

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



"Thou Shalt Not Eat Any Abominable Thing"

— Moses, Deuteronomy 14:3

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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**



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Fiber Menace is for those who believe fiber prevents cancers, reduces the chance of heart disease, regulates blood glucose, wards off diabetes, lowers hunger, induces weight loss, cleanses the colon, and eliminates constipation. Tragically, none of it is true, and Fiber Menace explains why it is the complete opposite. The majority of those findings have been well known and widely publicized also before Fiber Menace's release.. Here are some of the most striking good examples:- Fiber doesn't defend against colon cancer, according to the Harvard College of Public Health: "For a long time, Americans have already been told to take a high-fiber diet plan to lower the risk of colon cancer [." Fiber is undoubtedly a carbohydrate as well, and carbohydrates are the only food which has fiber.] Bigger and better-designed research have failed to show a link between fiber and colon cancer." Scores of other studies, cited in Fiber Menace, possess demonstrated that fiber escalates the risk of colon cancer. Middle for Disease Control and Avoidance. 181)- Fiber doesn't prevent breast cancer either, based on the U.S. (p. (p.. (p. 183)- Fiber doesn't reduce the risk of heart disease, according to the American Cardiovascular Association: "A fiber supplement added to a diet otherwise high in saturated fat and cholesterol provides dubious cardiovascular advantage. 41)- Fiber doesn't counteract diabetes, according to the Harvard School of Public Health: "Fiber intake in addition has been linked with the metabolic syndrome, a constellation of factors that increases the possibilities of developing cardiovascular disease and diabetes. (p." Furthermore, these supplements caused "reduced mineral absorption and an array of gastrointestinal disturbances" - elements that actually, contribute to heart disease." Truth is certainly, fiber requires more insulin or medications to control blood sugar, and makes diabetes even more devastating. In reality, it is the complete opposite: "Carbohydrate intake was positively connected with breast cancer risk. 2



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Very Grateful I would like to express my deepest gratitude and appreciation towards Konstantin Monastyrsky. The just place I was able to get the information I needed was from reading this book. I've even suggested it to the nurse and my doctor. Before I read the Fiber Menace book, I was unknowingly doing all the harmful things such as for example using psyllium husk, drinking 3.0 liters of drinking water a day, consuming large amounts of oatmeal, hummus, whole grain bread, high fiber fruits and vegetables, and desperately exercising all hoping of pooping pain free. I thought I was performing all the right things according to the "experts" and according to all or any the mainstream assistance. With this high fiber high drinking water regimen, I was plagued with hemorrhoids, constipation, anal fissures, bouts of hard stool, bouts of diarrhea, and peeing much too often. My candy cravings proceeded to go apart and I am happy with normal size foods now, no more craving to overeat. I felt it was my last hope. 5 inch diameter stool, ouch!! If I insisted on decreasing my fiber consumption I was to consider MiraLax prescription easily didn't want to employ a fiber product. As a side note, try buying some powder free latex gloves and measure the size of your poop with a tape measure or ruler to see if large poop is causing you damage. Anyways, just one typical food for me ahead of reading the book was 4 bits of whole grain breads (5g fiber a bit $\times 4 = 20\text{g}$ fiber of bread), and topped with hummus, peanut butter, or almond butter. Superb information that goes against the grain! In the past, I had no idea that the fiber was increasing the size of the stool to such a damaging size! I was actually quite afraid to set off of fiber products because when I attempted it in the past I would obtain constipated. I searched and searched the web, desperately researching and reading everything I could find on the subject. And there is absolutely no shortage of assistance on the Internet. I presently take Hydro-C in the morning, but am thinking about phasing that out. Five Stars True, true and true! It worked for me! Things were searching bleak and it affected my whole life and I was quite depressed. I was also scared of reducing water consumption because I experienced mistakenly thought drinking more water would soften stools but this is simply not the case. As it happens that table salt (5-6 grams a day) and potassium (i end up receiving about 3000mg+ a day) could keep the stools smooth. Konstantin's reserve armed me with the right information and gave me the confidence to use that knowledge. There are so many "aha occasions" in the publication where things just click and make so much feeling. A treasure chest of enlightening information regarding an array of nutritional issues. I really hope this review encourages people to try the suggestions in this publication. But as to cutting away fiber, for me personally, it worked! I would recommend one with a "tare" feature which enables a person to place a bowl or plate on the scale and zero it out so you just weigh the meals rather than the bowl/plate. The tare feature also really helps to add food one after the other like

