

Press Release

For Immediate Release

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Successful Dieting? Not Without the Right Probiotic

Dateline: Walnut Creek, California

Summer's around the corner, which means that swimsuit season and the trauma of weight loss has made its seasonal appearance. Women (and men too) try desperately every year to get into shape and look good. After weeks of dieting, the common complaint is "I'm not seeing the results I'd hoped for." Millions of dieters have that very same complaint, but what they may not know is the problem could be yeast overgrowth. Yeast overgrowth plays a major factor in promoting mid-section weight gain and depleting the body of energy. One of the symptoms of yeast overgrowth is uncontrollable cravings for carbohydrates – sweets, breads and even alcohol. Another rather uncomfortable symptom is the condition of being bloated or gaseous. Overgrowth of *Candida* causes intense cravings for sugar and starch, which is why many people cannot follow a weight loss diet successfully.

Nebraska Cultures, Inc., a principal supplier of probiotics to the nutrition industry, announced the release of a book entitled Cultivate Health from Within, researched and authored by Khem Shahani, Ph.D. with a foreword by Frederic Vagnini, M.D., F.A.C.S. It becomes obvious that a critical factor in maintaining your ideal body weight is to make sure that your digestive system is functioning properly. A healthy digestive system increases energy and improves your metabolism, both critical factors in ensuring that weightloss occurs and stays permanent. A responsible weight loss program should always promote the use of the most effective strain of probiotics which can stave off excessive yeast growth in the body, and this timely information is described in great detail in Khem Shahani's book Cultivate Health from Within.

The book informs the reader how to take control of yeast overgrowth and 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, immuno-suppressive drugs and antibiotics, have been major culprits in affecting a naturally healthy digestive system" and promoting excessive, unwanted yeast growth in the body and unwanted weight gain.

Those that are aware of yeast overgrowth often look to yogurt as a remedy and a good source for probiotics. Unfortunately these products contain sugar and especially if combined with fruit or fruit sugar, are missing the mark. Sugar actually decreases all of the benefits of probiotics that naturally occur in yogurt.

Nebraska Cultures, as part of their world-wide effort to educate consumers about the value of probiotics, is establishing a website called TheRightProbiotic.com. The site will provide consumers with information on the use of probiotics and make recommendations as to what probiotics products are available and what products provide the best results.

Healthy weight loss should be the goal of everyone, and Nebraska Cultures, Inc. is actively contributing to consumer education. The book and the website will give individuals the tools they need to combat unintended **(is there another kind?)** weight gain and promote good health.

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