

I scream, you scream, we all scream for...

Whole Milk Organic Kefir

Here is a fifth story on the wonderful health benefits of kefir.

You may have recently seen the following headline splashed across newspapers:

Good news for women trying to conceive: eating ice cream may help!

This comes in the heels of a study published in the journal, Human Reproduction, which showed that drinking whole fat milk and eating ice cream appears to be better for women trying to become pregnant - more so, in fact, that consuming low-fat dairy products like skim milk and yogurt. In fact, the research indicated that low-fat dairy foods may actually increase a woman's chance of infertility!

Well, if you're trying for a little one, Lifeway's got just the thing for you! Just launched and now available to consumers are two fantastic new products: Whole Milk Organic Kefir and Greekstyle kefir...both of which would fall under the category of products to which this research is pointing.

Here's how it works, according to the study, the findings of which are from the widely-recognized Nurses Health Study at the Harvard School of Public Health: Researchers found if women ate two or more servings of low-fat dairy foods per day, their risk of ovulation-related infertility rose by more than 85%, versus women who ate less than one serving of low-fat dairy food per week. Conversely, women who ate at least one serving of high-fat dairy food a day decreased their risk of this type of infertility by more than a quarter compared to women who consumed one or less high-fat dairy serving a week.

Dr. Jorge Chavarro, a research fellow in the Department of Nutrition at Harvard School of Public Health, and the study's lead author, has reported to Associated Press that, while more research is needed, "The idea is not to go crazy and start to have ice cream three times a day. But it is certainly possible to have a healthy diet with low saturated fat intake by having one serving of high-fat dairy a day." Once a woman becomes pregnant, he added, she should switch back to low-fat dairy foods in order to limit her saturated fat intake.

Oh baby! Drink up!



LIFEWAY is listed on
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