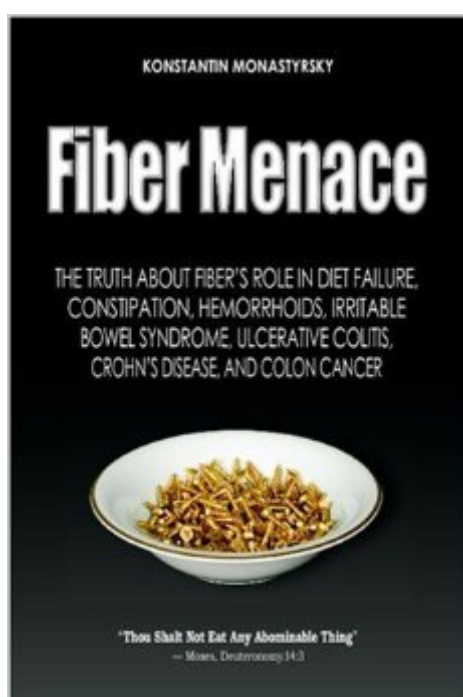


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# Fiber Menace: The Truth About The Leading Role Of Fiber In Diet Failure, Constipation, Hemorrhoids, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn's Disease, And Colon Cancer



## Synopsis

Fiber Menace is for people who believe fiber prevents cancers, reduces the risk of heart disease, regulates blood sugar, wards off diabetes, lowers appetite, induces weight loss, cleanses the colon, and eliminates constipation. Tragically, none of it is true, and Fiber Menace explains why it's the complete opposite. Most of those findings have been well known and widely publicized even before Fiber Menace's release. Here are some of the most striking examples:- Fiber doesn't ward off colon cancer, according to the Harvard School of Public Health: "For years, Americans have been told to consume a high-fiber diet to lower the risk of colon cancer [...] Larger and better-designed studies have failed to show a link between fiber and colon cancer." Scores of other studies, cited in Fiber Menace, have demonstrated that fiber increases the risk of colon cancer. (p. 181)- Fiber doesn't prevent breast cancer either, according to the U.S. Center for Disease Control and Prevention. In fact, it's the complete opposite: "Carbohydrate intake was positively associated with breast cancer risk." Fiber happens to be a carbohydrate too, and carbohydrates are the only food that contains fiber. (p. 183)- Fiber doesn't reduce the risk of heart disease, according to the American Heart Association: "A fiber supplement added to a diet otherwise high in saturated fat and cholesterol provides dubious cardiovascular advantage." Furthermore, these supplements caused "reduced mineral absorption and a myriad of gastrointestinal disturbances" - factors that in fact, contribute to heart disease. (p. 41)- Fiber doesn't counteract diabetes, according to the Harvard School of Public Health: "Fiber intake has also been linked with the metabolic syndrome, a constellation of factors that increases the chances of developing heart disease and diabetes." Truth is, fiber requires more insulin or drugs to control blood sugar, and makes diabetes even more devastating. (p. 2

## Book Information

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## Customer Reviews

It seems we barely know what is really good for our bodies. Until dramatic progress in molecular biology are made, we are in the dark and can only experiment. I believe entire walls of concepts will collapse as we gain knowledge. The fiber myth might well be one of them. As the author says, some population like Inuits live with extremely low levels of fibers, and to my knowledge, they are not reputed to be the most constipated / unhealthy people on the planet. Anyway, the principles in this book have changed my life and there is not a single day that I don't benefit from what I learned. My story is a long one so I will try to make it short, although I could write a book about it (and thinking of creating a website). I have a tendency to constipation. Since I was a kid. Since no medical condition could justify it (I exercise, drink water, got a colonoscopy, feces analysis, blood analysis, rectal examination....) I was told to increase fibers ingestion by certified doctors here in France. So I tried to load myself with brans. Did it for years. Retrospectively, I well see it didn't help AT ALL. Like 10 years ago I bought a new brands of cereals, rich in fibers, with dried fruits. Tasted so good I ate a lot of it. This lead to a fecalom, which is an obstruction of the colon by huge amount of feces.

