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Jones International

Press Release

For Immediate Release

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Probiotics Can Help Before, During and After Antibiotic Therapy

Dateline: Walnut Creek, California

Nebraska Cultures, leading the probiotic industry for the past 25 years, is reinforcing their commitment to consumer education when it comes to probiotics and their use during antibiotic therapy. A recent CNN report discussed **AAD, or Antibiotic-Associated Diarrhea**, a concern for anyone that is prescribed antibiotics to combat any type of infection.

AAD occurs when antibiotics destroy too many of the "good" bacteria in your intestinal tract, causing harmful bacteria to run rampant far beyond their normal numbers. The results... frequent watery bowel movements. No laughing matter, **AAD** is a potentially serious condition that affects up to 20 percent of people receiving antibiotic therapy. It has been shown that taking the right probiotic supplements during antibiotic therapy can help to prevent or lessen the effects of **AAD**.

Probiotics are beneficial bacteria similar to those that occur naturally in a healthy intestinal tract. Probiotic supplements are concentrated, beneficial bacteria formulated to survive the highly acidic digestive process in your stomach and propagate in the intestines. Probiotic foods are also a good source of beneficial bacteria to help with **AAD**. Yogurt is one of the simple and delicious functional foods that can help to curb the side effects of antibiotic therapy.

In the recently released book by the late Dr. Khem Shahani, ***Cultivate Health from Within: Dr. Shahani's Guide to Probiotics***, he states, "It has been known for nearly a century that eating fermented foods containing 'friendly bacteria' has important nutritional and therapeutic benefits in proper friendly bacteria balance... proper balance of friendly bacteria is not an easy feat to accomplish. Diets rich in sugar, cortisone and cortisone-like drugs, birth control pills, immuno-suppressive drugs and antibiotics have been major culprits in affecting a naturally healthy digestive system and overall body health."

That is precisely the reason Dr. Shahani wrote ***Cultivate Health From Within***. He clearly describes which probiotics are instrumental in achieving and maintaining the body's health. **Dr. Shahani's® DDS-1 strain of *L. acidophilus* and other probiotics** greatly help the body in healing and maintaining good health.

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