



**KEEP  
THINGS  
MOVING  
WITH  
FIBRE**

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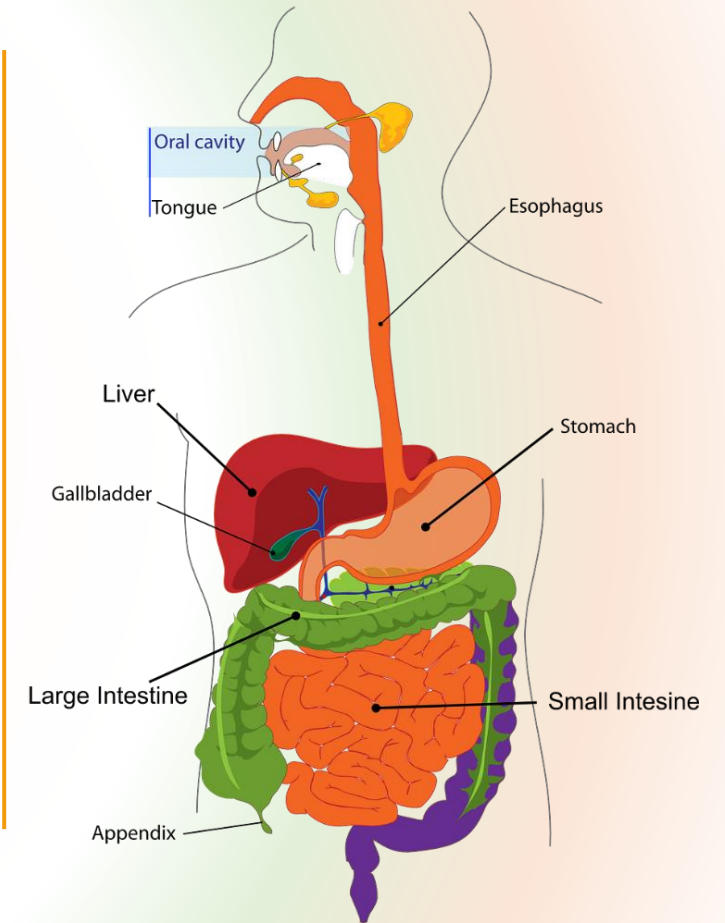
# Radiant good Health starts in the Bowel

**A defective bowel lowers your ability to protect yourself against diseases, in fact, an unhealthy bowel can be the biggest cause of disease in the world!**

*The good news is that just by changing your 'inner world' you can, at the same time, change your 'outer world'.*

## **Digestion begins in the mouth:**

- Be careful not to gulp your food down just as quick as you can get it there. Be **mindful** of what you are doing.
- Chew your food thoroughly so enzymes can be released to begin breaking down (digesting) your food while still in your mouth.
- The smaller your food is upon reaching your stomach, the easier it is for it to be further broken down (digested).



# Lifestyle is the cause of most Health Problems

It all happens because we are not digesting our food as we should!

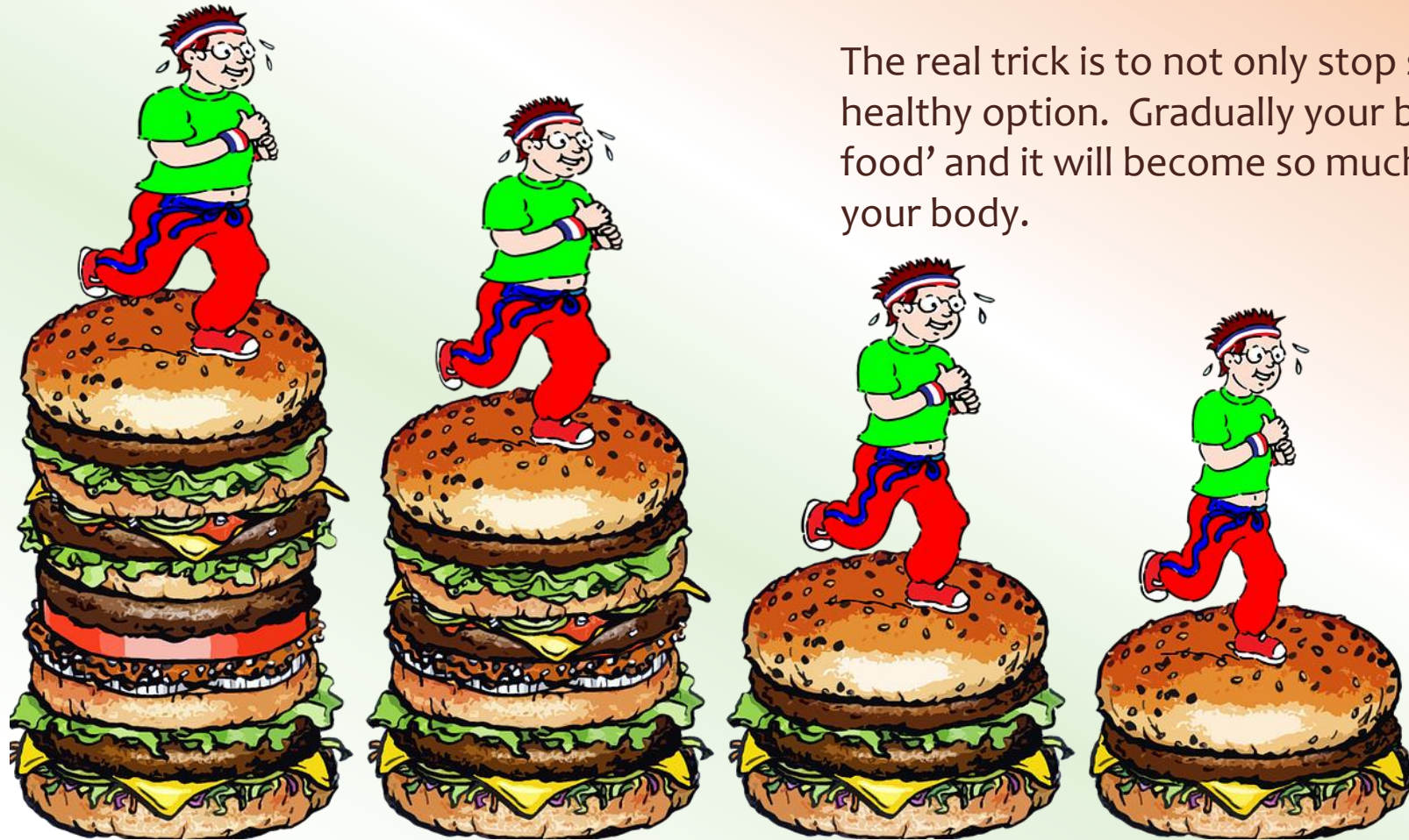
*The biggest problem most people face is that they consume 'dead' food... 'food' out of packets and from fast food outlets.*

