



CASE STUDY

The Khader Group

Dina Khader, President

<http://khadergroup.com>

Dina Khader is a Registered Dietician and President of The Khader Group, an international nutrition counseling company. Dina's successful practice focuses on an individual's blood type as a major determining factor in recommending a particular diet or other nutritional advice. Many of Dina's clients suffer from serious illnesses such as cancer, heart disease and diabetes. Not only does the Khader Group provide recommendations, but it has also developed a line of high quality nutritional supplements that fit different dietary needs. "We proudly offer our products knowing that they are of the best quality and potency available," claims Dina.

Through her intensive study of human nutrition Dina began to notice that many people lack an adequate amount of beneficial bacteria, which the body relies on to function properly. Dina has found that different habits in everyday life can deplete the level of good bacteria in the body. Drinking coffee or soda and smoking, as well as unbalanced levels of emotional or physical stress, surgery and radiation such as, excessive exposure to sunlight can kill off friendly bacteria.

Dina's solution to revitalizing good bacteria in the body is increasing the level of probiotics in one's diet. She explains probiotics as being "like antibiotics without killing the good stuff." Antibiotics attack all bacteria (good and bad), where as probiotics build up the body's immunity and do not kill beneficial bacteria. Probiotics occur naturally in some foods such as yogurt; however, many people are not able to ingest such foods either because of allergies or other sensitivities. Others do not include probiotic rich foods in their diets. In most cases, supplements are necessary for good health.

As a testimony to the benefits of probiotics, Dina uses probiotics in her own diet. Prior to a trip to Guatemala with fellow college students and teachers, Dina was taking probiotics. When a friend, concerned about becoming sick on the trip, asked her for advice, Dina recommended she do the same. The two were the only participants out of 32 not to get sick.

Dina first encountered Dr. Khem Shahani and Nebraska Cultures at a conference in Switzerland where he gave a presentation on different strains of probiotics, "I was very impressed with him as a person. I got a strong sense of his ethics and felt that this was a company that I would trust." Dr. Shahani also introduced the DDS-1 strain of *L.*



acidophilus strain by Nebraska Cultures. Acidophilus is one of the most critical bacteria needed for a healthy diet, it assists proper digestion and relieves gas and bloating.

The Khader Group now uses DDS-1 in two probiotic supplements *Ultra Probiotics* and *DDS-1 Acidophilus Powder* and has found that there are many more benefits to using DDS-1 beyond good digestion. DDS-1 has proven to help with acne, just as antibiotics from the dermatologist, without the harmful affects of longterm antibiotic treatment. It has lessened the likelihood of a reaction to food poisoning and has had great improvement with E-coli. Probiotics even have great effects on preventing post-surgery infection. "Taking probiotics prior to surgery will reduce the likelihood of infection," Dina said, "I encourage people to load up their systems with probiotics before an operation."

One particularly interesting connection that Dina has made in the effects of DDS-1 probiotics on chemotherapy patients, is that patients who take probiotics prior to radiation do not lose their hair. "While there has not been a formal study on this matter, we have found that patients taking probiotics at least three weeks before treatment did not lose their hair," Dina explains. She also noted that patients also experienced less constipation and diarrhea, in addition to the prevention of hair loss, when taking probiotics ahead of time. Post treatment patients on probiotics have experienced a faster regrowth of hair as well. "More research is definitely needed on the use of probiotics on chemo patients, but this could be just one more great benefit of probiotic supplements."

Industry

While probiotics are not widely accepted in the Western medical world, the future of using beneficial bacteria to improve nutrition is promising. Dina sees a great opportunity to increase the treatment of illness with natural probiotic and vitamin supplements. "This concept of probiotics will be more important in the next few years, because antibiotics are not working as well as they used to," Dina predicts, "I expect it to become mainstream, just like people take a daily multivitamin, Vitamin C or antioxidants."

Working with Nebraska Cultures

Dina enjoys working with Dr. Shahani and Nebraska Cultures because of the excellent service the company provides.

I was very happy working with Nebraska Cultures, they have great customer service and follow up. We always get our products on-time according to the timeline they promise.