



A New You Ministry

"Revealing God's Way To A New Life"

www.anym.org



How Much Fiber?

Cancer & Fiber- Geoffrey R. Howe, Ph.D., of the University of Toronto, found that if Americans would eat an additional 13 grams of food fiber a day (about the amount in a bowl of extra-high-fiber wheat bran cereal), colon cancer rates in the US would drop 31%, and that would mean 50,000 fewer diagnosed cases of colorectal cancer a year. Wheat bran has the best documented reputation as a colon cancer fighter.

Gladys Block, Ph.D., of the University of California, did 170 studies from 17 countries and found the same exciting message: People everywhere who eat the most fruits and vegetables, compared with those who eat the least, slash their expectations of cancer by about 50%. That includes cancers of the lung, colon, breast, cervix, esophagus, oral cavity, stomach, bladder, pancreas and ovary.

We're not talking about a large amount either! Just eating fruit twice a day, instead of less than three times a week, cut the risk of lung cancer 75%, even in smokers.

"THE EVIDENCE IS SO OVERWHELMING, THAT DR. BLOCK VIEWS FRUITS AND VEGETABLES AS A POWERFUL PREVENTIVE DRUG THAT COULD SUBSTANTIALLY WIPE OUT THE SCOURGE OF CANCER." Food, Your Miracle Medicine, pg. 205.

Constipation-- A combination of things causes constipation: Low intake of fluids, sedentary lifestyle, hypothyroidism, certain drugs and minerals, long term use of enemas. But one of the major causes is lack of fiber!

Studies have been done to see the effect on fiber and constipation: One study done in Sweden found that people who had more fiber put in their diet had 93% less laxatives taken! They also maintained normal levels of minerals in the blood.

One done in England found that as well as feeling better and having no adverse side effects, the patients lost on an average of 2 pounds in the 12 week treatment!

Diabetes-- For decades, the low-carbohydrate diet was the standard that was prescribed for all diabetics. However James W. Anderson, MD at the University of Kentucky School of Medicine did a study because many of his patients with diabetes had poor heart health. He then began experimenting with something new: He restricted sugars but not the COMPLEX CARBOHYDRATES like beans, grains and vegetables.

The results were remarkable! It didn't just help the heart-health of his patients, it also aided in dropping their blood sugar from 179 to 119! Five of the men who needed pills for their condition were able to stop taking this medication. The 8 remaining who had needed insulin were able to reduce or eliminate their insulin injections. Blood cholesterol levels improved dramatically as well!

Dr. Anderson says that over 50 studies show that eating high fiber foods not only hold down blood sugar, but triglycerides and cholesterol.

Diverticular Disease-- Diverticulosis is a small, saclike swellings that develop in the wall of the large intestine. These small sacs become irritated.

Diverticulitis is when these small sacs become inflamed.

People who have had this disease were found to eat very little fiber and ate more meat and dairy products than other people. The study done at Athens Medical School found that people who rarely ate vegetables and brown breads, however frequently ate meat were 50% more likely to develop diverticulosis.

Gallstones--There have been numerous studies on gallstones and how they develop. The final studies have been compiled to come up with 4 major causes or contributors to gallstones.

- *Calories*-People who developed gallstones before the age of 50 ate more calories than those who did not develop stones.
- *Fat*-The higher the fat in the diet, the greater the chance of developing gallstones.
- *Low Fiber Intake*- Low fiber intakes affect the bile in a way that favors the development of gallstones.
- *Sugar*-Large amounts of sugar intake are linked to people with gallstones as well.

Among these studies are also found other possible causes: Coffee intake, skipping meals, being overweight and losing weight rapidly.

Hemorrhoids-There are different causes that lend itself to hemorrhoids.

- Frequent lifting of heavy objects.
- Pregnancy, especially in later months.
- Prolonged standing or sitting.
- Low fluid intake.
- Overuse of laxatives and/or enemas.
- Low fiber diet.

Hiatal Hernia- A hiatal hernia is actually a small part of the stomach that has slipped through an opening and managed to "ride up" into the chest, often taking stomach acid along with it. The result is heartburn, pain, discomfort and belching may also occur.

A great way to prevent hiatal hernia is to up the fiber. Hiatal hernia tends to occur in parts of the world where gallstones and diverticular disease are common---a low fiber diet links them together.