Constipation is NOT a problem of quantity of stool. It's not because you don't produce enough feces that you don't have your bowels movements. So fiber megadosage is totally useless and in my case resulted in accumulation in a fecalome that I had to remove with my finger, millimeter by millimeter, which took 36 hours. This clearly showed me the real DANGER of hard, insoluble fibers, and since this medieval torture day, I totally reduced my voluntary intake of fibers from cereals products. So now that I had to stop the brans, how would I fight against constipation ? I started to supplement my diet with cruciferous and fruits. What was the result: endless bloating and alternate of constipation to diarrhea. I spent next years with gut troubles, gas, and diarrhea. This was different from the effects of the bran fibers: cereals fibers didn't created diarrhea and pain, it was another kind of gut trauma. It culminated about two years ago, while on a high fiber diet from vegetables (particularly cruciferous), I would only have 1 or two bowel movements per week, only diarrhea. Went to see a doc, got feces analysis, and doc recommended even more fibers from bulk laxative. It didn't help at all. Couldn't make love to my girlfriend anymore because i felt so uncomfortable. Life was ruined, I was bloated like a balloon, still, couldn't have a normal bowel movement without diarrhea. Life was ruined. A desperate search on about constipation got me a listing of a few books, including this one. The title immediately got my attention, since this was the first ever resource that has a negative

stance against fibers. I ordered the book, read it. After two years following the principles in this book, I can testify that its foundations are correct: fibers are generally not good for human guts and cause more trouble than they solve. It doesn't mean you must totally suppress them, since there are some in all kind of food, but it is criminal to voluntarily increase their consumption to solve problems such as constipation. Fibers can have traumatic effects on the very fragile equilibrium of intestinal flora. Having suppressed all brans and cruciferous fibers from my diet (I still consume cooked vegetables and moderate fruits), I have virtually eliminated all bloating, diarrhea, and pain in the gut. This didn't cure my chronic constipation, but this book thought me ways to improve my condition dramatically: to keep my feces hydrated and easy to pass, I cultivate the flora of my guts and I supplement in minerals. I may sometime supplement with macrogol molecule, which is not recommended by author. If ever I got a constipation day, I will do a C flush in the next morning that will put me right back on track with a 100% efficiency. All this I learned from this book. Do do this, I alternate with products found in this book, but since formula is on products, I see myself purchasing alternative brands: you are really not forced into the products in this book: I certainly don't think this book is only a trick by the author to sell his products: my life was radically, positively altered by what I learned in this book. So what are the results after a couple of years of applying the principle thought in this book: I can spend entire consecutive WEEKS with a daily normal bowel movement, with a loooooong stool. No pain. No diarrhea. I forgot I was able to produce these long normal stools instead of those solid little rocks I could have used to break a window. I feel so sorry now when I see all these people consume these huge salads of cruciferous and then complain of bloating, diarrhea, and constipation. I try to tell them that what they it isn't physiologically adapted to their gut but they don't want to listen: they absolutely want to consume their fibers and 2 liters of water. The world needs to know.

Fiber Menace By Konstantin Monastrsky (Pub. by Ageless Press, 2005) From a symbolic cover illustrating a cereal bowl full of gold screws, the insightful book, Fiber Menace, reveals the disastrous effects that our modern high-fiber nutritional dictates may have on the proper functioning of the digestive system. From purely a perspective of the problems that a high-fiber diet creates--of large stools that stretch the intestinal tract beyond its normal range and eventually cause intestinal damage and bowel problems, including hernias, hemorrhoidal disease, constipation, malnourishment, irritable bowel syndrome and Crohn's disease, to drastically upsetting the natural bacterial flora in the intestinal tract--Fiber Menace describes major health issues that can develop from eating what's considered a modern healthy diet that is high in fiber from fiber supplements,

