



Everybody's Fiber

Stock #1336-6 (4.6oz/133.1g)

A lack of sufficient fiber in the diet is strongly associated with numerous health problems, including diseases of the colon and gastrointestinal tract, diabetes, heart disease, obesity and gallstones. A large body of evidence also suggests that dietary fiber provides significant preventive effects against various cancers such as colon cancer. Thus, both the American Heart Association and the American Dietetic Association recommend increasing one's daily intake of dietary fiber, with 20 to 35 grams of dietary fiber recommended per day for adults and the equivalent of their age plus 5 grams per day for children. Dietary fiber that is soluble and viscous (gel-forming or mucilaginous) has been shown to reduce blood cholesterol levels and helps normalize blood glucose and insulin levels. Insoluble fiber that is fermentable by intestinal microflora in the large intestine encourages the selective growth of bifidobacteria (beneficial colonic microflora) and contributes to stool

bulking, which promotes regular bowel movements and overall colon health. Regular consumption of insoluble fiber can help prevent constipation, hemorrhoids and diverticulosis (development of small bulging pockets of tissue called diverticula that push outward from the colon wall). Furthermore, evidence supports the intake of both types of fiber for cardiovascular disease prevention. In addition, both types of fiber promote satiety (a feeling of fullness) and help control over-eating, with epidemiologic evidence strongly supporting the intake of dietary fiber to prevent obesity—fiber intake is inversely associated with body weight and body fat.¹⁻¹⁵

Everybody's Fiber offers an easy and convenient way to obtain the numerous health benefits of dietary fiber. Each serving of Everybody's Fiber provides a total of 3 grams of soluble and insoluble dietary fiber, sweetened with stevia extract and natural peach, apricot and plum flavors. Everybody's Fiber also contains herbs and nutrients to promote overall gastrointestinal health. Everybody's Fiber contains:

Apple pectin is a source of water-soluble dietary fiber that helps soften stools and increases bowel transit time. Apple pectin also binds to chemical toxins and heavy metals in the intestines, promoting their excretion and minimizing the potential for reuptake from the bowels. In addition, apple pectin has been shown to help lower cholesterol and triglyceride levels and may also help prevent colon cancer, diabetes, gastrointestinal disorders and heart disease. Furthermore, a double-blind, randomized study of children with acute, non-complicated diarrhea found that a preparation containing apple pectin and chamomile extract reduced the duration of diarrhea significantly more frequently than treatment with a placebo.^{1,16-22}

Slippery elm bark is well-known for its healing effect on irritated or inflamed mucous membranes. The mucilage (soluble fiber) in slippery elm coats and soothes inflamed tissues on contact, providing protection against further irritation or injury and drawing out toxins and irritants. Slippery elm may be especially helpful for conditions such as acidity, diverticulitis (inflammation of diverticula), intestinal colic and irritable bowel syndrome. Based on results from a preliminary study, researchers have suggested that slippery elm should be formally evaluated as a therapy in inflammatory bowel disease. Furthermore, slippery elm may aid health problems related to poor digestion and absorption such as allergies, food sensitivities and nutritional deficiencies.²³⁻²⁹

Short-chain Fructooligosaccharides (scFOS) are naturally-occurring simple carbohydrates that are neither digested nor absorbed by humans. Instead, scFOS encourage the growth of bifidobacteria—one of several beneficial strains of colonic bacteria—while suppressing the growth of potentially harmful pathogens (disease-causing organisms) such as *Clostridium perfringens* in the colon. In addition, scFOS help relieve constipation and enhance intestinal immunomodulation. Regular intake of foods rich in scFOS may also help reduce the risk of colon cancer. Furthermore, research indicates that scFOS enhance calcium and magnesium absorption in the colon.^{13,30-42}

Chamomile flowers contain volatile oils that are chiefly responsible for the herb's analgesic (pain-relieving), anti-inflammatory, antispasmodic (muscle spasm-relaxing) and wound-healing effects. Chamomile flavonoids also possess significant anti-inflammatory activity. Chamomile is approved by the German Commission E for use primarily for the treatment of stomach disorders, including gastrointestinal spasms and inflammatory diseases of the gastrointestinal tract such as colitis (inflammation of the colon), gastritis (inflammation of the stomach lining) and Crohn's disease. Furthermore, a double-blind, randomized study of children with acute, non-complicated diarrhea, found that a preparation containing apple pectin and chamomile extract reduced the duration of diarrhea significantly more frequently than treatment with a placebo.⁴³⁻⁴⁸

