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**SAMPLE INTERVIEW QUESTIONS:  
for Wholistic Health Expert, Nancy Lee Bentley**

**“Biggest Mistakes People Make Trying to Be Healthy”**

**You’re a wholistic health expert, what do you think are some of the biggest health problems confronting us today?**

**How about simple stuff like acid indigestion?**

**How did you get so smart about all of these subjects?**

**So, Nancy what ARE some of these biggest mistakes even smart people make trying to be healthy?**

**But it’s so confusing, how about all those advertising and marketing claims -- and diets -- out there?**

**How can you be healthy with all those unpronounceable ingredients in practically everything you buy?**

**And then there are all of those weird bugs and bacteria causing havoc all over the place. But wait a minute, am I seeing this correctly, you’re saying that our fear of bugs is actually undermining our health?**

**What CAN we do? You’re saying we’re “Listening to the Wrong Expert? “**

**Is this the kind of stuff you’re talking about in this new Truly Cultured book of yours? (Truly Cultured: Rejuvenating Taste, Health and community with Naturally Fermented Foods)**

**I hear you have an “Are You Smarter Than Bacteria?” quiz. I’d like to know what some of those questions are...**

**What are some of the the health benefits of everyone’s favorite, cultured and fermented foods?**

**So what are fermented foods? What’s the difference between fermented and cultured foods?**

**Why do you think people should make their own fermented foods?**

**What's the difference between commercial fermented foods like sauerkraut and pickles and what you are calling the the healthier versions? Aren't all fermented foods the same?**

**How about taking probiotics? Aren't they a reliable way to make sure you are getting good bacteria into your system?**

**You mentioned rejuvenating community. Would you like to explain to our listeners how fermented foods can contribute to rejuvenating community?**

**How does fermentation relate to the environment?**

**What is your opinion about people with yeast overgrowth like Candida Albicans avoiding all fermented foods? Many practitioners maintain that they are not ideal for people with yeast overgrowth.**

**I notice in your book you're talking not just about making yogurt or compost, but about microorganisms and fermentation in the environment, and how it relates to the world as well. What do you mean when you're talking about our planet's "carrying capacity" and the "Human Fermentation" vat?**

**Where can people get your new Truly Cultured book?**

**I see an organic pioneer that was commenting on your book said "This book is a feast, but it's just the start of the banquet." What does Ray mean by this?**

### **Facts:**

Nearly two-thirds of Americans (64 percent) find maintaining good digestive health to be a greater challenge than maintaining a good credit score, according to a recent survey by Kelton Research Group.

Between 60 and 70 million Americans experience some sort of digestive health problem according to the National Health Interview Survey and the National Center for Health Statistics's. Vital Health Statistics. It may be that Americans haven't "digested" the ways in which prebiotics and probiotics could benefit them..

More than 70 percent of Americans claim they are not at all familiar with prebiotics. Of those who were familiar with prebiotics, less than 4 percent were able to define them correctly.

Probiotics are live cultures that can be eaten to help promote digestive health. By definition, prebiotics are often dietary fibers and act as fuel for probiotics. Nearly two-thirds of Americans (63 percent) polled claim they are not at all familiar with probiotics and only 13 percent of those who were familiar with them could define them accurately.

"It's time for Americans to get proactive about incorporating prebiotics and probiotics into their diet," said Leslie Bonci, MPH, RD of the University of Pittsburgh Medical Center. "Nearly 75 percent of consumers prefer to get their prebiotics and probiotics from foods in their everyday diet than take a dietary supplement.

