



September 20, 2016 – Grand Rapids, MI

Why You Need Fiber

One of the questions I get all the time is: What's the big deal with fiber and why is it so important? In [Real-Life Detox](#), my book that helps you naturally detoxify your body, I talk about the use of fiber during the fasting and detoxification process but didn't cover it in great detail, so let's take a closer look.

Fiber is the indigestible parts of plants. Because most Americans eat a diet very high in refined carbohydrates that have had the fiber removed, we lose many of the health benefits of fiber:

- Helps with many digestive system issues such as constipation, hemorrhoids, chronic diarrhea, and can reduce fecal incontinence.
- Reduces the risk of coronary artery disease and stroke by helping to reduce cholesterol levels and blood pressure
- Reduces the risk of developing type 2 diabetes; if someone already has diabetes, fiber may help control blood sugar levels.



Those are just some of the benefits of fiber. The best source of fiber should come from foods, of course. But because we Americans have been slow to adopt a plant-rich diet, fiber also can be obtained in supplement form. But which fiber to choose: soluble or insoluble? I'll cover that in Thursday's message.

If you haven't gotten a copy of [Real-Life Detox](#), now is a good time to get a copy—shipping is still free!

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** **Straight Talk on Health**

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org/wgvunews and clicking on "Listen Live" at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC