

BOOK REVIEW

“A CONSUMER’S GUIDE TO PROBIOTICS

-How Nature’s Friendly Bacteria Can Restore Your Body to Super Health”

By S.K. DASH, Ph.D.

Freedom Press 2005, 144p.

www.freedompressonline.com

1-800-959-9797

Reviewed by Dr. William G. Winter

This new book has been called “the most authoritative and easy-to-understand book on probiotics today”, medical experts call the author “an internationally known probiotic pioneer”. Dr. S.K. Dash is a nutritionist, microbiologist and the founder and president of UAS Laboratories, the maker of the DDS-1 strain of *Lactobacillus acidophilus*. He is one of integrative medicine’s leaders in the return of good health, all done from the ground up. Let’s just say he knows his bugs. He has now written the definitive book regarding the roots of digestion.

Here’s something most people don’t know...not only does our life depend on “friendly” bugs, there are more bug cells in us (when we are healthy) than there are human cells! In ancient times the human diet was rich in new friendly bugs from fermented foods like kefir, yogurt, sauerkraut, wine, beer and a raw, earthy, natural diet, but now the intake has diminished a million-fold. We also kill our friendly bugs by such impacts as chlorination, pasteurization, antibacterial soaps, antibiotics or cortisone, hormones, pollution, stress, and mainly by eating a highly processed, mineral-deficient and sugary diet. Additionally, all these adverse factors favor pathogens such as *Candida albicans* so effectively that 70% of American women have a yeast condition. *Candida* is just one of many new “plagues” of modernity.

Since the good bugs are “sticky” bugs they are able to coat our digestive tract, adhering “shoulder-to-shoulder” making it virtually impossible for pathogens, allergens, or inflammatory undigested food particles to enter the bloodstream. Pathogens such as *E. coli* create inflammation and disease by punching holes in the unprotected intestine. Good bugs work inside us day and night breaking down our food and making vitamins, nutrients and protective substances.

If you or someone you love suffers from IBD, IBS, ulcerative colitis, Crohn's disease, peptic ulcer, indigestion, leaky gut syndrome, constipation, lactose or gluten intolerance, food allergies or other digestive upset, please pay attention. One will find, at the bottom of all this, a serious break in the army of good bacteria. These diseases and their related inflamed states tell us, at the core, the patient has a deficiency in probiotics. The same can be said for many cases of vaginitis, UTI, high cholesterol and/or blood lipids, autism, toxic shock, chronic fatigue syndrome, acne, infections and allergies.

In addition to using probiotics for existing problems, you will find a prevention plan for such conditions as Candida, toxicity from smoking, vascular disease, traveler's diarrhea, food poisoning, chronic fatigue, autism and other emotional disorders. Has this story perked up your ears yet? It should be very obvious why this new book is so important to all readers. Of course, even though good probiotics are completely safe, one should always consult with their doctor before going off drugs or changing their health plans.

This is a complete source book which is good because not all probiotics are created equal. In fact, it's possible that many products are either dead or the wrong species. Now you will know how to determine quality and effectiveness. This fascinating and easy-to-read book will make the reader wise in the lore of the friendly bugs. Be nice to your symbiotic friends and they will be nice to you.

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Is available at your bookstore or may be obtained direct from:

UAS Laboratories

9953 Valley View Road, Eden Prairie, MN 55344

Phone 800-422-3371, Fax 952-935-1650

www.uaslabs.com