



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

Konstantin Monastyrsky

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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. 220)

— Fiber doesn't curb appetite, according to the Jean Mayer U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University: "...fiber supplements did not alter hunger, satiety or body weight in a pilot study of men and women consuming self-selected diets." In fact, fiber stimulates appetite, extends digestion, expands stomach capacity, and makes you hungrier the next time around. (p. 60-76, or here.)

— Fiber doesn't keep "colon clean" by speeding elimination, according to the highly respected and authoritative Rome II: The Functional Gastrointestinal Disorders textbook: "There is little or no relationship

between dietary fiber and whole gut transit time.” In fact, fiber delays transit time more than does any other food ingredient, and is the primary cause of chronic constipation, hemorrhoids, diverticulosis, ulcerative colitis, and Crohn's disease. (p. 21,23, 29, 103)

— Fiber doesn't relieve chronic constipation, according to the American College of Gastroenterology Functional Gastrointestinal Disorders Task Force: all legitimate clinical trials demonstrated no “improvement in stool frequency or consistency when compared with placebo.” How could it, if it caused it in the first place? (p. 105, 115)

But that's only a small part of fiber's menacing role in human nutrition. It also has its imprint in practically all digestive disorders. In that context, learning from Fiber Menace diet may end up becoming one of the most transformational experiences of your life.

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