

KONSTANTIN MONASTYRSKY

# Fiber Menace

THE TRUTH ABOUT FIBER'S ROLE IN DIET FAILURE,  
CONSTIPATION, HEMORRHOIDS, IRRITABLE  
BOWEL SYNDROME, ULCERATIVE COLITIS,  
CROHN'S DISEASE, AND COLON CANCER



"There Shall Not Be Any More of This"  
— JAMES EARL RAY, 1968

# Fiber Menace

**Konstantin Monastyrsky**



## **Fiber Menace:**

**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,2005

**Fiber Menace** Konstantin Monastyrsky,2008      **180 Degree Digestion: Paths to Digestive Ruin and Recovery** , Digestive problems are escalating across the globe Irritable Bowel Syndrome IBS is becoming a normal thing to have if you are a young adult in the modern world Digestive cancers constipation diverticulosis Crohn s Disease Ulcerative Colitis and dozens of other digestive maladies are rapidly rising For prevention the mainstream health authorities don t have much to say other than eat more fiber If you have one of these disorders most gastroenterologists tell you to sing along with me if you know this one eat more fiber But human digestion is more complex than that 180 Degree Digestion A Discussion on the Many Paths to Digestive Ruin and Recovery is different It is smart It looks into digestive health from a much more logical perspective If you re looking for an intelligent discussion with a multitude of options for digestive problems 180 Degree Digestion is it If you re hoping for some classless bathroom humor to go along with it then you ve truly found the one      *So Long Constipation, Part 1* Katarina Nolte,2013-05-26 In *So Long Constipation Part 1* you will learn how to eliminate your constipation by learning what causes it and how this comes about You will learn about the relationship between our daily environment and the gut You will discover in simple detail how things like stress industrial toxins and our modern diet and lifestyle influence the delicate balance of our mind body system You will familiarize yourself with the main aspects of this delicate balance in relation to gut function      **The Carnivore Cookbook** Maria Emmerich,2020-01-07 Keto meets carnivore in this revolutionary new book by revered cookbook author and low carb pioneer Maria Emmerich Did you know that our ancestors were apex predators who were even more carnivorous than hyenas and big cats That was only about 30 000 years ago But since then our diets have drastically changed due to the invention of agriculture about 7 000 years ago and within the last 100 years or so the introduction of millions of food additives the development of a year round produce supply and the hybridization of fruits and vegetables making them higher in sugar and lower in nutrients Carnivore Cookbook explores what our bodies were really designed to digest and gives compelling evidence that we were designed to be primarily meat eaters In this book you will learn why all plants come with a downside Antinutrients are chemicals and compounds that act as natural pesticides or defenses for the plants against being eaten Maria explains how antinutrients can rob your body of minerals and other nutrients and lead to autoimmune issues and leaky gut There is even a protocol for healing autoimmune issues called the Carnivore Autoimmune Protocol a detailed system for stepping you through the various levels of carnivorous eating to find the point where your body responds best and is symptom free You will also learn which foods are the highest in nutrient density to help your body heal Carnivore Cookbook includes more than 100 tasty meat focused recipes featuring innovative ways to add flavor and variety There are even carnivore meal plans with grocery lists to make the diet easy to

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*The Hidden Plague* Tara Grant,2019-06 This is the new paperback version of the bestselling hardcover edition that has helped thousands of sufferers turn their health around Read the couple hundred amazon reviews attached to the now out of print hardcover book You be touched deeply by the level of suffering and frustration that people have endured then achieved rapid results by following holistic plan presented in the Hidden Plague Have you been plagued with boils cysts ingrown hairs and acne like bumps that take months to resolve leave embarrassing scars and cause considerable pain Have you been to the doctor only to leave with a prescription for antibiotics few answers and little to no hope Hidradenitis suppurativa HS is a poorly understood skin condition that is believed to affect nearly twelve million people in the United States alone Only a small fraction of those affected have been properly diagnosed leaving many others to suffer in silence or pursue ill advised conventional treatment methods that fail to address the cause of this painful condition Tara Grant a twenty year sufferer of HS has become an underground legend to her Internet community of HS victims by presenting a methodical self tested action plan to heal naturally The centerpiece of her holistic approach rests on the understanding that HS is an autoimmune disorder caused by leaky gut syndrome With a few simple dietary changes that eliminate certain trigger foods you can heal your gut restore your skin reclaim your health and rid yourself of HS symptoms forever That means no antibiotics no experimental surgeries and no more pain suffering or confusion You will learn to adopt a big picture perspective about disease and dysfunction and understand how autoimmunity the body attacking itself in an adverse manner represents the root cause of many frustrating chronic health conditions By modifying your diet and other lifestyle habits you can break free from the suffering frustration and uncertainty that seems to go hand in hand with autoimmune conditions and skin conditions like HS in particular Author Tara Grant has synthesized years of research

personal trial and error and cutting edge functional medicine and dietary strategies to give you a simple do able action plan to clean up your diet and clean up your skin The Hidden Plague is a fabulous and comprehensive resource for not just HS specifically but many other related inflammatory and autoimmune conditions

**Six Sources of Healthier Fats, The Omega 3 to 6 Balance, and Why You Care** Diana Sproul,2016-03-04 Why is it important for you to eat fats and which fats are the best choice This short light paper will introduce you about six sources of healthy fats especially from pastured grass fed sources It explains simply why getting Omega 3 Essential Fatty Acids EFA s from pastured and wild sources are important for overall health and how fats are necessary for every cell in your body Fat soluble vitamins are stored in fats and help their absorption by you but fats also helps the absorption of water soluble vitamins like Bs and K This paper describes the benefits of avocado olives and olive oil wild salmon grass fed whole yogurt coconut fats and pastured pork lard It talks about coconut products like coconut butter coconut oil and MCT oil and their importance for brain health due to lauric acid This nutrition information will introduce you and re educate you on how we a whole food diet can benefit our health over the long term

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