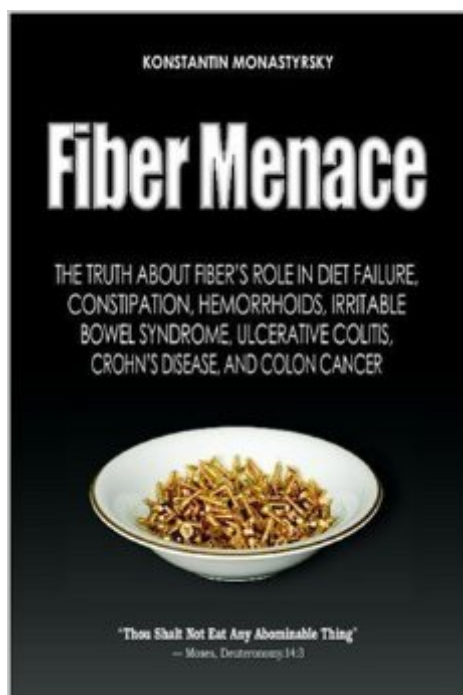


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# Fiber Menace: The Truth About The Leading Role Of Fiber In Diet Failure, Constipation, Hemorrhoids, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn's Disease, And Colon Cancer By Monastyrsky, Konstantin 1st (first) Edition (10/15/2005)



# Synopsis

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## Book Information

Paperback

Publisher: Ageless Press (1600)

ASIN: B00CAYIH6I

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (234 customer reviews)

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## Customer Reviews

It seems we barely know what is really good for our bodies. Until dramatic progress in molecular biology are made, we are in the dark and can only experiment. I believe entire walls of concepts will collapse as we gain knowledge. The fiber myth might well be one of them. As the author says, some population like Inuits live with extremely low levels of fibers, and to my knowledge, they are not reputed to be the most constipated / unhealthy people on the planet. Anyway, the principles in this book have changed my life and there is not a single day that I don't benefit from what I learned. My story is a long one so I will try to make it short, although I could write a book about it (and thinking of creating a website). I have a tendency to constipation. Since I was a kid. Since no medical condition could justify it (I exercise, drink water, got a colonoscopy, feces analysis, blood analysis, rectal examination....) I was told to increase fibers ingestion by certified doctors here in France. So I tried to load myself with brans. Did it for years. Retrospectively, I well see it didn't help AT ALL. Like 10 years ago I bought a new brands of cereals, rich in fibers, with dried fruits. Tasted so good I ate a lot of it. This lead to a fecalom, which is an obstruction of the colon by huge amount of feces. Constipation is NOT a problem of quantity of stool. It's not because you don't produce enough feces that you don't have your bowels movements. So fiber megadosage is totally useless and in my case resulted in accumulation in a fecalome that I had to remove with my finger, millimeter by millimeter, which took 36 hours.

Fiber Menace By Konstantin Monastrsky (Pub. by Ageless Press, 2005) From a symbolic cover illustrating a cereal bowl full of gold screws, the insightful book, Fiber Menace, reveals the disastrous effects that our modern high-fiber nutritional dictates may have on the proper functioning

of the digestive system. From purely a perspective of the problems that a high-fiber diet creates--of large stools that stretch the intestinal tract beyond its normal range and eventually cause intestinal damage and bowel problems, including hernias, hemorrhoidal disease, constipation, malnourishment, irritable bowel syndrome and Crohn's disease, to drastically upsetting the natural bacterial flora in the intestinal tract--Fiber Menace describes major health issues that can develop from eating what's considered a modern healthy diet that is high in fiber from fiber supplements, grains, vegetables, fruits and legumes. The book also details the problems with over-hydration. The recommended 8 glasses of water a day may cause problems such as constipation, mineral depletion and imbalances, which can factor in digestive disorders, kidney disease, degenerative bone disease, muscular disorders and even cardiac arrest from electrical dysfunction. Pointing to traditional healthy cultures, we find that people did not drink large quantities of water because a clean water source was not guaranteed. Instead, they stayed hydrated with dairy, fermented beverages and bone broth soups, which have incredible nutrient qualities and are not flushed through the body as plain water. The author of this book is a brilliant man who suffered a life-threatening illness from years as a vegetarian. Mr.

I had to order this book via USA because it is not available in Europe. His basic recommendations, not to eat too much fiber and not to overdose water intake, seem to make sense. His hints how to fight obstipation caused by low-carb/low-fiber-diets are also as reasonable as the recommendation to make the transition vom a high-fiber/carb-diet to a low-fiber/carb one slowly to prevent negative side effects of the carbohydrate withdrawal. But there are also some serious flaws. First is his completely wrong reception of the cause of Atkins' death. As we know, Atkins died from an accident with severe damage of his skull and brain. At the time of this accident he was not obese at all and did not suffer from heart disease. But Monastyrsky states Atkins died from a cardiac arrest, "unquestionably from obesity-related complications [...] and he died morbidly obese". Monastyrsky also seems not to have really understood the principles behind ketosis. I certainly do NOT endorse the Atkins-Diet nor his very problemable "induction phase", but I really dislike lay-journalists/writers who investigate inaccurately or do not fully understand what they are writing about. Secondly Mr. Monastyrskys calculations about the daily need of carbohydrates (200 g/day is way to high) and the maximum intake of carbohydrates, fats and proteins to allow fat loss are quite weird. He claims that only with NO carbohydrate and max. 1 gram of fats and proteins per kg bodyweight, weightloss would be possible. Following this idea, a person of 75 kg would be allowed to have NO carbohydrates, 75 g fats and 75 g protein per day.

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