

Joel Thuna's  
**Clear Cures**



How a Revolutionary New Fiber  
can Prevent and Reverse Disease

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First Edition

### **Disclaimer**

This publication was written for educational purposes only. No medical claims are made or intended. This is **NOT** intended to be a **substitute for your medical practitioner**, but rather to supplement the services of your health care provider. Intended use of this booklet is only to provide you with additional information for the sole purpose of understanding your health.

The statements contained in this publication have not been evaluated by the Food and Drug Administration (FDA). The products discussed are not intended to diagnose, treat, cure or prevent any disease.

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## Fiber

Long misunderstood and overlooked, fiber is one of the keys to a long and healthy life. Experts agree that a healthy diet should include a minimum of 20 to 35 grams of fiber daily (Papazian). Those afflicted with any degenerative or chronic disease (including arthritis, heart disease, cancer, diabetes, high cholesterol and candidiasis) are under greater body stress and should aim for at least 70 grams of daily fiber.

Unfortunately, it's not always easy to achieve a healthy, high fiber diet. In fact, partially due to our fast-paced lifestyles and the convenience of packaged foods, North Americans consume far less fiber than we require. On average, we consume less than 10 grams daily with vegetarians achieving a slightly better 12 grams.

Most health care practitioners recommend fiber supplementation to their patients. But until recently, the only practical, readily available fiber supplements have been psyllium-based. While it is economical, psyllium offers only 3½% fiber and is ranked as one of the lowest known plant fiber sources.

## Fiber and Health

Found naturally in plant foods like fruits, vegetables, grains, beans and herbs, fiber (bulk or roughage) is that portion of plant material that cannot be digested. Foods derived from animal sources (like fish, meat, and poultry) contain no fiber.

Once thought to simply be the material which gives a plant its structure, fiber was believed to have no dietary value. Research has shown this to be incorrect. According to the American Dietetic Association, dietary fiber has demonstrated benefits for health maintenance, disease prevention and as a component of medical nutrition therapy. That's because, though it cannot itself be digested, fiber is a vital part of digestion, acting as a catalyst for healthy bodily functions.

Most of us, envisioning mountains of bran cereal, wheat, nuts and beans, view fiber as unpalatable, boring and difficult to integrate into our everyday diet. We prefer convenient, flavourful foods, tasty sauces, rich desserts and sweetened beverages.

***What if you could turn the foods you already enjoy into fiber-rich superfoods? Now you can with Fiberrific!***

By integrating Fiberrific into your diet, you can obtain all the health benefits this instant high fiber can offer;

Prevent osteoporosis	Improve digestion
Prevent diverticulitis	Increase energy levels
Prevent heart disease	Increase immunity to disease
Prevent diabetes	Control weight
Prevent high cholesterol	Control blood pressure
Prevent obesity	Stop diarrhea
Prevent acne	Stop constipation
Prevent colon, breast and liver cancers	

## **Fiberrific ... No more gritty, gloppy fiber drinks**

You've taken some good advice and tried to add more fiber to your diet. Grimacing as you swallow the ever thickening powdered fiber supplement, the knowledge that it is good for you is little comfort. And while a second glass of water may rinse your mouth, it cannot erase the gritty memory.

Fiberrific offers all the benefits you need from a fiber supplement – without any of the drawbacks. It dissolves completely in water, your favourite hot or cold drinks, even in soft foods. You won't even know it's there!

Now you have the power to turn virtually any food or drink into a fiber-rich super food, without any effect on taste, aroma or texture.

Fiberrific is the only easy-to-use and pleasant-to-take high fiber supplement. Extracted, through a gentle water process, from chicory roots, Fiberrific is a fine white powder similar to icing sugar in appearance and comprised of a natural, completely soluble, grit-free, edible fiber called partially hydrolyzed inulin.

Unlike conventional fiber supplements, Fiberrific is 97% pure fiber and requires no additional ingredients to make it palatable. It will not thicken or alter the texture of your favourite foods. And because it dissolves completely in water, you can easily add Fiberrific to almost anything you normally eat and drink.

More importantly, Fiberrific helps you maintain good health and gives you the freedom to decide how you will increase your dietary fiber.

### **Texture**

Unlike other fiber powders, Fiberrific is grit-free and non-thickening.

### **Taste**

Fiberrific is flavourless, so you can add it to your drink or meal without altering the taste of the foods you enjoy.

### **Versatility**

Add Fiberrific to virtually any beverage\* (hot or cold) or soft food that you normally eat. With Fiberrific, you have the freedom to take your fiber any way you choose.

### **Safety**

Fiberrific is a Pure-Li Natural product. New to the line of natural health products you have known and trusted for years, Fiberrific is made of a 100% natural, soluble dietary fiber (partially hydrolyzed inulin) extracted from the root of the chicory plant. Inulin has undergone extensive clinical testing, proving to be safe for people of all ages.

The U.S. Food and Drug Administration recommends that a healthy diet should include a minimum 25 grams of dietary fiber daily. Americans average less than half this recommended daily dose!

Fiberrific can boost your daily intake of dietary fiber easily and naturally. Each tablespoon of Fiberrific provides over 12 grams of soluble fiber to help you maintain good health.

\* (excluding carbonated beverages)

## Acne

Acne is most often, though not always, caused by hormones. It usually starts in adolescence, but can also occur throughout adulthood, with heredity playing a role. Approximately 85% of North Americans between the ages of 12 and 25 develop some form of acne.

