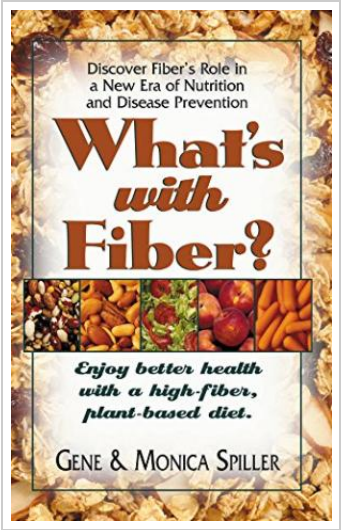

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Whats With Fiber Enjoy Better Health With A High-fiber, Plant-based Diet

By Gene Spiller

Paperback. Condition: New. Fiber is not merely the simple roughage it was once thught to be, and it is not an isolated element in nature. Found in plant foods, fiber is a complex substance, and in whole foods, it is always accompanied by a number of nutrients, including antioxidants, essential oils, minerals, proteins, and vitamins. Fiber occurs in many forms and has very few calories. A diverse diet of whole natural foods can provide all the fiber the body needs to help protect it against health problems. , say the authors Gene and Monica Spiller, who go on to warn that a lack of fiber in the diet can lead to degenerative diseses. The current obeisity epidemic in the Western world, for example, is directly related to the lack of plant-based, fiber-filled whole foods that have been larely displaced in todays diets by processed foods, denatured grains, and fiber-free animal products. Part one of Whats with Fiber explains what fiber is and how it is naturally contained in whole foods. Part Two outlines the ancestral history of fiber, beginning well before agriculture came into being. It brings fiber into the present phytochemical era, detailing the ongoing research that is so...

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