

For More Information:

Kate Burke, Director of Publicity

Da Capo Lifelong Books

617-252-5216

Kate.Burke@perseusbooks.com



dacapopress.com
a member of the perseus books group

44 Farnsworth Street, 3rd Floor, Boston, Massachusetts 02210

FAX 617-252-5285

THE PROBIOTIC PROMISE

Simple Steps to Heal Your Body from the Inside Out

Probiotics and prebiotics are being touted as new miracle cures, and for good reason: not only can they correct the balance of bacteria in our systems to cure a host of gastrointestinal issues, but they've been linked to the relief of everything from allergies and arthritis to depression and obesity. Probiotics sales are projected to hit \$32 billion in 2015—but with so many products on the market, how can you be sure you're taking the right ones?

In *The Probiotic Promise: Simple Steps to Heal Your Body from the Inside Out*, Michelle Schoffro Cook explains why probiotics are the answer to eliminating abdominal cramping, constipation, diarrhea, and other symptoms people have learned to accept as part of their daily lives, and breaks down how readers should use them—which strains, how much, and at what times.

Dr. Cook dispels common myths (supplements with the most strains might not be the best for you, and some yogurts are worse for you than doughnuts), illustrates why probiotics should be part of a healthy daily routine, and walks readers through choosing the right supplements for their individual health concerns.

In addition to providing information on store-bought supplements, Dr. Cook provides a guide for the best fermented foods, including sauerkraut, kombucha, kefir, and yogurt, and features dairy- and gluten-free recipes for smoothies, yogurts, cheese, teas, and desserts that readers can make at home.

By providing the tools to combat everything from superbugs and the common cold to inflammation and even possibly cancer, *The Probiotic Promise* looks beyond the gut to a healthier, more balanced life.

Michelle Schoffro Cook, PhD, DNM, ROHP, has two decades' experience in the fields of natural health and holistic nutrition. The author of several bestselling books on health and wellness, she has been featured in *First for Women*, *Women's World*, the Huffington Post, and more. Dr. Cook is the publisher of the popular health e-newsletter *World's Healthiest News* and is a regular blogger for HealthySurvivalist.com, Care2.com, and WorldsHealthiestDiet.com. She lives in British Columbia, Canada.

The Probiotic Promise

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