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Jones International

Press Release

For Immediate Release

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Detoxifying the Menopause Mystique

Dateline: Walnut Creek, California

Currently, over 40 million women, more than 1/3 of the women in the United States, are experiencing menopausal symptoms. Another 20 million women will reach the age of menopause over the next 10 years. Easing into menopause gracefully has become the number one goal for all.

In modern times, pollution, toxins in the environment, drugs, alcohol and food additives place a great strain on the liver and can overload its function of detoxifying the bloodstream and getting rid of "bad estrogens" in the body. This becomes especially important when menopausal symptoms start to kick in and the unpleasant symptoms of menopause cause havoc in a woman's everyday life like hot flashes, hostility, itchy skin, and forgetfulness. The right probiotics, or "friendly bacteria," are essential in helping detoxify the liver of harmful estrogens, restoring the integrity of the intestinal tract, and maintaining the immune system. Adding the correct friendly bacteria to a nutritional supplement program can, through a variety of different mechanisms, markedly improve health and reduce/ease menopausal symptoms.

This timely information is described in the recently released book by Dr. Khem Shahani, ***Cultivate Health from Within***. "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's precisely the reason Dr. Shahani authored ***Cultivate Health From Within***. He sensibly describes which probiotics are instrumental in achieving and maintaining body health. **Dr. Shahani's® L. acidophilus DDS-1 and other probiotics** greatly help the body in ridding itself of toxins and "bad estrogen" buildup in the liver, making the transition into menopause just a little easier.

Spokesman 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".

Dr. Vagnini actively promotes the book on television and radio broadcasts.

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