BRIDGE THE FIBER GAP

MOST AMERICANS EAT ONLY 15 G OF FIBER PER DAY

DOUBLING FIBER INTAKE CAN TRIM OFF 10 LBS OF YEARLY WEIGHT GAIN

FIBER detoxes, cleanses and balances

Reduces STRESS
Lowers CHOLESTEROL
Improves SKIN HEALTH
Protects from DIABETES
Helps to LOSE WEIGHT

Decreases the risks of common DIGESTIVE SYSTEM CANCERS
Reduces the RISK OF STROKE
40% less likely to suffer a HEART ATTACK
Lowers the risk of DIVERTICULITIS (inflammation of the intestine)

www.webmd.com/diet/guide/fiber-how-much-do-you-need?page=1
www.webmd.com/food-recipes/fiber-roughs-out
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www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/art-20043983?pg=1