



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

Konstantin Monastyrsky

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Fiber Menace is for people who believe fiber prevents cancers, reduces the risk of heart disease, regulates blood sugar, wards off diabetes, lowers appetite, induces weight loss, cleanses the colon, and eliminates constipation. Tragically, none of it is true, and Fiber Menace explains why it's the complete opposite. Most of those findings have been well known and widely publicized even before Fiber Menace's release. Here are some of the most striking examples:- Fiber doesn't ward off colon cancer, according to the Harvard School of Public Health: "For years, Americans have been told to consume a high-fiber diet to lower the risk of colon cancer [...] Larger and better-designed studies have failed to show a link between fiber and colon cancer." Scores of other studies, cited in Fiber Menace, have demonstrated that fiber increases the risk of colon cancer. (p. 181)- Fiber doesn't prevent breast cancer either, according to the U.S. Center for Disease Control and Prevention. In fact, it's the complete opposite: "Carbohydrate intake was positively associated with breast cancer risk." Fiber happens to be a carbohydrate too, and carbohydrates are the only food that contains fiber. (p. 183)- Fiber doesn't reduce the risk of heart disease, according to the American Heart Association: "A fiber supplement added to a diet otherwise high in saturated fat and cholesterol provides dubious cardiovascular advantage." Furthermore, these supplements caused "reduced mineral absorption and a myriad of gastrointestinal disturbances" - factors that in fact, contribute to heart disease. (p. 41)- Fiber doesn't counteract diabetes, according to the Harvard School of Public Health: "Fiber intake has also been linked with the metabolic syndrome, a constellation of factors that increases the chances of developing heart disease and diabetes." Truth is, fiber requires more insulin or drugs to control blood sugar, and makes diabetes even more devastating. (p. 2

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From Reader Review 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 for online ebook

Susan says

If Only I Had Known

If only I had known the information in this book in high school...maybe I would not have suffered so 4 decades with what doctors called idiopathic IBS. This is a must read for anyone with gut issues.

Kimberley Shaw says

An unusual amount of useful detail about a subject that just doesn't get talked - or even thought about . but should.

Joan says

Kinda like the water book, everything wrong with nutrition is pinned on fiber. **HOWEVER**, many valid points and if you don't fall prey to the hyperbole he has a lot of useful information. We don't need fiber - cutting it out has helped my constipation immensely. Babies live the first months of their life on milk only and they certainly have no problems pooping. Good info, not a lively read though.

Randy Ross says

Somewhat controversial subject matter - eliminating fibre from your diet. While the author makes a good case, he doesn't seem to take basic nutrition science into account. Meaning, is eating this way actually healthy? The more I learn about nutrition, the more I think he's probably on to something. But no fibre at all? Humans are omnivores Mr. Monastyrsky - thus we do have the ability to process fibre. Doesn't that count for anything?

Nonetheless, an interesting take- and one that could help sufferers of various bowel diseases.

Zach Glickson says

This book makes some really good points that all seem logical and are backed up by science... sort of. Only in one chapter near the end he gives a lot of credit and reference to articles, papers, studies, etc with the rest of the book only having a few references (3-10) for each chapter... which for as radical of an idea he's

suggesting and given his background, it really hurts the creditability and makes it so you have to take the concepts with a BIG grain of salt.

3 stars almost completely because of lack of sufficient references, and the binding of the book, font and layout seems really cheaply done.

Ken Snyder says

Challenging convention at every turn

A lot of "conventional wisdom" is challenged in this book and overall I felt I was done quite convincingly and in a clear and structured manner. Further it has given me much food for thought in how to tailor my LCHF diet in a more fibre-focuses manner.

I did not, however, appreciate the continual selling his own products in second half of the book. Nutrition continues to be a field ripe with hucksters and while I believe that this book has a lot of structured, evidence-based thinking in it, an author in this space must tread carefully. In my opinion it would have been better to include a product or two that feels he felt were "comparable" in the highlighted "professional" category. After all he has no problem giving names to several companies in the two lesser categories of supplements.

Melanie Derry says

The author is really crass, which unfortunately, made him come off as too emotional and less factual. I appreciated what he had to say about fiber, but I wish he had stuck to the science and history and left the opinions and sentiment out of it.

Maria Emmerich says

How too much fiber can be bad for our bodies.

William Nist says

Ok. Let's stipulate up front that I have a GI problem. I can't evacuate as I would like to--it is challenging and sometimes painful. Everything I have ever read has advised to increase fiber, and drink more water.

As you may have surmised from the title of this work, this advice the author does NOT share. In a nutshell, he believes that fiber enlarges the stool, especially when it has absorbed excess water; and that enlarged mass does NOT fit well through the human digestive system (especially the anal canal), thus causing straining and constipation. If not remedied, this condition will lead to bleeding fissures and hemorrhoids, enlarged colons, IBS, and worse.

The answer is simple but hard: Eat much less fiber, and drink only when you are thirsty. Sounds eminently sensible when you read his compelling and graphic arguments. Although the transition to low fiber is a bit tricky especially if we are used to high fiber; it seems like the way to go!.

He outlines the pitfalls of other treatments e.g. the many types of laxatives. (He is a pharmacist, btw). His thesis makes me want to seriously try his simple method. But I am afraid that since he is virtual lone voice crying in the wilderness, that I may get myself into even greater discomfort. I am still thinking about it.

I gave it three stars for fear it is quackery. If he turns out to be right, its definitely a 5-star.

Katrina says

I started eating a low-fiber diet after reading a few chapters of this book and already I feel the benefits.

Christine says

This book just might be the thing that saves my life! At first I had a hard time to believe what this guy was saying but I've found other books and articles that substantiate his claims, that fiber is NOT the saving grace for digestive disorders. Personal experience is bearing this out.

A corroborative article can be found here <http://www.ncbi.nlm.nih.gov/pmc/article...>

Dana says

Good read. More evidence that the USDA doesn't have it correct about grains, saturated fat, and fiber. More info: <http://www.youtube.com/watch?v=CMsF79...>

Alasse says

While he does make a couple of good points, I take these "the entire medical establishment is wrong and I am right" books with a healthy grain of salt (no pun intended). Though it's nice to have an excuse not to eat brown rice.

Dayna says

This book is downright irresponsible, to the point of being potentially dangerous! 90% of the content in this book is presented as medical fact, without reference to any actual scientific studies. Many of the facts are just plain WRONG, which should really tip you off that this is a bunch of BS. While he does mention a few things that do make sense (some actually backed up by research, others theories of his own - though you'd

never know it because it's presented as gospel), but overall this is a book that preys on the gullible that accept his teachings without doing any other research. It also stands to mention that Monastyrsky doesn't even have any medical or nutritional training! He received a Soviet pharm degree (which is essentially chemistry) 4 decades ago, and that's the closest he gets to the medical field. DO NOT take his advice - go look for real research from actual doctors and scientists!!

Justin says

Pretty well written and informative. It has a bit of the conspiracy theory flavor to it, and it felt a little over the top at times, but it rounded out in the last chapter. Some of the advice seems pretty good and it's worth a look.

I read this online at <https://www.gutsense.org/fiber-menace...>