Acne develops when the glands that produce an oily substance (sebum) begin to overproduce. One of the jobs of the sebum is to carry cells shed by the glands to the surface of the skin. Excess sebum can block the hair follicle, causing cells and sebum to accumulate and bacteria to multiply. Inflammation, whiteheads, blackheads and pimples are the eventual result.

The hormone androgen stimulates sebum production. Levels of androgen change often during the teen years, pregnancy and the week before a woman's period. These are the times when you are most prone to acne.

Fiberrific helps to combat acne through several mechanisms. Firstly, by altering the environment in your colon, it increases your body's zinc absorption (see Mineral Absorption). Zinc plays a key role in enzyme function and hormone processing. It helps in cell regeneration and is proven to help control acne. Reducing sebum overproduction, zinc also facilitates the absorption of vitamin A which further regulates sebum overproduction.

Secondly, Fiberrific increases your body's production of vitamin B6 (see Probiotics). By helping the metabolism of fats and fatty acids, vitamin B6 balances



sebum production in the skin and helps control acne, especially premenstrual acne.

Researchers also believe that the skin cells of acne patients metabolize sugar incorrectly. Insulin is a hormone that promotes the uptake of sugar by the body cells. Where there is insulin insensitivity, there may also be an impaired uptake of blood sugar by the skin cells. Fiberrific helps increase the insulin sensitivity of your cells (See Diabetes).

**Protocol:**

Take at least 1 teaspoon of Fiberrific while eating any carbohydrates (sugar or starch) or fat, be it a snack or a meal.

## **Blood Pressure**

High blood pressure, also known as hypertension, is a persistently high pressure of blood against arterial walls. This severe condition can lead to blood vessel damage and greatly increase the risk of heart attack, stroke, kidney disease and blindness.

In 1979 the British Medical Journal compared fiber intake and blood pressure in 94 healthy adults and found that those with high fiber diets had significantly lower blood pressure than those with low fiber diets. A significant drop in blood pressure was also noted in 17 healthy individuals who were asked to increase their fiber intake.

Fiberrific increases the absorption rate of calcium and magnesium (see Mineral Absorption), both important in controlling blood pressure and maintaining normal kidney function.

Being overweight is a risk factor for high blood

pressure; consequently those suffering from high blood pressure are often overweight. Fiberrific helps to control hunger and balance blood sugar, both of which contribute to weight loss (see Weight Maintenance).

Tripeptides result from the action of probiotic bacteria on casein (milk protein) during milk fermentation. Research suggests that these peptides may suppress the blood pressure of hypertensive individuals. Fiberrific feeds probiotics in the colon, thereby increasing their numbers – and perhaps also the body's concentration of these beneficial tripeptides.

**Protocol:**

Each time you eat or drink any carbohydrates (sugar or starch), be it a snack or a meal, take at least 1 teaspoon of Fiberrific while eating the carbohydrate.

## **Cancer**

Low fiber diets are associated with bowel cancer; according to the 1990 Southern Medical Journal, increasing the intake of dietary fiber greatly decreases mortality associated with colorectal cancer.

In addition, numerous studies have demonstrated that Fiberrific's ingredient actually has substantial anti-cancer and anti-tumour effects (Debe, Taper & Roberfroid 2000). When Fiberrific is fermented in the colon, it is broken down into short chain fatty acids (SCFA). One of these fatty acids is both the primary fuel source for the colon's cells and required for their overall health. Through this SCFA, Fiberrific helps the colon's cells to function optimally and eliminate damage-causing waste and toxins from your body.

This action directly helps to prevent cancers, particularly colorectal cancer. Interestingly, this SCFA has been found in very low quantities in cancer patients.

In order to divide and flourish, tumours depend on glucose and internal fatty acid synthesis. To control tumour growth and development, Fiberrific decreases blood glucose levels and disrupts the tumour's fatty acid metabolic pathway.

Fiberrific's ingredient has also been tested as an aid to traditional chemotherapy. It was found to increase the effectiveness of cancer chemotherapy drugs without any additional risk to patients.

The evidence from these studies indicates Fiberrific to be an easy and inexpensive cancer preventative and a successful compliment to modern chemotherapy.

**Protocol:**

Slowly work your way up to taking at least 2 tablespoons of Fiberrific three times daily.

## **Cardiovascular Disease**

Cardiovascular diseases are those affecting the heart or circulatory system. The primary risk factors for cardiovascular disease are hypertension, obesity, high cholesterol and diabetes.

Low magnesium intake increases susceptibility to disease including heart disease and high blood pressure. Magnesium deficiency can promote heart attacks by causing a spasm of the coronary arteries, reducing the flow of oxygen and blood to the heart. Your heart also needs magnesium to control its rhythm. Low levels of magnesium increase the risk of arrhythmia (irregular heart rhythms).

Fiberrific helps to reduce the risk of cardiovascular disease by increasing the body's absorption of magnesium. It does this by lowering the pH level in your gut, which helps keep magnesium and other minerals in bioavailable solutions longer (see Mineral Absorption).

Fiberrific also reduces the risk of cardiovascular disease through treatment and prevention of each of the disease's primary risk factors.

High blood pressure (hypertension) can cause damage to your heart, blood vessels, brain, kidneys and eyes.

Fiberrific helps control hypertension through the promotion and support of the probiotics which control hypertension. Studies found that probiotics interact with the proteins in digested milk to form a specific group of enzyme inhibitors which reduce blood pressure (see Probiotics).

Obesity is at epidemic levels in our society. Fiberrific inhibits obesity by taking action to control blood sugar levels, increase energy levels and reduce hunger. Detailed information can be found on page 28 of this publication.

