



Complete Fiber Fact Book, The: Learn the Secrets of Using Dietary Fiber to Cut the Risk of Disease, Improve Digestion, and Enhance Overall Health

Rita Elkins MH

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Health advocates the world over have long been touting the benefits of fiber, among them lower risk of various cancers, enhanced gastrointestinal function, increased energy and improved overall health. Despite the wealth of knowledge indicating fiber's worth, the public remains largely ignorant of some of the most basic facts concerning dietary fiber. In this valuable guide, Rita Elkins, MH, provides a detailed and fun look at using fiber to promote great health. Inside THE COMPLETE FIBER FACT BOOK you will find: how dietary fiber can lower the risk of various diseases, including cancer; how it can improve digestion and overall gastrointestinal health; detailed lists of high-fiber foods; simple explanations of the truths and myths surrounding dietary fiber; great recipes that easily and effectively incorporate high-fiber foods.

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Katie McCants:

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