*Most of this type of 'food' is manufactured and includes all kinds of additives and preservatives, colours and flavours that are not naturally in food.*



To be healthy you must learn to forego all 'food' of this nature. It's obviously called 'fake food' for a reason!

If you feel it would be too hard to just stop eating that kind of food, just begin to wean yourself off it. Work out how much you eat over the period of a week and start cutting back. The less you eat, the better you will feel.



The real trick is to not only stop something, but to replace it with a healthy option. Gradually your body will start to thank you for 'real food' and it will become so much easier to say no to what is hurting your body.

# Constipation

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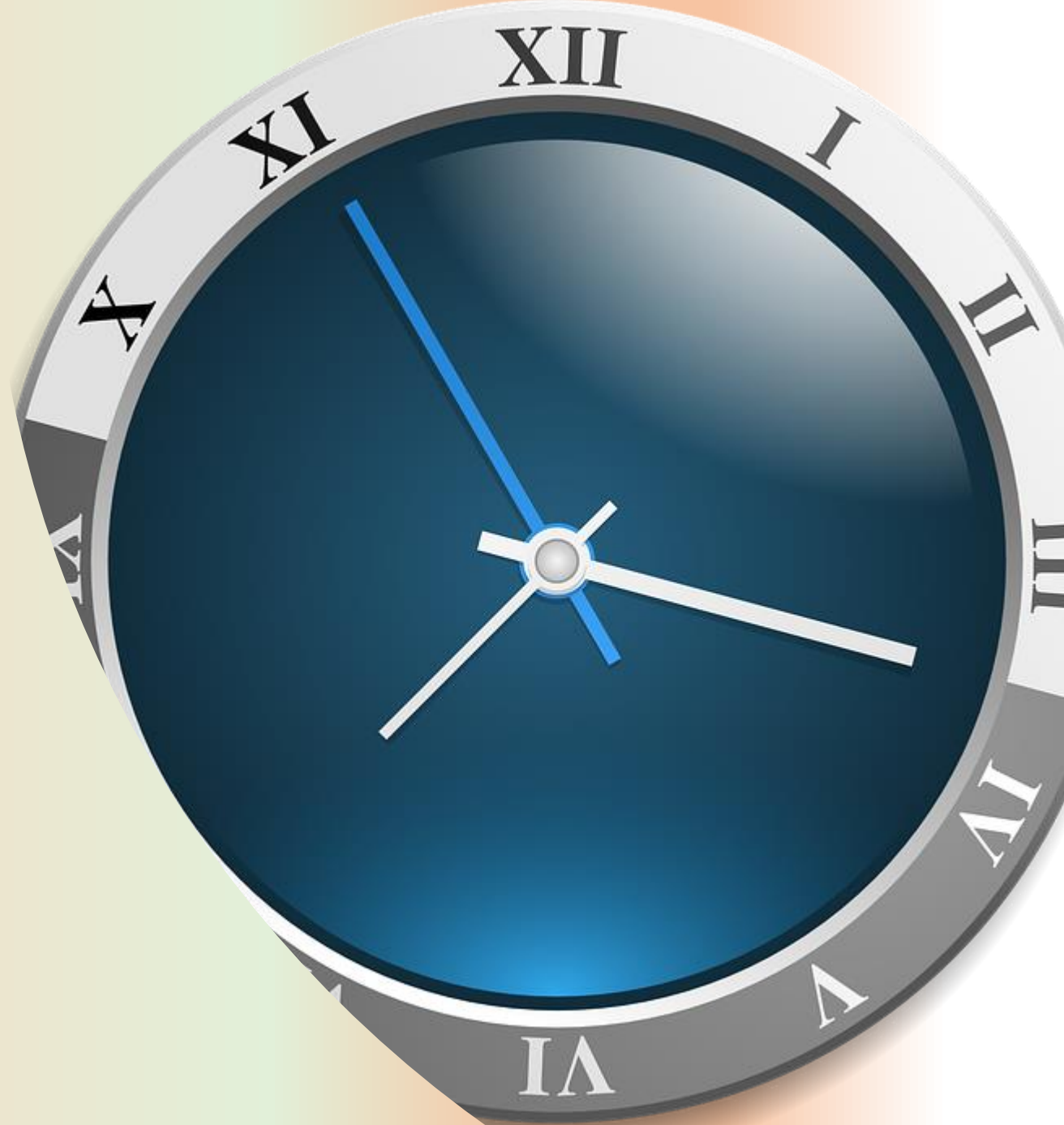
Many people in today's world suffer from bouts of constipation.

