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Press Release

For Immediate Release

April 27, 2005

The Yeast Infection Epidemic

Dateline: Walnut Creek, California

Nebraska Cultures announced today the release of their definitive book "Cultivate Health from Within" researched and authored by Khem Shahani Ph.D. with foreword by Frederic Vagnini, M.D., F.A.C.S. This probiotic guide provides in-depth answers to the age-old problem of 'yeast infections' for women and even men. Over 80 million Americans needlessly suffer from yeast infections or candidiasis in some form or another during their lifetime.

The book informs the reader that, "In modern times, proper balance of friendly bacteria is not an easy feat to accomplish. Diets rich in sugar, cortisone and cortisone-like drugs, birth control pills, immunosuppressive drugs and antibiotics, have been major culprits in the "candida epidemic" of today. Many people are unaware that they consume antibiotics daily, without a doctor's prescription in the foods they eat. Anti-biotics are routinely used as supplements in animal feed or the treatment of sick livestock. Consequently, humans who eat these types of animal products may be destroying their beneficial bacteria without their knowledge, starting the epidemic cycle of candida."

The book further explains, "Candida albicans and Candida parapsilosis are two of several (fungal) organisms normally present in the human body. These organisms have been around for thousands of years, living symbiotically within man and are good guys to have around... in appropriate quantities and in balance with the natural ecosystem of the body. Candidiasis refers to a parasitic infection whereby levels of these yeasts increase dramatically, well beyond acceptable, ecologically balanced levels. Normally, the candida fungi reside naturally as part of normal body flora in the mouth, gastrointestinal tracts, skin, and vaginal cavities, where other friendly bacteria help the immune system keep the proper balance of organisms, including candida, under control."

Spokes person for the book, Frederic Vagnini, M.D., F.A.C.S. stated that, "Khem Shahani's pioneering research and dedication to the understanding of probiotics as stated in the book, will benefit all people, young and old for decades. "

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For Release 6:00 a.m. PST, April 27, 2005