What to avoid if you already have a hiatal hernia: Smoking, drinking coffee, tea or other caffeine sources. Avoid alcoholic beverages, fatty foods as well as peppermint or spearmint. Do not wear clothes that are too tight or bend over when stomach is full either. Avoid lying down shortly after eating.

Irritable Bowel Syndrome- Sometimes known as Spastic Colon, this is a very irritating problem. The symptoms are bouts of diarrhea, then constipation. Sometimes accompanied with abdominal distress and pain.

Irritable Bowel Syndrome, known as IBS, can be caused by food allergies, such as milk allergies and dietetic sugars. Foods to avoid if you have IBS are coffee, tea, chocolate, onions and citrus fruits. You have to test them on your own to see what irritates your IBS and what doesn't. However 1 Tablespoon of wheat bran three times daily can help alleviate IBS greatly.

"Eat a couple handfuls of wheat bran every day, plus one orange and one apple. It helps defeat irritable bowel syndrome, constipation and diverticular diseases." Martin A. Eastwood MD, University of Edinburgh Medical School, Scotland.

High Cholesterol-*"Most people can lower cholesterol by eating 2/3 cup of an oat bran cereal or one cup of beans a day."* James Anderson, MD, University of Kentucky, School of Medicine. Eating a cup of cooked dried beans a day can suppress bad cholesterol about 20%. All types of beans work-pintos, navy, kidney, lentils, chickpeas, soybeans, etc. A third of a cup of oat bran taken daily also showed that it cut cholesterol by 10%.

Heart Disease & Strokes- Fibrinogen is a clot promoter in the blood. People who eat very little fat and eat lots of fiber have a MUCH lower chances of having heart disease or strokes. A study in Sweden studied 260 middle-aged adult and those who ate the least fruits and vegetables had the most sluggish clot-dissolving activity. They also found that vegetarians had lower blood pressure and lower cholesterol levels as well.

Kidney Stones- The Halifax Stone Clinic, Camp Hill Medical Centre there was a study done on 21 patients who were prone to forming stones. They switched their diet from eating 6 grams of fiber a day to 18 grams. They gave them mostly rice and corn bran and increased their amount of fluids and lowered their protein intake. The amount of calcium in their urine dropped sharply.

Obesity- Fiber is your best friend in losing weight. It has many advantages!!

- It acts as an appetite suppressant.
- It has few or no calories.
- It makes you feel full because of its bulk.
- It stabilizes your blood sugar so your moods don't swing wildly between highs and lows.
- Slows the absorption of your carbohydrates.

Ulcers- Studies have been done all over the world and where ulcers are most prevalent, a low fiber diet is also accompanied with it! Fiber helps to reduce gastric acid concentrations in the stomach. Fiber seems to help heal ulcers as well and can prevent relapse!

Foods to avoid if you have ulcers: Milk, Beer, Coffee and caffeine in any form.

Foods that may help to heal Ulcers: Bananas, Cabbage juice, Licorice and Hot chili Peppers!

SO WHAT'S THE DEAL WITH FIBER?

Dr. Rodger Williams from the University of Texas did a study on enriched white flour vs. whole grains. In 77 days he tested 66 rats who would eat only enriched white flour foods. He then had 66 who ate only whole grain foods.

At the end the 66 who ate white flour, 45 of them died with malnutrition.

The 66 who ate whole grains, all but 3 thrived!

Can we be Malnourished?

A study done in Cayuga Falls, Ohio on juvenile offenders to see if their diet had anything to do with their behavior. Half were given a high fat, high sugar and low fiber diet (their "normal" diet). Half were given whole grains fruits and vegetables and no refined foods or high fat foods. After their release, in 6 months the return rate back to the juvenile detention center was much less from the ones who ate a healthy diet.

"There is a direct connection between a wholesome, nutritious diet and crime." Carolyn Brown, Executive Director of the facility for Delinquent Children, Berkeley, CA

"A diet low in whole grains, but high in fat and sugar, influences thought patterns negatively." George Watson, Nutrition & Your Mind.

HOW MUCH FIBER SHOULD I GET DAILY?

An adequate amount of fiber , 20-35 grams what is generally recommended. However, do not overdo this, too much of a good thing can be bad too. If you are trying to increase your fiber intake, start adding it gradually, a sudden increase in high-fiber can cause intestinal upset and blockage. Start with 10 grams per day for a week, then increase to 15 and so on.