Through actions in the colon and by supporting proper liver function, Fiberrific reduces levels of LDL ("the bad cholesterol") as well as total triglyceride levels throughout your body. Detailed information can be found on the next page of this booklet.

The most frequent cause of death in diabetics is arteriosclerosis (hardening of the arteries). Exceptionally widespread in diabetics, arteriosclerosis leaves the LDL cholesterol susceptible to oxidation, causing a buildup in arterial walls and the condition known as arteriosclerosis. Add to this that diabetics

tend to have high levels of LDL cholesterol and the fatal link occurs. By safely reducing the levels of LDL cholesterol in your body and by controlling blood sugar levels, Fiberrific helps prevent arteriosclerosis, not only in diabetics, but in the population in general. (see Diabetes, and Cardiovascular Disease).

Fiberrific is the ideal treatment and preventative option for people concerned about cardiovascular disease. It is safe, simple to use and easily integrates into your diet. Fiberrific acts positively on all facets and risk factors for cardiovascular disease, enabling you to maintain good health and live life to its fullest.

**Protocol:**

As a preventative, slowly work your way up to taking at least 2 teaspoons of Fiberrific three times daily.

## **Cholesterol**

Cholesterol is a fat-like substance needed for many body processes – but too much can lead to gallstones and life-threatening deposits in arterial linings.

Repeated clinical trials have demonstrated that soluble fiber can significantly lower total cholesterol levels and LDL (“the bad cholesterol”) levels in particular. Fiberrific is rich (97%) in soluble fiber.

Within the liver, cholesterol is converted into bile acids for use by the intestine. But when the concentration of bile acids reaches a certain point, production stops.

This leaves any cholesterol not converted to bile acids in the intestines. From there, it is dumped into the blood in the form of LDL cholesterol.

Soluble fibers like Fiberrific interfere with this process. They bind with the bile acids, increasing their excretion and requiring the body to convert more LDL cholesterol into bile acids. This additional cholesterol is obtained from the intestines, leaving less available for absorption. By causing more cholesterol to be used for bile acid production, Fiberrific helps take cholesterol out of the bloodstream.

The short chain fatty acids (SCFA) produced when Fiberrific is broken down in the colon also act to lower LDL cholesterol. One of the SCFA – propionic acid, has the ability to directly inhibit endogenous cholesterol synthesis by the liver. In essence, Fiberrific consumption slows down cholesterol production in the liver, reducing the overall cholesterol and triglyceride levels in the blood.

Soluble fibers such as Fiberrific have been shown to significantly reduce LDL cholesterol in all types of individuals without decreasing HDL, “the good” cholesterol. This holds true in the long-term, even for those whose diets are already low in saturated fat and cholesterol.

**Protocol:** For optimal results in addition to Fiberrific (at least 2 tablespoons three times daily), take 1 - 2 Pure-Li Natural Cholesterol Clean Organicap<sup>®</sup> capsules , immediately before meals.

## Colitis

Colitis (Inflammatory Bowel Disease) is the term used for an inflammation of the colon. This is often a painful condition leading to bloody stool, pus and diarrhea.

Colitis exists in people with poor digestion and intestinal function. It is linked to the overuse of

antibiotics and laxatives, as well as bacterial and parasitic infections. Long term colitis dramatically increases your risk of colorectal cancer.

Fiberrific is ideal for safely preventing and treating colitis; it helps to both control the symptoms and treat the disease.

Clinical studies show that friendly intestinal bacterium (probiotics) help to treat and prevent colitis (Lukaczer). These friendly bacteria promote proper intestinal health and optimal digestive function. Other studies on colitis patients in remission have shown that these friendly bacteria are an effective maintenance treatment to avoid colitis recurrence. Fiberrific promotes the health of these beneficial probiotics, increasing their number and strength in your digestive system.

Bacterial and parasitic infections are potential causes of colitis. Fiberrific helps your body build up your immune system to effectively combat these infections (see Infections and Immunity). Using Fiberrific allows you to fend off infections naturally, without resorting to antibiotics, another leading cause of colitis.

Laxative overuse is a common problem in our society. The combination of stress, low fiber, poor food choices and “holding it in” leads to increased rates of constipation, forcing people to turn to laxatives. Indeed many people feel that it is normal to depend on laxatives for regularity. Most laxatives work by irritating your system, forcing you to evacuate in order to get rid of the irritant. Taking laxatives creates a dependency, and only worsens the problem as your body forgets how to have a bowel movement on its own.

Fiberrific’s action is both safe and gentle. Working with

your body to make the colon environment optimal for bowel movements, Fiberrific softens the stool, allowing for easier bowel movements without the need for stimulants or irritants.

**Protocol:**

Each time you eat or drink be it a snack or a meal, take at least 1 teaspoon of Fiberrific while eating and another teaspoon immediately following the food.

## Constipation

Constipation is a common complaint in the 'healthy' population, particular the elderly. Others at high risk are pregnant or lactating women, young children, dieters, shift workers and travelers. Constipation is defined as bowel movements that are small, infrequent, painful, dry, or difficult to pass. These characteristics can be attributed to a disturbance in colon function. High fiber foods provide moisture-retaining bulk so that waste doesn't become dry and tightly packed in the colon.

Fiberrific's ease of use and high fiber content make it not only exceptionally effective, but the ideal fiber supplement for the prevention and treatment of constipation. When used as a fiber supplement by elderly constipated people, Fiberrific greatly improved stool frequency. Stools were easy to pass without any incidence of diarrhea, nausea or headaches (Inulin Plaza). Studies have also shown that when used as a supplement in healthy individuals, the ingredient in Fiberrific causes an increase in stool output and fecal bacterial weight (Inulin Plaza).

