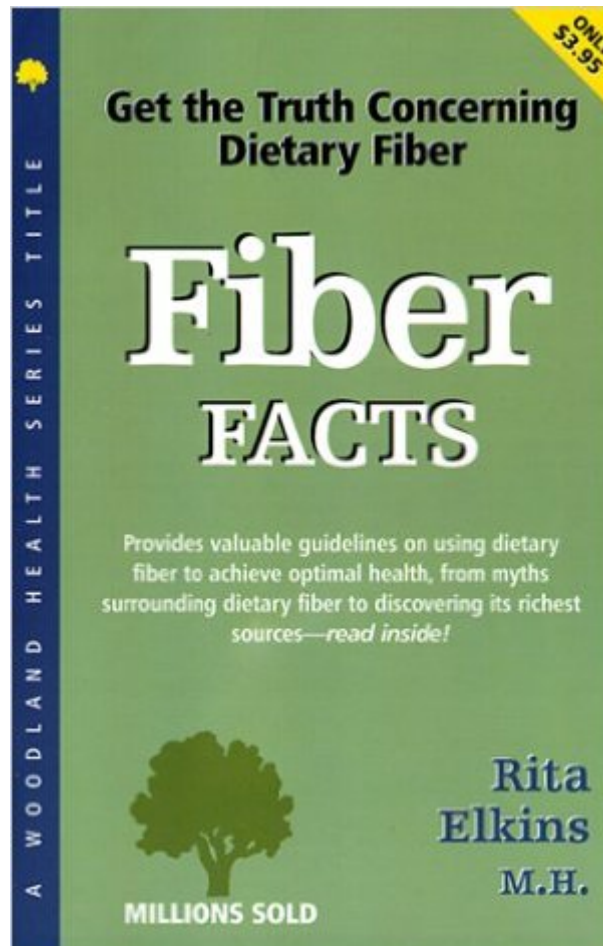


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Fiber Facts (Woodland Health)



Synopsis

Unquestionably, as a society, we are suffering from an unfortunate lack of dietary fiber—a fiber famine, if you will. And while it is true that we are constantly assaulted with reports warning us that diets low in fiber can be very detrimental to our health, most of us persist in eating the way we always have. In this booklet, Rita Elkins, MH, clearly defines the importance of fiber in reducing the risk of cancer, improving the assimilation of important nutrients, and enhancing overall health.

Book Information

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