grains, vegetables, fruits and legumes. The book also details the problems with over-hydration. The recommended 8 glasses of water a day may cause problems such as constipation, mineral depletion and imbalances, which can factor in digestive disorders, kidney disease, degenerative bone disease, muscular disorders and even cardiac arrest from electrical dysfunction. Pointing to traditional healthy cultures, we find that people did not drink large quantities of water because a clean water source was not guaranteed. Instead, they stayed hydrated with dairy, fermented beverages and bone broth soups, which have incredible nutrient qualities and are not flushed through the body as plain water. The author of this book is a brilliant man who suffered a life-threatening illness from years as a vegetarian. Mr. Monastyrsky is a pharmacologist, and after immigrating to the US from the Ukraine, pursued a career in high technology. He worked in two premier Wall Street firms: as a senior systems analyst at First Boston Corporation and as a consultant at Goldman-Sachs & Co. He has also written two best-selling Russian language books, entitled Functional Nutrition: The Foundation of Absolute Health and Longevity, and Disorders of Carbohydrate Metabolism. I was fascinated with this author's perspective as I also suffered a life-threatening digestive illness and recovered through eating a nutrient-dense diet, which happens to also be a low-fiber diet. For years, I ate lots of fruits and vegetables--mostly raw--ate lots of grains and faithfully drank 8 glasses of water daily. I ate some meat and dairy and very little fat-- and definitely no butter! I developed severe intestinal damage from undiagnosed Celiac disease and a hiatal hernia, but am convinced, from reading this book, that many of my digestive problems may have been equally caused from a high-fiber diet as a factor in the intestinal damage and severe malnutrition that I suffered. The author discusses that a low fiber diet and not eating anything that your great, great, great, great grandmother wouldn't eat will heal digestive illness. He advocates eating a high protein diet with foods that are easy-to-digest, build up the intestinal bacterial flora and supply ample traditional fat. These are the same principles that I found effective in building health from a very depleted condition. This book focuses on what not to eat and why. Mr. Monastyrsky explains that the human teeth are fashioned to chop flesh and our digestive system is built to handle mainly protein digestion with small amounts of fiber. When we eat too much fiber, digestion lasts longer and fermentation occurs, damaging the bacterial flora and causing problems such as bloating, flatulence and enlarged stools, which can lead to problems such as constipation or diarrhea, IBS, and diverticular disease. We must consider however, that many healthy cultures successfully ate a mixed diet that included ample fiber from grains, vegetables and fruits. However, the missing component in the success of their diets compared to many modern mixed and vegetarian diets, is that healthy diets supplied adequate fats, vitamin A and D, easy-to-digest bone

broth soups, traditionally fermented foods that promote a healthy intestinal flora and high-quality sources of protein. Although Monastyrsky suggests high-quality protein, fats, and building intestinal flora as important, he leaves out discussion of the necessity of adequate vitamins A and D. Our modern diets are inadequate for intestinal health not merely because of a fiber issue, but that we lack the crucial components that are found in healthy cultures, in our diets that allow us to absorb nutrients and maintain proper digestive function. He cautions the reader of problems with switching to a low-fiber diet in the first stages; that it is important to gradually cut down on fiber and make sure you are getting adequate fats and foods that build the intestinal flora. As stools are smaller, the urge to go to the bathroom will be less pronounced, so it is very important to pay attention to the "urge" signal so that the stools don't harden and cause constipation. Interestingly, he points out that a healthy stool is easy to pass, rather small in diameter and is mostly composed of bacteria leaving the body as proteins are digested completely before hand. He also sites that fiber is not necessary to have regular stools, as we have been led to believe, and that some of the healthiest cultures had very little fiber in their diets. If you're worried about getting enough nutrients in your diet from cutting down on raw vegetables and fruits, remember nutrient-dense foods contain concentrated nutrients from the animals that "chowed" down on literally bushels of fresh green grass to produce a food that contains all of the vitamins and minerals found in fresh produce and more, in a concentrated form that is easy to digest. Also, if you have suffered from any digestive disorder, it is difficult to absorb the vitamins and minerals from raw produce, and raw produce can be extremely irritating to the intestinal tract and keep it from healing. When healing from any digestive disorder, beet kvass, fermented vegetables, vegetables in bone broth soups and steamed vegetables with butter are much better tolerated. From a perspective of the benefits that a low fiber diet has to optimal digestion, following the Weston Price Foundation's principles of eating nutrient-dense foods for building health will lead you in this same direction. Many thanks to Konstantin Monastyrsky for writing this important book. Kathyne Pirtle

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