Fiberrific is not a laxative. Laxatives trigger your body into having a bowel movement. Over time, they create a



condition of dependency which only worsens the problem, because the body forgets how to have a bowel movement on its own. Laxatives can reduce absorption rates of calcium and magnesium as well as cause bowel irritation, inflammation and bleeding.

Fiberrific's safe, gentle action is the key to its broad range effectiveness. Working with your body to make the colon environment optimal for bowel movements, Fiberrific softens the stool, increasing its weight and hydration, thereby making it easier for your body to have bowel movements without the need for stimulants or irritants.

The only supplement which is easy to use and effective, Fiberrific is a safe preventative and curative for constipation. It is also unique in that it can be used effectively by everyone, including children, pregnant women, the elderly, and the infirm, without fear of laxative dependence.

**Protocol:**

For adults, slowly work your way up to taking at least 2 teaspoons of Fiberrific three times daily.

If you attempting to combat this condition slowly work your way up to taking at least 2 tablespoons of Fiberrific three times daily.

## **Diabetes**

Type 2 diabetes is a disease that develops due to insulin problems. Either the body cannot produce enough insulin or cells become insulin-resistant. When insulin-resistance develops, the body begins to produce excessive amounts of insulin (hyperinsulinemia). This is linked to a number of health complications including damaged blood vessels and nerves and an increased

risk of eye, heart and kidney disease.

When insulin is not available or is not used properly, glucose is denied entrance to the cells and blood sugar rises above safe levels. The primary aim of diabetes treatments is to balance blood sugar levels to prevent incidents of high blood sugar (hyperglycemia). This can be accomplished with either insulin injections, or through dietary measures. Due to the inconvenience, the expense and the risk of error (which can cause hypoglycemic periods), insulin injections are not the preferred route.

The ingredient in Fiberrific has undergone extensive research as a treatment and preventative for diabetes. Fiberrific is unique in that it can prevent periods of high blood sugar while, at the same time, helping to prevent some of the complications associated with diabetes.

Unlike other fiber supplements, Fiberrific has a zero glycemic index. It is naturally free of any sugars and has none added. In fact, the *British Journal of Nutrition* noted that supplementation with soluble fiber improves glucose tolerance.

As you eat, your body converts carbohydrates (sugars and starches) from food into glucose. This rapid increase in blood sugar (hyperglycemia) is dangerous for diabetics. Studies have shown that consumption of the ingredient in Fiberrific while eating prevents hyperglycemia.

Fiberrific controls blood sugar in several ways. First, it helps to slow the absorption of glucose in the gut. This reduces the amount of insulin required by the body during and after eating carbohydrates.

The ingredient in Fiberrific also helps control blood sugar levels by inhibiting your body's production of glucose. As Fiberrific is broken down into short chain fatty acids which, the body senses the increased amount of SCFA which it interprets as similar to glucose and therefore sends signals to the liver not to produce more glucose as there is already enough.

One of the properties of soluble fibers is that they help to increase the insulin sensitivity of cells. (Kamen, McAuley) As cells become more sensitive to insulin they begin to use glucose more efficiently. In diabetics who do not produce enough insulin, this reduces their need for insulin. In those that overproduce insulin, this results in the body reducing the amount of insulin it produces, bringing levels more in line with non-diabetics.

**Protocol:**

Each time you eat or drink any carbohydrates (sugar or starch), be it a snack or a meal, take at least 1 teaspoon of Fiberrific while eating the carbohydrate and at least 1 teaspoon of Fiberrific after you have finished the carbohydrate.

For optimal results, add the supplement Energy to Burn by Slim Smart. It contains a potent combination of minerals and herbs which work to balance blood sugars, provide energy and stamina

**Diarrhea**

While there is no "normal" pattern for bowel movements, diarrhea is classified as the frequent passage of unusually loose or watery stool. Sufferers can be hit with the immediate and compelling urge to go to the bathroom. Diarrhea can happen at any age but is most

frequent in young children and infants. Long term diarrhea, one of the leading causes of death worldwide, is a serious condition which can alter your internal chemistry and result in severe dehydration.

Diarrhea is most often caused by pathogenic bacteria such as E. Coli, Salmonella, Staphylococci, Clostridium and Streptococci. But the restoration of healthy intestinal bacteria can alleviate diarrhea; sufficient levels of friendly bacteria will crowd out the pathogenic bacteria, keeping them at manageable levels.

Fiberrific helps to restore a healthy intestinal balance. It helps to increase the number of friendly bacteria by providing them with the food they need to grow and thrive. It does this while supporting your entire immune system. This combined action enables Fiberrific to be a potent preventative against diarrhea. When Fiberrific is used with a natural anti-pathogenic (Pure-Li Natural's Guaranteed Potency Super Strength Oil of Oregano) the two work together to combat diarrhea by attacking the pathogenic bacteria, encouraging friendly bacteria and supporting your immune system.

**Protocol:**

For optimal results, in addition to Fiberrific, take Pure-Li Natural Super Strength Oil of Oregano (1 Organicap<sup>®</sup> capsule or 2 drops), three times daily.

## **Digestive Disorders**

In North America, digestive disorders (constipation, crohn's, diverticulitis, diarrhea, irritable bowel syndrome, etc) affect over two thirds of the population (Null).