adding X grams of rice, pressing tare, after that adding X grams of tomato, pressing tare, adding X grams of cucumber and so forth. This reserve made me realize that im just pooping too much. Fiber Menace - a real lifestyle saver! When I completed the book I instantly started the low fiber/carb diet plan in the publication and started seeing very significant changes after 4-5 times. I became lethargic, bloated and prone to blistering skin rashes. It takes period to heal which this book reminds us of but it is a journey since I am much better than I was yesterday and for certain heaps better than a couple of years ago! I had been a prolific eater for almost 40 years and managed to remain healthy with extreme workout until I couldn't due to joint and muscle pain around 55. Regrettably this took another 3 months and I finished up viewing a gastroenterologist. I am eating fish and chicken at most dinners along with low fiber vegetables and fruits. I continued to obtain sicker and sicker. It took me 2 ½ years to diagnose and cure my own metabolic disorders. THIS BOOK Is certainly A LITERAL LIFESAVER FOR ME. Luckily I ran across FIBER MENACE and it produced therefore much sense. I have been coping with IBS for over 20 years but experienced no clue of its cause.! I unquestionably hated and dreaded likely to the bathroom and actually preferred to fast and starve for times off and on simply to get some relief from the pain. I have been Vegan for the last 5 years trying to eat a whole lot of coffee beans for my proteins.! I finally started getting much healthier but still got gastro intestinal disorders. Medical doctors don't like this details because they don't have the time to counsel you through this healing process and there will be no money it for them particularly if they helped treat you. Meals for thought! Thank you K. Monastyrsky 24 months ago I became focused on eating as healthful as feasible. Oatmeal with chocolates for breakfast, raw carrots for snacks, whole grain pasts wth new tomato sauce for lunch time and poultry sandwich with whole wheat grains bread and lots of raw veggies for supper. I was just sleeping about 4-5 hours a night time but operating or boxing each day, sparring and feeling fantastic general. This lasted about three months at which stage my colon appeared to stop working. I could not work out how I was flawlessly regular one day and then instantly I could not move stool for times at a time and, when I did, it had been amost impossibly large and mixed with blood.! The only reason I'm giving the book 4 stars is that it could've been just a little better written. My consuming continued and my size exploded to 280 Pounds. The paleo diet is 4x as very much fiber as an american highfiber diet plan. At that time I realized I had been handed a loss of life sentence. My colon must be as stretched out and saggy as an 80 year olds wrinkly body. I got accepted the notion that fiber was good for the digestion without query. Cost and rethink all the advice I got ever been distributed by Western doctors.! I went home feeling like my life was closing at age group 22. I was in constant discomfort, no energy and food would go through me actually undigested when it finally approved at

