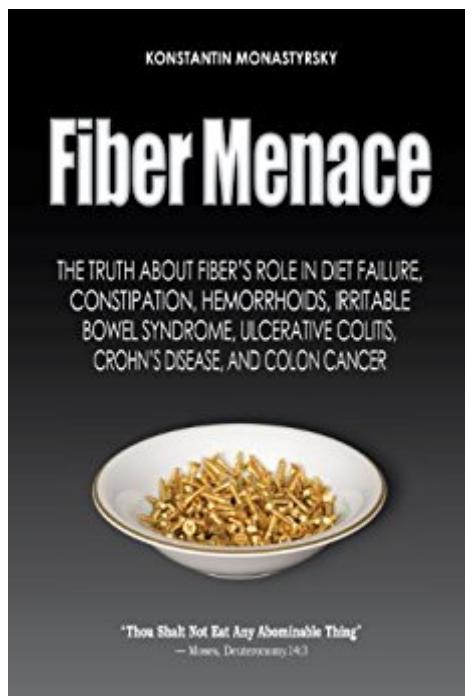


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# Fiber Menace



## 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. 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 the 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.

## **Book Information**

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## **Customer Reviews**

I was taking supplemental fiber to avoid constipation because I have mild case of hypothyroidism. Still it was not a big problem to me but wanted to make sure not to have constipation problems. After a year using fiber I noticed my constipation got slightly worse. That surprised me. Then I begin to wonder if taking supplemental fiber was the right thing to do. Investigated on the internet and found a video about this book. Then bought the book. It blew me away! Everything explained in a logical and sound manner and backed by scientific facts and references. Well, I followed the advice

in this book and in less than two weeks I was regular again without supplemental fiber! And I have 4 additional weeks being regular. No supplemental fiber at all. Just have to keep doing what the book says. If you are serious about health this book is a must. I highly recommend it.

This is an extremely useful book. Whether you suffer from any digestive ailment or not, I believe this to be a must-read for everyone. I had suffered from constipation for years. Eating more fiber as according to "conventional wisdom" only led to more flatulence, more discomfort and even harder, larger stool that refused to budge. Such "advice" caused even more harm, pain and emotional stress than ever. It took me a long time to finally come to the conclusion that insoluble fiber was making things worse, and that I should stop stuffing myself with whole grain, flower seeds and especially, never again, bran. This book offers a lot of research results and gives readers genuine and feasible guidelines to reverse the damages that fiber has already done to the body, or in the case of healthy readers, help prevent digestive disorders. Even if you are not interested in the researches, the step-by-step guides to restoring flora in your guts really work. I now have toilet habits that are more or less regular, and most importantly, 100% painless and effortless.

I am a nurse working in a rehab hospital, and have constant gut problems myself, plus have to give patients miralax (antifreeze) and soap (dulcolax) for their bowels, and prilosec and other GERD meds regularly. I guide those that may be open to this author's website to get them thinking at least. Sadly, most don't want to know the natural way, they just want their drugs. The book details the digestive system far better than my classes in school (10 units of anatomy and physiology) and he brings up the obvious. And then I say "Oh Yeah! That is obvious! Why did I think of that? Why didn't my teachers think of it?". For example, gallstones are known to be caused by them staying in the gallbladder too long and concentrating. However This author points out, "what is blocking them in? Too much fiber mass sitting right outside the duct" . Well having had a history of gallstones myself and expelling them with vinegar, which works by the way, but then I have to wonder why they keep forming- well, cutting down the fiber is helping. And he also shows the Bristol stool chart which was never taught to us in my school. He uses the Merck manual a lot as a resource and then shows us the government standards which are way different so it makes you think, who wants us sick long term?

After 16 years of IBS (mis)management with fiber I decided to go against the grain and give this

book a chance. This book is grounded in science and common sense and is gaining traction in the medical field. The principles in the book have helped me gain regularity, but more importantly perspective on overall health. The author presents material in a clear manner and, unlike some other digestive books I have read, it is enjoyable to read. If you want to take control of your digestive disorder and overall health, this book is a must have. I also like that the author does not push his products. Although I must say I have purchased some of his products and they are quite effective as well.

I chose 5 stars because the information Mr. Monastyrsky presents in Fiber Menace is sound, scientific fact-based, easy to understand and, when paid close attention to, complete. It is also entertaining, life-changing and healing, but only when applied. I suffer from extreme constipation and large intestine paralysis due to psychiatric medications (Clozapine and Cymbalta). These problems cause the feces in your large intestine to become stuck, which can lead to many life threatening issues. Fiber Menace convinced me that my Doctor/nurse recommended treatment for it, namely to consume more indigestible fiber (you know: nuts, grains, flax, psyllium, Miralax and all sorts of other laxatives), made it worse. Not just worse, actually, but so bad I have been near death. Is it my fault I carried out my trusted Doctor and nurses' advice? No way. Is it their fault? Probably not because they didn't know about the problem either. But after I presented a scientific article to them from the University of Iowa stating how dangerous constipation from one of the medications can be, with the intent to share how (from the things I learned reading Fiber Menace) their treatment recommendations were making the problem much more extreme was ignored, well it's their fault now. I am still battling to get off of the last of 3 of these drugs but have no fear now as far as my constipation is concerned because it is gone. How you ask? [gutsense.org](http://gutsense.org) I went to the site presented by the author, read it front to back, eliminated fiber from my diet, started eating right as per his recommendations, ordered his supplements, used them as instructed and BAM, I am forever free from constipation and am no longer in any danger from death by fiber. Yes, DEATH. People I love all around me are dying from the overuse of indigestible fiber in one stage or another. If you don't want this to be you, read Fiber Menace, go to [gutsense.org](http://gutsense.org) today and put Konstantin Monastyrski's research into practice immediately. It will save your life. I am proof.

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