Your body requires a regular supply of nutrients to grow, replace worn-out tissues and provide energy for various

bodily functions. These nutrients are extracted, through the digestive process, from the foods you eat. The digestive system is divided into a number of sections, each having its own part to play in the breakdown and absorption of food nutrients and the elimination of waste material and toxins from your body. It is not possible to be healthy with a poorly functioning digestive system!

Adding Fiberrific to your diet is an easy way to tune and optimize your digestive system. It improves the absorption of minerals, particularly calcium and magnesium. When ingested, it is fermented by friendly colonic bacteria to produce short chain fatty acids. These beneficial acids lower the pH in the colon, which in turn helps keep minerals in bioavailable solutions longer. Rather than lose these valuable minerals to excretion, your body has more time to absorb them.

By increasing the amount of pathogenic bacteria and toxins (such as ammonia) in the feces, Fiberrific also helps to rid the body of waste and harmful bacteria. Removal of these toxins and toxin producers lets the digestive system function optimally.

**Protocol:**

For adults, slowly work your way up to taking at least 2 teaspoons of Fiberrific three times daily. Additionally, avoid artificial ingredients (colours, flavours, preservatives, etc.).

## **Diverticulitis**

Diverticulitis describes a condition in which small, pouch-like swellings (called diverticula) form in the lower part of the colon wall and become inflamed. Half of North Americans between the ages of 60 and 80 — and almost all over the age of 80 — have these pouches

and are at risk for National Digestive Diseases (Information Clearinghouse).

Diverticulitis is painful and often requires hospitalization, antibiotic therapy, or surgery. Potential complications include infection, bowel obstruction and bleeding. Left untreated, an abscess in the colon could form around an inflamed diverticulum. If this abscess perforates the intestinal wall, peritonitis requiring immediate treatment can develop.

There appears to be a direct relationship between this disease and the Western diet, which is low in fiber. Diverticulitis is rarely seen in countries with high fiber diets.

Low-fiber diets are thought to promote diverticulosis because they often lead to constipation, causing difficulty in passing bowel movements and straining. This increases colon pressure and leads to the formation of the diverticula (colon pouches). As you age, the tendency to form these pouches increases because your colon loses its elasticity and is less likely to recover from stretching due to hard pushing.

Findings from a study published in the 1994 in the *American Journal of Clinical Nutrition* support the belief that fiber can protect against diverticulosis. This study, which involved more than 40,000 middle-aged to elderly men, showed that higher fiber intakes translated into a lower incidence of symptom-generating diverticulosis. Furthermore, this protective effect was attributable largely to fiber from fruits and vegetables – the type found in Fiberrific. Fiber from grain products – the source generally recommended to diverticulosis patients – did not appear to provide the same benefit.

**Protocol:**

For adults, slowly work your way up to taking at least 3 tablespoons of Fiberrific three times daily. Additionally, avoid artificial ingredients (colours, flavours, preservatives, etc.).

**Energy**

Lack of energy is one of the most common complaints heard by health care practitioners, with women and the elderly being particularly susceptible. High stress levels, prepackaged meals and poor nutrition combine to create conditions ripe for low energy levels.

Use of Fiberrific increases energy levels through several mechanisms. Firstly, it increases the absorption levels of minerals, including iron. Iron is a key factor in sustained energy and good health. Iron deficiency, the most common nutrient deficiency in North America, can lead to many health problems including anemia and lethargy.

The friendly bacteria in our digestive systems are also crucial to high energy levels. These micro-organisms enhance our immune systems, protecting us from energy-robbing illnesses. They improve absorption of nutrients from the foods we eat, allowing us to obtain more energy from our diet. And they also produce B vitamins, which are critical to our body's chemical reactions.

Fiberrific feeds these friendly bacteria (probiotics), increasing their health and numbers. By increasing the probiotics our bodies, we can dramatically increase our energy levels without adding extra calories to our diet.

Finally, Fiberrific slows the body's digestion of sugars and starches, prolonging their absorption in the gut.

The result is that you receive the energy from your food slowly and over a longer period of time. Instead of experiencing, soon after eating, a massive energy rush followed by a drop in blood sugar that leaves you feeling lethargic, bloated and hungry, you get a moderate energy lift that can be sustained for several hours – no harsh stimulants required!

**Protocol:**

Each time you eat or drink any carbohydrates (sugar or starch), be it a snack or a meal, take at least 1 teaspoon of Fiberrific while eating the carbohydrate and take at least 1 teaspoon of Fiberrific after you have finished the carbohydrate.

For optimal results, add the supplement Energy to Burn by Slim Smart. It contains a potent combination of minerals and herbs which work to balance blood sugars, provide energy and stamina.

## **Infections and Immunity**

Our immune systems are under constant bombardment. The combined effects of stress, poor food choices, poor digestion, inadequate vitamin, mineral and antioxidant consumption and lack of rest work to rob our bodies of the defenses we need to stay healthy and disease-free.

Fiberrific has multiple actions which, in combination, support and enhance the body's immune system. Firstly, it increases the body's absorption of minerals including calcium, magnesium, iron and zinc (see Mineral Absorption). Adequate levels of iron and zinc are prerequisites for proper immune function. Lack of iron impedes oxygen transport to cells. This forces the cells, including those in charge of immune system



functions, to work at severely diminished levels. Iron deficiency is the most common nutritional deficiency in North America, with young children, teenage girls, pregnant women and the elderly being particularly vulnerable. Studies suggest that upwards of 50% of the people in these groups are iron-deficient.

