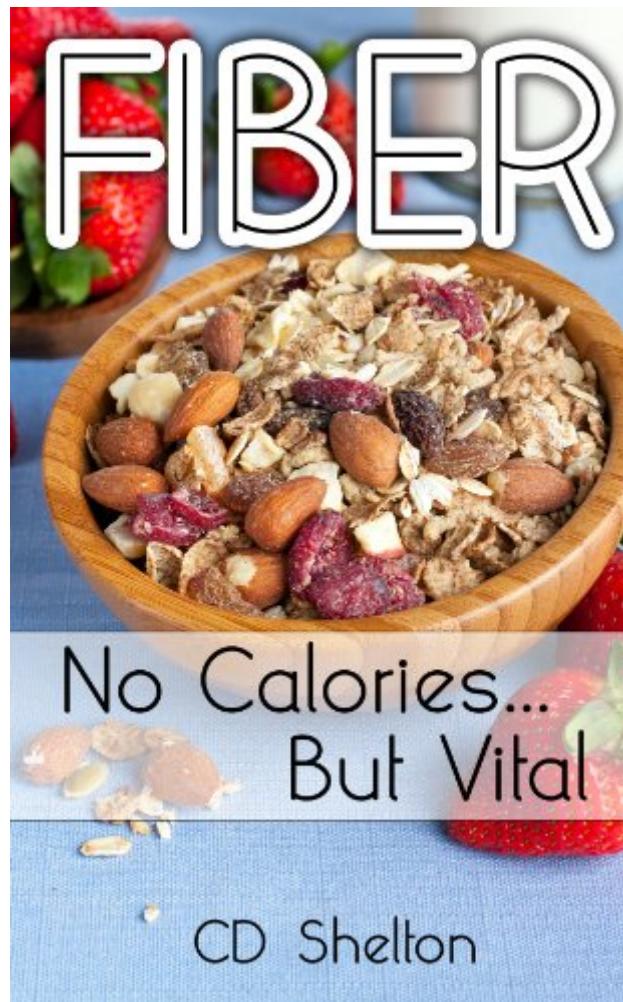


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# Fiber: No Calories...But Vital



## **Synopsis**

Most people are aware of the importance of the appropriate percentages of carbohydrates, proteins, and fats in our diet, but many are unaware of the tremendous benefits of having fiber, both soluble and insoluble in our diet. Fiber falls under the category of carbohydrates, but unlike starch and sugars it does not yield calories when consumed. In this short, but extremely vital eBook you will learn the many benefits of regularly incorporating fiber into your diet...as fiber helps lower cholesterol, helps control blood sugar levels, detoxifies our bodies through elimination, and improves blood vessel function and reduces circulatory system inflammation. This eBook will explain the fundamental reasons a diet composed of adequate fiber is a road to better health.

## **Book Information**

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## **Customer Reviews**

Fiber: No Calories...But VitalBook starts out explaining what fiber is in food forms and the problems we face today due to lack of it. Has different sections for those with diabetes, heart disease and gastrointestinal illnesses. Useful information.

Fiber: No Calories But Vital is an excellent book, it has a lot of information regarding Fiber and its importance of it toward our body such as it's a good treatment for constipation, and diverticular disease of the colon. Also explains the two types of fiber, soluble and insoluble fiber. It lists some veggies and fruits that contain fiber like oats, beans, apples, bananas, and whole-wheat foods. Any one can benefit from consuming fiber such as type two diabetes patients for it can keep their sugar under control and it is also a good way of preventing the development of diabetes. This book is filled with so much information to live a healthier lifestyle, I recommend it.

After I read the book "Fiber: No Calories...But Vital", I know Fiber is commonly classified as soluble or insoluble. Soluble fiber is found in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium. Whole-wheat flour, wheat bran, nuts, beans and vegetables, such as cauliflower, green beans and potatoes, are good sources of insoluble fiber. Eat more fiber. You've probably heard it before. But do you know why fiber is so good for your health? Read this book, you will find the answer. I recommend this book because it will bring a lot of great benefits for our health.

This book "Fiber: No Calories...But Vital" is a good book about health. I totally recommend this book, because it lets us know about what is fiber and the history of fiber. Fiber is a material made by plants that is not digestible by the human gastrointestinal tract. Also, fiber's health benefit stemmed from its ability to speed bulk materials through the colon quickly and regularly. Moreover, fiber is very important for controlling weight, diabetes, heart disease, gastrointestinal problems and constipation. This book lets us know all of these information about health. For this reason, this book is a good one for us to read.

Fiber is one the best thing for human body. It is not just good for the health, it also plays an important role in your diet. In this book, it lists the types of fiber, why the fiber is such a good thing we should have in life, and how it really works in the system. There are a lot of benefits we can get from it. For example, lower the blood sugar, and lower the cholesterol level. This book will be a good choice if you want to stay healthy.

In this book I understand that fiber is very important to every person because fiber can normalize bowel movement, helps maintain bowel health, lowers cholesterol levels, helps control blood sugar levels, aids in achieving and keeping a healthy weight, and to prevent of colorectal cancer, it helps me to gain knowledge about fiber health benefits. I learned how to get healthy in my life.

I found this to be extremely repetitive. The same information over and over. I was very disappointed with this book.

The most interest part of the book is telling about the diet part. The book has so many good information need to know.

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High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber cookbook, high fiber diet, high fiber recipes, high fiber cooking) Fiber: No Calories...But Vital The Essential Handbook to the High Fiber Diet: Lose Weight and Lower Your Blood Sugar By Adding Fiber to Your Diet Instead of Counting Calories Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health Good Calories, Bad Calories Good Calories, Bad Calories: Challenging the Conventional Wisdom on Diet, Weight Control, and Disease Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods The Miracle Carb Diet: Make Calories and Fat Disappear--with Fiber! 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 Cool Punch Needle for Kids:: A Fun and Creative Introduction to Fiber Art (Cool Fiber Art) High Fiber Foods For A High Fiber Diet High Fiber Diet: The 101 Best High Fiber Foods High Fiber Recipes: Whole and Healthy High Fiber Recipes For Breakfast, Lunch, Dinner and More (The Easy Recipe) The Essential High Fiber Cookbook: 40 High Fiber Foods to Make Your Mouth Water The Frequent Fiber Cookbook: Easy and Delicious Recipes and Tips for People on a High Fiber Diet Fiber One Fun: 25 Quick, Healthy, and Delicious Fiber Recipes Ready in a Jiffy Easy High FIBER Recipes: Stay fit and healthy: Use the power of high fiber diet to have the perfect body quick and easy Fat, Fiber & Low Sugar Cookbook: Give the Low Sugar High Fiber Diet a Chance - 40 Delicious & Healthy Recipes That Your Family Will Love Fiber! Foods That Give You Daily Fiber - Healthy Eating for Kids - Children's Diet & Nutrition Books

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