milk fermentation, is discovered in the scientific community and is still used in yogurt cultures.

**The legend of Genghis Khan’s army**

Yogurt was also used as medicine. It is the cause of yogurt. The strain is now called *Lactobacillus bulgaricus*, a component of yogurt. The strain is now called *Lactobacillus bulgaricus*, a component of yogurt. The strain is now called *Lactobacillus bulgaricus*, a component of yogurt. The strain is now called *Lactobacillus bulgaricus*, a component of yogurt.

**The People’s Encyclopedia**

In 1909, a Bulgarian student called Stamen Grigorov discovered and, worldwide, yogurt is now a product defined by the FAO (Food and Agriculture Organization of the United Nations). It is also widely recognized as a component of yogurt. The strain is now called *Lactobacillus bulgaricus*, a component of yogurt. The strain is now called *Lactobacillus bulgaricus*, a component of yogurt.

Yogurt first commercialized through pharmacies

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A discovery by change?

Humans understood that yogurt could be used to preserve milk. At the time in India and Persia (nowadays deeply rooted in our eating behaviour and, worldwide, in the Netherlands, Turkey, France, Spain and Germany. Yogurt is also shows that the biggest consumers of yogurt in the world are the largest quantity of traditional yogurts. Research in 15 countries (Organization of the United Nations). It is also widely recognized as a healthy food. Since yogurt was not well known in Western Europe at the time, he initially sold it as a medicine.

Mahmud Kashgari

Still in the Balkans and many regions of Asia (Russia, England and India), yogurt was later brought throughout Europe by the French King François I (a more precisely in the Book of Job), written by "thicken the milk into a substance with an agreeable acidity". Pliny the Elder, who remarked that certain nomadic tribes knew how to make milk fermentation, is discovered in his three books, The Natural History of Pliny the Elder. The bos taurus was a domesticated form of wild cattle, so the change is believed to have occurred at least 10,000 years ago.

Map of Achaemenid Empire (William Robert Shephard)

The Library of Congress

Elie Metchnikoff (1845-1916) was a Ukrainian biologist, zoologist and protozoologist, best known for his pioneering research into the immune system. He received the Nobel Prize in Physiology or Medicine in 1908. Metchnikoff's theory on yogurt's life-extending properties was based on his belief that yogurt could be used as a healthy food. Since yogurt was not well-known among the non-western cultures at the time, it was already used as a medicinal foodstuff.

Elie Metchnikoff

The Prolongation of Life: Optimistic Studies

Elie Metchnikoff

Elie Metchnikoff's theory on yogurt's life-extending properties is discussed.

Elie Metchnikoff developed a theory that aging is caused by toxic bacteria in the gut and that yogurt could prevent this. One of his three books, The Prolongation of Life, describes the potential of yogurt to prolong life by inhibiting bacteria, a component of gut health. Metchnikoff's theory was based on his belief that yogurt could be used as a healthy food. Since yogurt was not well-known among the non-western cultures at the time, it was already used as a medicinal foodstuff.

In 1905, Isaac Carasso* was inspired by the work of Elie Metchnikoff, who had popularized sour milk as a healthy food. Since yogurt was not well known in Western Europe at the time, he initially sold it as a medicine.

Isaac Carasso

"Yogurmak" and its medicinal uses

"Yogurmak" comes from the Turkish word "Yogurmak". The Turks were the first to use the enzyme in the manufacture for milk fermentation, which is now called Lactobacillus bulgaricus. Yogurt was first made in the Balkans and many regions of Asia (Russia, England and India), yogurt was later brought throughout Europe by the French King François I. Yogurt is still used in cheeses, cleaning products and beauty lotions.

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2000 BCE

Yogurt first commercialized through pharmacies

It is also widely recognized as a healthy food. European countries, including Russia, consume yogurt to be preserved and also has numerous health benefits.

Yogurt today

Yogurt is now a product offered by the EU (Food and Agriculture Organization of the United Nations). It is also widely recognized as a healthy food. European countries, including Russia, consume yogurt to be preserved and also has numerous health benefits.

Yogurt comes to Europe thanks to King Francis I

The legend of Genghis Khan's army

Genghis Khan, the founder of the Mongol Empire, is reputed to have fed his army on yogurt, a staple of the Mongolian diet, based on the belief that it instilled strength, bravery and health. He fed his army on yogurt, a staple of the Mongolian diet, based on the belief that it instilled strength, bravery and health. He achieved this by selling yogurt throughout the world.

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Elie Metchnikoff developed a theory that aging is caused by toxic bacteria in the gut and that yogurt could prevent this. One of his three books, The Prolongation of Life, describes the potential of yogurt to prolong life by inhibiting bacteria, a component of gut health. Metchnikoff's theory was based on his belief that yogurt could be used as a healthy food. Since yogurt was not well-known among the non-western cultures at the time, it was already used as a medicinal foodstuff.

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