

# BOOKS WORTH READING AND KEEPING

## What To Do About The Yeast Infection Epidemic

(NAPSA)—When asked if they consume antibiotics every day, most people would say no. But according to a new book, most people are not aware of how many antibiotics get into their food and how this might be the reason why over 80 million Americans suffer from yeast infections or candidiasis during their lifetime.

A new book explains this problem and offers answers on how to promote health from within and how to reduce the incidence of yeast infections.

The book, "Cultivate Health from Within" (Nebraska Cultures, \$13.95), explains how today's lifestyles have led to a potentially harmful imbalance between healthy bacteria, known as probiotics, and unhealthy bacteria that inhabit the digestive system. Eating certain foods has eliminated "friendly" or beneficial bacteria from the digestive tract.

"In modern times, proper balance of friendly bacteria is not an easy feat to accomplish," said author and well-known probiotic researcher Khem Shahani, Ph.D. "Diets rich in sugar, cortisone and cortisone-like drugs, birth control pills, immunosuppressive drugs and antibiotics, have been major culprits in the 'candida epidemic' of today."

According to Shahani, many people are not aware that they consume antibiotics daily, without a doctor's prescription, in the foods they eat.

Antibiotics 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 without their knowledge, starting the epidemic cycle of candida," said Shahani.



**A new book explains how friendly bacteria help balance the digestive system and keep other potentially harmful organisms in check.**

Candida albicans and Candida parapsilosis are two of several fungal organisms normally present in the human body. These organisms have been around for thousands of years, living symbiotically with man, and—in appropriate quantities—are good guys to have around because they help balance the ecosystem. Candidiasis refers to a parasitic infection whereby the levels of these yeasts increase dramatically, well beyond acceptable, ecologically balanced levels. Friendly bacteria help the immune system keep the proper balance of organisms, including candida, under control.

For many experts, this book is a breakthrough in understanding the problem.

"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," said Frederic Vagnini, M.D., F.A.C.S.

To learn more, visit [www.therightprobiotic.com](http://www.therightprobiotic.com).