

USE CAUTION INTRODUCING FIBER INTO THE DIET

You have to be careful when you introduce fiber into your diet. Your microbes will love you for the smorgasbord, but you may not like them. Your microbes metabolize the fiber into products that are beneficial for your body, however, they do this by using a chemical process called "fermentation". The process produces gas (hydrogen, methane, ammonia, hydrogen sulfide, etc.) which may result in abdominal bloating, abdominal distention, flatulence and pain.

Begin slowly. Introduce just small amounts to start with. Your body will adjust. If you select large amounts or too many at one time, you won't be happy.

Eat a wide variety of plant based foods. Try not to eat the same fiber containing foods over and over. We're not sure yet which of your microbes are hungry for which fiber product.

The nutritional scientists say to "eat the rainbow"--lots of different colored fruits and veggies.