



Dr Feel Good

The Fibre Decider

The growing throng of health conscious, road running, steamy-gym visiting South Africans constantly watches our weight and culinary intake.

We are prompted and cajoled, at every turn, to embark on "high protein" additives or meal replacements to ensure a look good, feel healthy body. This usually involves excluding, or severely limiting, the intake of carbohydrates. The net result is that the amount of dietary fibre is restricted, or even completely absent. Without this essential fibre to bulk up our stools and keep the colon healthy, the inevitable result is that dreaded, whispered C word.....
CONSTIPATION.

The easy answer, it would seem, is a stimulant laxative. These medications provide a short-term solution but cause long-term problems. Common sense dictates that, in the quest for improved health, it is counterproductive to take drugs that achieve the exact opposite. Stimulant laxatives cause the loss of water and electrolytes from the colon resulting in acute muscle cramps, disturbances of normal physiological function and impairment of sporting performance. Naturally, treatments for these conditions are available but we are on a veritable slippery slope, in more ways than one. Did you know that the S.A. Dept of Health banned stimulant laxatives containing phenolphthalein? Research has shown that the compound could be carcinogenic.

The answer, my friends, is NOT blowing in the wind, but a very selective form of **DIETARY FIBRE.**

MYTHS

There are few people who truly understand the nature and importance of dietary fibre. Most think that any fibre is good fibre and therefore all dietary fibre supplements adorning the Health Store shelves must be healthy and the more you take the healthier you'll become. Virtually all the fibre supplement products available are based on grains, or more specifically the husks of grains. Examples would be wheat bran, oats and ispaghula. Food that's often recommended to increase the fibre content of the diet would include whole wheat, brown or wild rice and beans. These are natural and of vegetable origin so they must be good for you, right? **WRONG!!!!!!**

MYTHS EXPLODED

In small to moderate quantities all of these are OK; however, in quantities large enough to provide significant amounts of fibre they also contribute significant amounts of **PHYTIC ACID** or **PHYTATES.**

What are phytates?

These are naturally occurring molecules in grains and seeds, which chelate mineral ions such as Ca^{++} (Calcium), Fe^{++} (Iron), Mg^{++} (Magnesium) and other divalent cations. These ions form insoluble complexes or chelates with the phytates, these chelates cannot be absorbed by the human digestive tract and the nett result is a loss of essentials from the body. In addition, the insoluble dietary fibre from grain husks passes through the colon, and unless meticulously masticated, has an undesirable abrasive scouring effect on the inner lining (Mucosa) of the colon.

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About some advice – What to do then?

Consume more root vegetables such as carrots, turnips and beetroot (even our Minister of Health recommends this one).

What do we do if this is not a part of your diet plan?

The answer is simple !!! Take a low carbohydrate (therefore also low calorie) dietary supplement made from the leaf of a plant. An excellent example that I have found, is **SMART FIBRE** tablets. This is a home grown (South African manufactured) product made from the leaves of the **Aloe Ferox** plant or **Cape Aloe.** This product not only is completely free of **PHYTATES**, but also is naturally high in Calcium, Iron, Magnesium and other essential minerals. The Aloe leaf is rich in dietary fibre in the ideal ratio of insoluble fibre to soluble fibre of 2:1. Before using this product consult your friendly Pharmacist to ensure that you derive the maximum benefit. The production process of **SMART FIBRE** is internationally patented and was developed over 15 years by, the world famous immunologist, Prof. M.C.Botha (from the first heart transplant team under Prof. Chris Barnard)

I cannot stress enough, the importance of a healthy colon and its beneficial effects for the whole body.

Yours in e-motion with the fibre decided
Stay healthy

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