



Total Fiber



Fiber is a key element in intestinal health. Dietary fibers are either soluble or insoluble, with most plant sources containing a mixture of both types. Fiber is available in many foods, especially fruits and vegetables, with some plant material containing very high levels of fiber, such as flaxseed, glucomannan, beta glucans, coconut fiber, gum arabic, rice bran and apple pectin, among others. Fiber increases the “good bacteria” in the intestinal tract and produces butyric acid, a short chain fatty acid which is manufactured by the intestines through bacterial fermentation of fiber and is necessary for the healthy maintenance of the intestinal wall. Butyric acid is the main energy source for the colon epithelial cells and helps repair and regenerate damaged cells. Fiber softens stools and decreases transit time, guarding against constipation while at the same time being beneficial for diarrhea. Fiber also exercises the colon wall as well, preventing inflammatory pouches and and a “lazy” colon.

The colon is a major elimination pathway for toxins, and supporting the colon with fiber helps both toxin binding and toxin removal, in the elimination process. Fiber is useful in detox protocols to flush toxic waste from the body. Ridding the body of excess toxic waste helps to maximize efficiency of all biochemical processes, maintaining general health and well-being. Most health organizations recommend increasing the fiber intake in the diet for optimal health.

Fiber slows gastric emptying, and it is helpful for blood sugar regulation and healthy cholesterol/triglyceride levels. Fiber can beneficially influence satiety, which is important in the support of weight balance. Fiber binds excess estrogen for removal, and many female complaints are due to estrogen dominance. Whether pre- or post-menopausal, fiber is beneficial for female hormonal balance. All colon conditions can usually be addressed with fiber support as a beneficial addition, however, it is important to note that even though fiber is important for colon health, if the colon is actively inflamed, such as with Inflammatory Bowel Syndrome, it is best to rest the gut with protein powders during those active bouts.

Dosage: One three times per day, unless otherwise recommended (such as a bowel cleanse). It is important to drink plenty of filtered water with fiber supplements.

Contraindications: Acute stages of inflammatory bowel disease. High fiber may slow absorption of some drugs, take the supplement away from the drug by several hours.



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