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Press Release

For Immediate Release

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What's Missing in All Weightloss Programs

Dateline: Walnut Creek, California

With the U.S. weightloss market forecasts to hit \$61 billion by 2008, Nebraska Cultures announced that many popular weightloss programs on the market today, might be missing the mark when it comes to responsible weightloss.

In their newly released book entitled "Cultivate Health from Within" researched and authored by Khem Shahani Ph.D. with 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 a responsible weightloss program ensuring that weightloss occurs and stays permanent.

Often overlooked, but always obvious, are the conditions of being bloated and gaseous. A sure sign that your digestive system is not properly tuned. People often complain that as they diet and exercise they somehow do not seem to be reducing the bulge in the stomach area. Yeast overgrowth may be a major factor in promoting mid-section weight gain, as well as sap energy from your body. Many people complain of uncontrollable cravings for sweets, breads and even alcohol.

The book informs the reader how to take control of yeast over growth 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.

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 and increasing yeast growth without their knowledge, which exasperates proper GI Tract health and promotes undesired weight gain.

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A responsible weightloss program should always promote the use of the most effective strain of probiotics which can stave off excessive yeast growth in the body, this timely information is described in great detail in Khem Shahani's book "Cultivate Health from Within".

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. "

Overgrowth of Candida **causes** intense cravings for sugar and starch, which is why many people cannot follow a weight loss diet

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