Zinc is a component in over 200 enzymes and is the most common mineral in enzymatic reactions. Zinc deficiency directly impedes immune system function. Research shows that by increasing your levels of zinc, you can reduce the duration of many illnesses, including the common cold.

Zinc also helps maintain thymus gland health and accelerates the growth of immune cells while inhibiting the replication of cold-causing viruses.

Clinical trials confirm zinc's usefulness in combating infectious disease. One study tested zinc against a placebo in a group of 100 patients with cold symptoms. Patients who took one dose of zinc every two hours while awake experienced significantly fewer cold symptoms than the placebo group.

Secondly, Fiberrific assists in the control of blood sugar levels (see Diabetes). As demonstrated in one particular study, elevated blood sugar levels dramatically decrease the efficiency of your immune system. Researchers took blood samples from individuals who consumed no sugar and from groups who consumed escalating amounts of sugar, up to 24 teaspoons. The blood samples were mixed with bacteria to observe their ability to eliminate bacteria. There was a direct correlation between sugar intake, (and intern blood sugar levels) and a decrease in the samples' capability to eliminate bacteria. The highest

sugar intake group, in fact, destroyed only one single bacteria cell.

Low blood sugar is equally devastating to your immune system. When you experience low blood sugar levels your bodily systems begin to scale back to conserve energy. As a result, you end up in a lethargic state with lowered immunity.

Finally, research has shown that steady blood sugar levels, similar to those caused by Fiberrific, decrease stress levels, thereby improving overall immune system response.

Friendly bacteria living in the human intestines are another vital component of your immune system (see *Probiotics*). These probiotics, namely the *Lactobacillus* species (especially acidophilus) and the *Bifidobacteria* family keep in check the many pathogenic bacteria (E. Coli, Salmonella, Staphylococcus, Streptococcus, Candida, etc.) which are also found in your body. Probiotics help fight invading microbes in three ways:

- 1) By altering the acidity of the area inhabited by invading microbes.
- 2) By producing antibiotic substances to attack the pathogenic microbes.
- 3) By depriving unfriendly microbes of the nutrients required to survive.

These friendly bacteria also produce vitamins for the body, the main ones being water soluble B vitamins. These B vitamins are vital to many bodily processes including energy production, digestion, nerve function, and immunity. Vitamin B6 in particular is vital to immune system function. Without B6, your immune system will be unable to protect you from infection.

**Protocol:**

For optimal results, in addition to Fiberrific, take Pure-Li Natural Super Strength Oil of Oregano (1 Organicap<sup>®</sup> capsule or 2 drops), three times daily.

**Mineral Absorption**

Most dietary fiber and fiber supplements have been found to reduce mineral absorption rates. Not only are magnesium and zinc affected, most supplements also have a pronounced effect on calcium absorption. It is for this reason that many, including middle-aged women, are suspicious of high fiber diets and fiber supplements and prefer to sacrifice the health benefits of fiber for those of calcium and other minerals.

Fiberrific eliminates the need to choose – it actually improves the absorption of minerals, particularly calcium and magnesium. Once ingested, Fiberrific is fermented in the colon to produce short chain fatty acids. These acids lower the pH in the colon, which helps keep valuable nutritional minerals in bioavailable solutions longer. Less are lost to excretion.

Fiberrific also increases the colon's concentration of volatile fatty acids and bile acids. These are believed to contribute to increased mineral absorption as well. And fermentation of Fiberrific stimulates the body's production of vitamin K, which is essential for bone growth and repair.

A recent study involving teenage girls found that Fiberrific's ingredient increased calcium absorption by 18%! This increased absorption of calcium has a measurable effect on bone density. Clinical trials show long term use of Fiberrific's ingredient can not only

prevent loss of bone mass, but also loss of calcium and phosphorous.

These findings can have a dramatic impact on osteoporosis prevention and treatment. With Fiberrific, you can begin to build strong teeth and bones during your teenage years and maintain them for life – without fear of osteoporosis.

## Probiotics

The digestive tract is home to more than 400 species of bacteria. Researchers believe that at least some of these bacteria help fight disease by discouraging invading illness-causing organisms. The greater the number of helpful bacteria, or probiotics, you harbour; the more resistant you are to stomach problems and illness.

Research shows that probiotics (primarily the *Lactobacillus* and *Bifidobacterium* families) can promote good digestion, boost immune function and increase resistance to a multitude of infections including candidiasis, urinary tract infections, yeast infections, colds, influenza (flu) and stomach infections.

Fiberrific helps by breaking down completely in the colon into short chain fatty acids (SCFA) that feed the *Lactobacillus* species (especially acidophilus), and the *Bifidobacteria* family of probiotics. This feeding enables the probiotics to multiply and flourish, increasing your body's overall health and resistance to disease.

How do Lactobacilli and bifidobacteria maintain a healthy balance of intestinal flora? Firstly they produce organic compounds—such as lactic acid, hydrogen peroxide, and acetic acid—which increase the acidity of the intestine and inhibit the reproduction of harmful

bacteria. They also produce substances called bacteriocins, which act as natural antibiotics to kill undesirable (pathogenic) microorganisms.

Probiotics assist your body in other ways as well. They provide you with B-complex vitamins including B1, B2, B6 and B12. These vitamins are vital for proper enzyme function and energy production.

Probiotics have been shown to reduce LDL (the bad cholesterol) as well as total triglyceride levels. Scientists theorize that the reductions may be due to various factors: a combination of *Lactobacillus acidophilus* assimilating cholesterol molecules; probiotics creating an environment in the digestive system which is not conducive to LDL cholesterol or; the ability of certain probiotic lactobacilli and bifidobacteria to deconjugate bile acids enzymatically, increasing their rates of excretion. Since cholesterol is a precursor of bile acids, this could lead to reduced serum cholesterol because cholesterol molecules are converted to bile acids to replace those lost through excretion.

