

	<p style="text-align: center;"><b>International Scientific Association for Probiotics and Prebiotics</b> <b>Conference, Copper Mountain, CO, USA</b> <b>September 4th, 2004</b></p>
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## Press Release

### – Using beneficial bacteria to break the cycle of modern diseases

Our distant human relatives used to have vegetarian diets, not averse to being covered in mud. While their life was far from perfect, they never experienced the diseases of modern humans – diabetes, allergies, inflammatory bowel disease, multiple sclerosis. Recent studies suggest that children exposed to animals or the farm have a lower risk of developing allergies and other such diseases. But before you go off diving into a mud bath, take note of what Professor Rook of the University College in London has to say.

Speaking at the 3<sup>rd</sup> meeting of the International Scientific Association for Probiotics and Prebiotics (ISAPP) in Colorado, USA, Dr. Rook broke with current thinking to suggest that perhaps **our “old friends”, microbes we naturally eat in fermented foods, can program us to better fight off disease.** Thus, it may be possible to eat certain bacteria when we are young, and reduce our risk of a number of serious ailments.

The concept of administering bacteria to benefit the host’s health is referred to as **Probiotics**. However, as President of ISAPP, Dr. Mary Ellen Sanders said, “only in very recent times has the scientific evidence emerged to explain how bacteria can be critical to our health”. Each person would not be alive without their microbial partners, therefore contradicting the perception that bacteria are all bad for you.

In other exciting developments announced at the ISAPP meeting, Dr. Peter Lee from Stanford University showed how a **Lactobacillus bacteria has the potential to block receptor sites for HIV and cold sore viruses**, potentially providing new preventive strategies. Dr. Gregor Reid of the Canadian R&D Centre for Probiotics who has published widely on vaginal lactobacilli applauded these studies “to help bring relief to women around the world”, 7000 of whom become infected with HIV each day.

Connie Weaver, Purdue University in USA emphasized the benefits of calcium intake combined with non-digestible sugars (**prebiotics** which gut bacteria eat) as a means to **prevent bone loss relevant to osteoporosis.**

Exciting progress in cancer therapy was announced by Dr. Ian Rowland from the University of Ulster, N. Ireland, who reported on a study showing that these non-digestible sugars combined with probiotic bacteria significantly **reduce indicators of cancer risk in humans.**

For more information or a local perspective on these and other studies presented at ISAPP studies please contact:

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