all. I QUICKLY discovered this book and place all my faith in a potential snake oil salesman probably educated on nourishment books mandated by Khrushchv during the rise of the Soviet Union. In the past I easily consumed over 25g of fiber in a single meal and probably consumed 40-60g+ of fiber a day and had very painful 1. Today I can have 2-3 bowel motions every a day thanks in large component to a low fiber diet of eggs, rice, soups, meat, and vrggie/fruit juice. I stil possess a lot of one of Monastyrsky's items (Ageless Hydro C) but I haven't even had to use it except after business trips when I am eating junk food with my coworkers. It is only the slightest exaggeration to say this book and the writer saved my life. EASILY had paid attention to that doctor instead of discovering this reserve, I honestly believe I would have ended up comitting suicide after having at least part of my colon removed. Like many people, I was told fiber, fiber, fiber by my doctors. I will also mention that daily vitamins, probiotic pills and veggie juice have played a large part in my return to normal wellness (and I do beverage hot green tea morning and night despite the fact that the author discourages it). My achievement following Monastyrsky's protocols influenced me to do exptensive research on nutrition, discover Weston A. When I informed the doctor that I was already eating a lot more fiber compared to the recommended quantity he shrugged it off and told me to eat even more fiber! I am sure there was some irreversible damage done to my colon as the urge to go is never as strong as it used to be when I was a kid but many thanks for giving me my life back, Dr. Monastyrsky. EASILY ever achieve worldwide renown in virtually any field, I will credit you with a big part of my achievement. That was over 25g of fiber in one meal! Pardon the pun but that's what was killing me personally - grain, and I really do not have celiac disease. It had been also way too many carbs! Konstantin's publication gave me back my life. I highly recommend it. It wan't until I went on a Ketogenic diet plan that my wellness improved along with dropping 50lbs of poor fat. More work was required though because kale was a killer and I was arriving confused about how to eliminate constipation as a result of cutting way down on carbs. After a fee months of making sure I was getting enough sodium and potassium and cutting in the past on fiber I began feeling even better! I simply finished reading FIBER MENACE and was so impressed with the brand new fiber information I was unacquainted with but made so much sense as I go through it. I am also an admin for the Facebook group Keto 40+ and have recommended this publication to the additional group members. Excellent information I've read many low carb diet books which was a new twist on the reduced carb that deals with a low fiber diet as well. Extremely interesting read with lots of excellent information. Definitely recommend to people that have digestive problems and metabolic syndrome. I understand it is hard to consider going against the mainstream information of even more fiber and more water since it is repeated almost everywhere. I methodically cut specific issues out of my

diet plan until I was particular I couldn't attribute it to one particular thing. I also bought an electronic food level and got into the habit of weighing, proportioning, and tracking just how much fiber, vitamin supplements, minerals, and calories I consume in a day. I began drinking prune juice before bedtime and that seemed to keep issues moving. The issue was, the mainstream suggestions kept cramming the idea of eating more fiber and drinking more water. I'm not sure I want it anymore. I must say I did not believe I was ever likely to have the ability to run or package or date again but I am happily performing all 3 today. After that, out of laziness or something, I stopped buying whole wheat bread and miraculously, my constipation went away.

"Everyone" said it was so very much better for you compared to the white bread I had developed with. I began having troubles with constipation, but being truly a little gradual on the uptake, I didn't associate the two. Once I cut fiber out of my diet plan, the constipation that was making me so miserable all the time went away. I was skeptical about this advice, since when I was younger, and had no issues with constipation, I instantly decided it will be smart to eat whole wheat grains bread. I would be slow, however, not oblivious. It was clear to me that the complete wheat loaf of bread was leading to my constipation. I filed that away for future reference. Mind blown Makes perfect sense. I've been paleo 6 years. When I acquired gone carbs and sugars I replaces it with a lot of greens and fiber. He instructed me to eat more fiber. Ive been pooping 2 or 3 3 x a day time with big poops for years. Good luck and in case you are suffering, We hope you get to the point where you truly anticipate eating and pooping and get your life back! I have been moving away from my way to eat foods very high in fiber. Fiber is usually insigestible. Whats the point. Read the book Good purchase Interesting read Rethinking the Function of Fiber in Nutrition Highly convincing. Thank heavens I found this book with time. Five Stars Exceptional book !! My gut is currently behaving and shrinking. It was repeated all over the place and it was just causing me a significant amount of damage! For those who have any health issues, you need to read this book!



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