Additional probiotic effects have also been reported, but more research has to be done to confirm their mode of action. These include probiotic effects against *Helicobacter pylori* infections in the stomach, alcoholic liver disease, small bowel bacterial overgrowth, ulcerative colitis, allergy to milk protein, juvenile chronic arthritis, antioxidative effects, asthma, and hepatic encephalopathy.

**Protocol:**

For optimal results, take Fiberrific (1-2 teaspoons) with your probiotics 2-3 times daily.

## Weight Maintenance

Over one third of North Americans are overweight (American Dietetic Association) and almost one quarter are obese (WebMD) – and their numbers are steadily increasing to the point where the U.S. Surgeon General announced that obesity may soon overtake cigarettes as the leading cause of preventable death (Prevention).

In 1990 the *Journal of Nutrition* noted that consumption of soluble fiber will result in a decreased body weight. The 1984 *British Journal of Nutrition* states that “soluble fiber reduces hunger and influences carbohydrate and (fat) metabolism in a beneficial way”.

Fiberrific is an ideal addition to any weight loss or weight management program. That’s because it acts as an appetite suppressant while balancing blood sugar levels.

How does it work? While tasty and convenient, processed foods typically have very little fiber, allowing us to consume more food at a quicker pace. Eating a whole orange will make you feel more full than if you drink the equivalent in orange juice. With calorie-free, non-glycemic Fiberrific, you can put back the healthy fiber that processing removed and help your body feel full.

Fiberrific also helps you feel full by keeping blood sugar levels on an even keel. Typically, the food you eat is quickly converted into sugars that can be used by the body. But surplus sugars in the blood are converted to fat and cholesterol for future use. Fiberrific promotes the production of glycogen instead, a compound that can be more easily broken down into sugars when the body requires them. Periods of low blood sugar are

avoided, and your body's hunger response is triggered less often. You are, in fact, allowing your body to do more with the same amount of calories while decreasing your storage of fat and cholesterol.

This same mechanism provides your body with prolonged energy. By slowing down digestion, your body accesses the energy from your food over hours after eating, instead of minutes. The food you eat can be used to it's maximum potential.

Finally, Fiberrific feeds the probiotics (friendly bacteria) in your system, allowing them to multiply. These probiotics produce B vitamins which are, in turn, vital for proper enzyme function and energy production.

**Protocol:**

Each time you eat or drink carbohydrates (sugar or starch), be it a snack or a meal, take at least 1 teaspoon of Fiberrific while eating and at least 1 teaspoon of Fiberrific after you have finished.

For optimal results, add the supplement Energy to Burn by Slim Smart. It contains a potent combination of minerals and herbs which work to balance blood sugars, provide energy and stamina to assist in weight management.

## **Yeast Infections**

Yeast infections, sometimes called candidiasis, take many forms. Yeast fungus infections often develop where a moist environment encourages fungal growth, especially on nails, genitals, folds of skin and the webs of fingers and toes.

*Candida albicans* is a fungal organism that thrives in your mouth, gastrointestinal tract and skin. It is normally

kept in check by the friendly bacteria in your body, but when fungal growth exceeds the body's ability to control it, a yeast infection develops.

The friendly bacteria, namely the *Lactobacillus* species (especially acidophilus) and the *Bifidobacteria* family, help fight invading microbes like *Candida* in three ways: by altering the acidity of the area inhabited by invading microbes; by producing antibiotic substances to attack the pathogenic microbes; and by depriving unfriendly microbes of the nutrients required to survive.

In the colon, Fiberrific breaks down completely into short chain fatty acids (SCFA). These SCFA feed acidophilus and other friendly intestinal bacteria, allowing them to multiply and flourish. Their increased numbers heighten your immune system's effectiveness against *Candida*.

*Candida albicans* will use any resources at its disposal to gain a foothold. Because this organism feeds on sugar, high blood sugar levels create an environment well suited for *Candida* infection. In this type of environment, they can rapidly multiply and overpower your friendly intestinal flora.

Fiberrific helps your body control blood sugar levels in a number of ways. It helps to reduce the speed of glucose absorption in the gut, inhibits the body's production of glucose, and helps increase the insulin sensitivity of cells. Research has shown that steady blood sugar levels, similar to those attained with use of Fiberrific, decrease stress levels to improve overall immune system response, thereby enabling your body to successfully fend off *Candida* infections.



**Protocol:**

Each time you eat or drink carbohydrates (sugar or starch), be it a snack or a meal, take at least 1 teaspoon of Fiberrific while eating and at least 1 teaspoon of Fiberrific after you have finished.

For optimal results, add the supplement Energy to Burn by Slim Smart. It contains a potent combination of minerals and herbs which work to balance blood sugars, depriving candida of the resources it needs to flourish.

## Questions & Answers

### What You Should Know About Fiberrific

#### ***Is Fiberrific safe?***

Fiberrific is formulated from the highest grade of inulin, a component of over 36,000 edible plants. It is classified as a food and is certified to meet the highest international safety standards for ingredients.

#### ***Can I take more than is recommended on the bottle?***

Because Fiberrific is a food-based fiber source and not a medicine, the bottle merely provides a guideline for the “average” person. We encourage you to experiment with your personal daily requirements. Just remember to add fiber to your diet slowly, to give your digestive system time to adjust.

