



## For Immediate Release

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### **New Book by Nebraska Cultures Founder Shows Probiotics Reduce Cholesterol** *-L. acidophilus key component of effective low cholesterol diets-*

**Walnut Creek, CA** —September 19, 2005: Nebraska Cultures, the leading supplier of premium probiotics for supplement manufacturers and suppliers, announced that its founder, the late Dr. Khem Shahani, Ph.D., penned a newly released book that shows probiotics, more specifically the DDS-1 strain of *Lactobacillus acidophilus*, can help reduce cholesterol levels and should be incorporated in low-cholesterol diets.

*Cultivate Health From Within: Dr. Shahani's Guide to Probiotics* cites over 40 years of research that indicates that *L. acidophilus* DDS-1, a key bacterial strain of probiotics, can help reduce cholesterol levels. The key findings in the book stem from previous studies which show that high serum cholesterol levels are linked to an increased consumption of dairy and animal fats and to a significant increase in the number of deaths from atherosclerotic heart disease. *L. acidophilus* turns out to be a proven aid in the digestion of those fats, in turn working to reduce the accumulation of cholesterol in the arteries.

According to the research, cited in the *Journal of Dairy Science*, the addition of 4 million *L. acidophilus* DDS-1 cells per milliliter of milk lowered cholesterol significantly <sup>1</sup>. Another researcher found, while studying hypercholesterolemic individuals, that fermented milk caused a distinct increase in the HDL/LDL ratio <sup>2</sup> – a change that is beneficial to heart health, but seldom obtained by following the usual low-fat, low-cholesterol diet.

Often, individuals turn to prescribed medication as part of their doctor's orders; however, the research suggests that the prevention process can begin before diagnosis with probiotic supplementation.

As stated above, *Lactobacillus acidophilus* along with exercise and a low-fat, low cholesterol diet can reduce high cholesterol levels and work to lower the number of Americans affected by high cholesterol.

The book includes a foreword by Frederic Vagnini, M.D., F.A.C.S., a respected heart,

lung and blood-vessel surgeon and owner of the Heart, Diabetes and Weight Loss Centers of New York. In his foreword to *Cultivate Health From Within*, Dr. Vagnini noted that he found reoccurring symptoms of constipation, gas, bloating, diarrhea and acid reflux within his heart patients. “Because of these common complaints from my heart patients, I became interested in intestinal health – I believe in the total management of the patient. Probiotics have now become a part of my standard treatment protocol, along with lifestyle and dietary changes,” said Dr. Vagnini.

This new information, released during this month’s National Cholesterol Awareness, opens the public to the idea of alternative therapies available such as probiotics. It just might be the key piece in working to prevent the growing number of Americans with high cholesterol.

To learn more about probiotics please visit [www.cultivatehealthfromwithin.com](http://www.cultivatehealthfromwithin.com)

### **About Nebraska Cultures**

Founded in 1981 by Dr. Khem Shahani, Nebraska Cultures is dedicated to cultivating and supplying premium probiotics to America's largest supplement manufacturers and suppliers. Employing Dr. Shahani's proprietary processes allows Nebraska Cultures to produce cultures of the highest quality, potency, stability and taste.

Footnotes:

<sup>1</sup> Shahani, K.M. and K.C. Chandan. 1979. Nutritional and healthful aspects of cultured and culture-containing dairy foods. *Journal of Dairy Science*. 62: 1685-94.

<sup>2</sup> Jones, G. Hypercholestermic and hypoglyceridemic effect of acidophilus yogurt. MS thesis, University of Nebraska –Lincoln.

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