A doctor may ask you "Are you regular?"  
Your answer... "Yes, I'm regular!"

## But what is regular?

- monthly
- weekly
- daily
- up to 3 times per day

All of these are regular!



# Constipation



Image: squateasy.com

The aim should be to go after each meal... that is, 3 meals per day = 3 bathroom trips.

Going once per day is good, but going 2-3 times daily is the ultimate.

**Struggling to “go” is definitely not the way.**

You should be able to do what you have to do with ease... no pain, no hard pushing...



When people are unable to 'go to the toilet' with ease because they are all clogged up, they tend to continue to make it worse by piling more food in on top. It can make them:

- Feel off colour
- Have no enthusiasm for life
- Their body ages quicker
- And... it leads to all kinds of degenerative diseases

When we consume food, if waste is not emptied on a daily basis, it ends up rotting on the inside. Sorry, but I had to say that!

Drugs hide the cause and relieve the symptoms, but the problem is silently getting worse because nothing is being done about it. In particular, this is very true with bowel and digestive organs.



# Have you ever noticed how easy it is to eat more junk food than healthy food?



This is because it's nutrient deficient and it doesn't satisfy the body. So you want more. In reality, your body doesn't cry out for food... it cries out for nutrients.

If you send down 'pretend foods' that the body doesn't recognise, it has to struggle to know what to do with it.

It's usually sent on to the liver for processing, which can cause it to get extremely tired because of the huge workload it already has to deal with. Now unfortunately, you have just added to it.

More often than not, constipation is brought about through a lack of vegetables in your diet.

# Benefits of Eating more Fibre

- Aids in **digestion and elimination**
- Helps to prevent **Heart Disease and Stroke**



- Makes you feel full for longer which helps with **losing weight**
- Helps to control **Blood Sugar** and prevents **Diabetes**
- Prevents **diseases of the Digestive Tract**
- Helps with **Skin health**
- May reduce **Diverticulitis** (inflammation of polyps in intestine)
- Provides some relief of **Irritable Bowel Syndrome (IBS)**
- May reduce **Gallstones and Kidney stones**

# Types of Fibre - Soluble

There are two main types of fibre and both are required by your body to function optimally:

**Soluble fibre** – this kind mixes with water and becomes gel-like. Examples are:

- Oats or Oat Bran
- Chia Seeds & Flaxseeds
- Nuts & Beans
- Cucumbers, Blueberries etc...



- This kind of fibre slows down digestion in your stomach and keeps you feeling full for longer so it helps with weight loss. It attracts water and forms a gel-like substance in your digestion system.
- The average person eats only about 8 grams of fibre per day which is hardly approximately 1/3<sup>rd</sup> of requirements. The recommendations are 25-38 grams per day, but up to 50 grams per 1,000 calories consumed.

# Types of Fibre – Insoluble

**Insoluble fibre** is invaluable to speed up your digestion as it doesn't break down in the digestive system. It adds bulk to the stool. This in turn helps you to 'go to the toilet' easier and prevents constipation.

- Dark green leafy vegetables
- Green beans
- Celery
- Carrots etc...



*Many whole foods, especially fruits and vegetables naturally contain **both soluble and insoluble fibre**. An effective option is Psyllium husks.*

Eat whole foods! Eat real foods! Eat foods provided by God. Man-made foods are full of a whole host of additives, preservatives, colours, flavours, etc. etc.

Processed foods in the supermarket come in packets and tins in most cases. Learn to walk right on by and leave them sitting on the shelves. If enough people do that they will stop producing them... think about it!

## Two things to remember...

**If you're trying to lose weight, it's virtually impossible if you're not eating the amount of fibre your body requires.**

**When adding more fibre to your diet it's important to:**

- Add extra fibre gradually to allow your gastrointestinal tract time to adapt.
- At the same time increase your water intake.