AREN'T THERE 2 KINDS OF FIBER?

Yes, Soluble and Insoluble Fiber—

- *Soluble Fiber* dissolves in water, soaking up fluid in your stomach and small intestine. It works like a sponge, slowing the absorption of your food. That's what gives you that full, satisfied feeling after a meal. It's also what absorbs fats and cholesterol, so your body doesn't! For instance, the pectin in apples is a wonderful form of fiber that is helpful in lowering cholesterol.
- *Insoluble Fiber* isn't a sponge, but a broom. It moves through your body fairly quickly, sweeping along with it substances you have eaten that may be harmful. This "broom" sweeps out toxins, poison, and potential cancer-causing chemicals before your body can absorb them. It also speeds up what is called transit time, which is the time it takes for food to get from the entrance to your digestive tract to the other end. By eating a correct balance of fiber, you can cut this transit time in HALF!

Transit Time: Dennis Burkett MD in Manchester England did a study on low-fiber diets.

He studied people with high fiber diets, their transit time was 34 hours.

Then people with a high fat and low fiber diet, their transit time was 80-120 hours!!!

The longer waste material (some is carcinogenic) stays in the system, the more chance there is of bowel cancer and many other problems and diseases.

BUT WHAT ABOUT THOSE "ENRICHED" FOODS, AREN'T THEY JUST AS GOOD?

God made the grains in their natural state, whole and perfect. We alter its naturalness and goodness by milling and refining it. God has made things good for us to eat, just as they are!

SPEAKING OF MALNUTRITION----

Thousands upon thousands of people die every day because of malnutrition. There's not enough food in the world! Yet, the world's population grows by leaps and bounds daily!

An acre of land planted in soybeans can produce **10 times** as much protein as animals grazing on the same land.

A pound of beef costs **4 times** as much to produce as a pound of non-flesh protein.

According to one estimate, feed raised on one acre of land and converted into beef will fill the protein needs of a single person for **77 days**.

But soybeans raised on the same acre can fill his needs for **6.1 years!!**

FOODS AND HOW MUCH FIBER THEY HAVE!

Fiber Food	Serving Size>	Content
Grains		
Wheat Germ	1/3 cup	7 grams
Oat Bran	1oz serving	2 grams
Oatmeal	1oz serving	2 grams
Popcorn	2 cups	3 grams
Brown Rice	1/3 cup (cooked)	2 grams
Beans (Legumes)		
Lentils	1/2 cup (uncooked)	11 grams
Kidney Beans	1/2 cup (uncooked)	6 grams
Split Peas	1/2 cup (cooked)	5 grams
Lima Beans	1/2 cup (cooked)	5 grams
Peas	1/2 cup (cooked)	4 grams
Vegetables		
Spinach	1/2 cup (cooked)	6 grams
Brussel Sprouts	1/2 cup (cooked)	4 grams
Corn	1/2 cup (cooked)	4 grams
Baked Potato	Medium	3.5 grams
Turnips	1/2 cup (cooked)	3 grams
Carrots	1/2 cup (cooked)	2 grams
Green beans	1/2 cup (cooked)	2 grams
Fiber		
Broccoli	1/2 cup (cooked)	2 grams
Tomato	1 med. raw	2 grams
Celery	2 large stalks, raw	3 grams
Zucchini	1/2 cup (cooked)	1.4 grams

Fruits

Apricots (dried)	1/2 cup	15 grams
Prunes (stewed)	1/2 cup	15 grams
Blackberries and Raspberries	1/2 cup	4.5 grams
Prunes	4	4 grams
Raisins	1/4 cup	3 grams
Apple w/skin	1 medium	3.5 grams
Banana	1/2 medium	2 grams
Orange	1 large	2 grams
Grapefruit	1/2	2 grams
Blueberries	1/2 cup	2 grams
Blueberries	1/2 cup	2 grams
Strawberries	1/2 cup	1.5 grams

Nuts

Almonds	1/2 cup	10 grams
Peanuts	1/2 cup	6 grams

Prepared Foods

Whole-wheat Spaghetti	1 cup (cooked)	4 grams
Bran muffin	1 medium	3 grams
Whole-wheat Pancakes	2 medium	3 grams
Wheat-wheat Bread	1 slice	1 gram
Spaghetti	1/3 cup (cooked)	.5 grams
White Bread	1 slice	.5 grams