

## PRESS RELEASE

### ‘Probiotic Allies’

#### How to maximise the health benefits of your microflora.

By Peter Cartwright

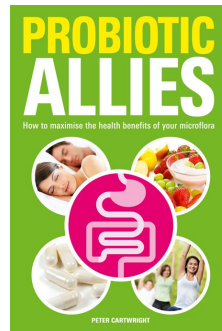
As interest in the field of probiotics increases there is a growing request from professionals and consumers alike for more information on the subject.

**Peter Cartwright** has fulfilled these requests by writing *Probiotic Allies* - a book that tackles practical questions about the use of probiotics. *Probiotic Allies* is clearly written, informative and takes the reader through the steps of assessing the different probiotics available, how to choose the right ones and also takes into consideration the scientific data backing current probiotics. Thus enabling the reader to make informed choices and hopefully enjoy the health benefits that specific probiotics can give.

#### What does this book cover?

There are three main parts to this book:

- The microflora
- Probiotics
- Practical solutions



Individual chapters have been written so the ideas and information build up from one chapter to another, lending itself to either be read all in one go or dipped in and out of, the reader selecting those chapters that are of particular interest.

#### What do probiotic experts think?

“Peter Cartwright has expertly summarised the current evidence behind probiotic success.

This is an extremely useful, user friendly, accurate and informative book.

*Glenn Gibson, Professor of Microbiology, University of Reading England.*

“There exists a clear need to de-mystify the science of probiotics, and provide the public with straightforward guide to what probiotics are and what to use them for. This book

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provides this resource...easy to read, and easy to understand.”

*Professor Simon Cutting, School of Biological Sciences, Royal Holloway, University of London, UK.*

Probiotic Allies can be purchased online from [www.bio-kult.com](http://www.bio-kult.com)

RRP £12.95

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## **Biography**

### **Peter Cartwright**

Peter Cartwright has 17 years experience of working for patient and self help associations in the UK, as Assistant Director of the National Association for Colitis and Crohn’s Disease, Director of the British Stammering Association and National Development Officer of the Self- Help Alliance.

Currently he is a Trustee of the Bladder and Bowel Foundation.

Peter has an MSc in Microbiology and an MA in Sociology, and is the author of *Probiotics for Crohn’s and Colitis* (Prentice Publishing), *Coping Successfully with Ulcerative Colitis* (Sheldon Press) and *Coping with Diverticulitis* (Sheldon Press).

He has given more than 40 lectures on probiotics to doctors in 13 countries.

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