

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

415 Madison Avenue, 12th Fl.
New York, New York 10017

88 WORDS, 30 SECONDS

HEALTHFUL EATING

ADDING MORE PROBIOTICS TO YOUR DIET CAN BE A DELICIOUS EXPERIENCE. PROBIOTIC FOODS BOOST THE FRIENDLY BACTERIA IN YOUR INTESTINES. THESE BACTERIA PERFORM USEFUL FUNCTIONS THAT RANGE FROM MANUFACTURING VITAMINS TO PROTECTING YOU FROM HARMFUL BACTERIA. ACCORDING TO REGISTERED DIETITIAN TAMARA (TAH-MAH-RAH) FREUMAN (FROY-MAN), "CULTURED DAIRY PRODUCTS—SUCH AS YOGURTS AND KEFIRS—ARE AMONG THE TASTIEST, MOST CONVENIENT AND TIME-TESTED VEHICLES FOR DELIVERING A DAILY DOSE OF PROBIOTICS." SHE RECOMMENDS ALL-NATURAL KEFIRS FROM GREEN VALLEY ORGANICS AND REDWOOD HILL FARM. VISIT GREEN-VALLEY-LACTOSE-FREE--DOT--COM AND REDWOOD-HILL--DOT--COM TO LEARN MORE.