Flax meal, made from ground flax seeds, is a good source of dietary fiber, essential fatty acids (EFAs), vitamins and minerals. Flax seeds are also the best source of lignan, a fiber-like substance that provides mild anti-estrogenic

activity—high dietary intake of lignan has been associated with protection against breast cancer. Lignans are converted by intestinal bacteria into powerful cancer-fighting compounds that appear to have similar effects as isoflavones. In addition, animal research confirmed that flax meal significantly reduced plasma cholesterol and triglyceride levels, as well significantly lowered fat deposits in the liver. The researchers concluded that flax meal may provide a new therapeutic strategy for lowering hypercholesterolemia (very high LDL cholesterol) and hypertriglyceridemia (high blood levels of triglycerides) and reducing fatty liver in humans.^{16,31,49-52}

Fennel seed is approved by the German Commission E for digestive disorders such as bloating, dyspepsia (indigestion), feelings of fullness and flatulence (intestinal gas), as well as mild, spastic (cramping) gastrointestinal complaints such as spastic colon (also known as irritable bowel syndrome). Fennel seed increases bile production and regulates the peristaltic functions of the gastrointestinal tract, thereby enhancing gastric motility to reduce the emptying time of the stomach. In higher concentrations, fennel seed acts as an antispasmodic to relieve cramp-like pains in the gastrointestinal tract. The volatile oil in fennel seed is responsible for the herb's ability to reduce intestinal spasms and cramping, and has also been shown to inhibit the growth of *Salmonella enteritidis*, which can cause of food poisoning.^{43,45,46, 53-56}

Malic acid is a naturally-occurring antioxidant and essential component for the production of ATP (adenosine triphosphate). ATP is the basic fuel of life, providing virtually all of the energy needed by the body. ATP is the only source of energy for cells, thus adequate levels of ATP must be maintained for normal cellular function. Malic acid also appears to be instrumental in preventing hypoxia (decreased oxygen delivery to the cells), which inhibits ATP production and causes fatigue. In addition, malic acid, which is found in apples, grapes, cranberries, and other fruits and vegetables, acts as a natural flavor enhancer.⁵⁷⁻⁶¹

Marshmallow root is well-known for its ability to soothe inflamed mucous membranes and aid in the healing of minor wounds and abrasions. Marshmallow's healing effect is due in large part to its mucilage (soluble fiber) content, which coats the mucous membranes of the gastrointestinal tract and provides relief from local irritations, inflammation and pain. Marshmallow has been used for various gastrointestinal problems, including constipation, enteritis (inflammation of the small intestine), gastritis, peptic and duodenal ulcers, irritable bowel syndrome and ulcerative colitis. The German Commission E has approved the use of marshmallow for irritation and mild inflammation of the gastric mucosa.^{43,45,54,62}

Peppermint is one of Germany's most important medicinal crops and is used in many gastrointestinal and liver remedies. In Germany, peppermint is both licensed as a standard medicinal tea and approved by the German Commission E for spastic problems of the gastrointestinal tract, the gallbladder and bile ducts. Peppermint leaves provide a direct antispasmodic action on the smooth muscles of the gastrointestinal tract. Peppermint leaves also stimulate bile flow from the gallbladder and help reduce flatulence. Thus, peppermint is a popular digestive aid for relieving colic, diarrhea, dyspepsia, heartburn and abdominal pain and cramping.^{31,43,45,58,63}

Asparagus stems contain both soluble and insoluble fiber, including short-chain fructooligosaccharides (scFOS) that promote the growth of bifidobacteria (beneficial colonic microflora). Asparagus stems are also a rich source of vitamins and minerals, including calcium, magnesium, potassium, vitamin A, vitamin C and folate—a B-vitamin that helps prevent cardiovascular disease. In addition, asparagus is the most abundant dietary source of glutathione—a powerful antioxidant concentrated in the liver and kidneys. Animal studies have shown that asparagus stems exert a mild diuretic action, which may be due to the presence of asparagine.^{32,45,53,64-68}

Cat's claw (uña de gato) is widely used due to its anti-inflammatory and immunomodulating activity. Controlled clinical studies have demonstrated pain reduction associated with cat's claw intake in patients with various chronic inflammatory disorders. Cat's claw has been shown to reduce the action of inflammatory substances associated with gastritis and the death of cells lining the gastrointestinal tract. These results suggest that cat's claw may be useful in limiting gastrointestinal inflammation, thus supporting its traditional use in South America for the treatment of gastritis and other forms of chronic inflammation such as arthritis.⁶⁹⁻⁷⁴

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