#### ***If I take less than the recommended amount of Fiberrific, will it still benefit me?***

Yes. While there are recommended doses on the product label, any quantity offers valuable support and health benefits.

#### ***Can I mix Fiberrific with other foods?***

Fiberrific is meant to be mixed with foods. It will mix into virtually any drink (except carbonated drinks) or soft food without altering the taste, texture, colour or smell. You can turn almost any food into a fiber-rich superfood!

Users report success mixing Fiberrific into many liquids including water, juices, milk, tea, coffee, “green” drinks, shakes, protein drinks, and more.

Go ahead and experiment with your baking and cooking. Fiberrific has been successfully used in everything from jams, pancakes, omelets, pies, cakes and brownies to sauces, soups, salad dressings, breads, muffins, cookies, gelatins and puddings.

***Can I mix Fiberrific in something hot, like soup or coffee?***

Yes. Fiberrific is not altered by heat or cold. You can mix it in almost any liquid or soft food, regardless of temperature.

***Can I take Fiberrific during pregnancy or while nursing?***

Yes! Fiberrific can benefit both you and your baby. The ingredient in Fiberrific is both used, and recommended for use, in infant formulas to help develop proper digestive and immune function.

***Can I give Fiberrific to children?***

Yes! Fiberrific is safe for children and teens and can aid in the development of strong bones and teeth, while helping to combat obesity and diabetes. Ensure that you add Fiberrific to an already healthy and balanced diet.

***How can I get my kids to take Fiberrific?***

Fiberrific blends into almost any beverage or soft food without altering the taste, colour or texture. Simply mix Fiberrific into the things your kids already eat. Put it in their milk, eggs, pancakes, jell treats, juice and smoothies. Give it a try – and don't forget to let us know about your successes.

***If I am menopausal, can I use Fiberrific?***

Definitely. Fiberrific can supplement your daily requirement of fiber and strengthen your immune and digestive systems, while (most importantly) helping you to absorb the calcium and magnesium your body needs to avoid osteoporosis. Fiberrific can also help to reduce your risk of cardiovascular disease.

***Can Fiberrific be taken while on other medications?***

Yes. Your body treats Fiberrific as though it were a food. In fact, blending it into your food is the easiest way to take it! The only observed interactions are an increased effectiveness of anticancer and anticholesterol medications (see Cholesterol).

***What sort of standards are maintained during production?***

The production processes for Fiberrific are governed by the same strict standards used during the production of medicines. Our Pure-Li Natural production facility is government-inspected and certified kosher.

***Is there a better time of day to take Fiberrific?***

It is important to take Fiberrific when it is most convenient for you. Most people find it easiest to take when eating or drinking.

For blood sugar balancing (diabetes and weight loss), it is important that you take Fiberrific not only each time you eat or drink carbohydrates, but immediately following as well.

***Can I continue using my Fiberrific when traveling?***

Traveling can be stressful for your body, especially your immune and digestive systems. Fiberrific travels well, to provide you with health benefits wherever you are.

***Should I take an occasional break from using Fiberrific?***

Fiberrific has been carefully formulated to provide vital fiber to your body on a daily basis. Just as there is no need to take an occasional break from eating fruit, there is no need to interrupt your use of Fiberrific.

***Can I use Fiberrific when I'm fasting?***

Many users have enjoyed the benefits of Fiberrific during cleansing fasts. Since Fiberrific improves your digestive and elimination functions, it can enhance the detoxification process.

***I'm healthy and I eat a balanced diet. Will Fiberrific benefit me?***

Absolutely! Good health is a process, not a destination. We must constantly work at improving our health in order to realize our potential. We live in a toxic world with our bodily systems under constant attack. And virtually no-one gets enough fiber each day; even the most nutritious diet can use assistance in maintaining good health.

***Can I feed Fiberrific to my pets?***

Please do. Your pets will experience the same health improvements from Fiberrific that humans do. Just remember that pets also need to begin slowly and

that the serving size must be adjusted for their body weight.

***I have allergies and am very sensitive. Can I use Fiberrific?***

Many people with multiple allergies benefit from using Fiberrific. Since Fiberrific is made from inulin only, unless you have an allergy to inulin, you should be fine.

Fiberrific is gluten-free and does not contain any chemicals, sugar, corn, soy, dairy, meat or bee products.

***My stool has become softer (or more frequent) since I began taking Fiberrific. Is this normal?***

This is normal and beneficial. As your body adjusts to receiving proper amounts of fiber and your digestive system improves your nutrient absorption, you begin to eliminate toxins from your cells more efficiently. These toxins are transported, along with fluids, to your colon for elimination. This is a crucial process for increasing energy and vitality. It is healthy and normal to have two or more easy bowel movements daily.

***What are the negative side effects, if any, for Fiberrific?***

Most people have an exceptionally low fiber intake. If their consumption of fiber suddenly rises dramatically, it will cause gas. For this reason, we recommend starting slowly and gradually, over the course of several weeks, increasing your use of Fiberrific until you reach your desired fiber level.

***Are there any other effects?***

Users have reported the following: increased energy

levels, better digestion, weight loss, reduced insulin requirement in diabetics, relief from constipation and control of diarrhea

***I'm concerned about protecting the environment. Is Fiberrific a "low impact" product?***

We share your concern and embrace environmentally responsible practices in all phases of our business. Fiberrific is 100% natural with no chemicals of any kind used in the manufacturing process. The bottles are fully recyclable and orders to your local store are packed in recyclable cartons.

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