



Want to prevent the deadliest diseases? *Add more fiber to your diet*

Chiropractic care can do a lot for your overall health. Aside from non-drug pain relief, spinal alignment enables your body to heal itself faster and more efficiently. But like anything, there are limits. If you want better health eat more fiber. That's the advice from nutrition experts and the latest national dietary guidelines.

Now, a large new review of studies on fiber, published in *The Lancet*, shows just how beneficial fiber can be. The nutrient substantially lowers the risk of at least four diseases—many of which don't even directly relate to the gut. Compared to those who ate less fiber, people who ate more fiber lowered their risk of heart disease, stroke, type 2 diabetes and colon cancer, as well as their risk of dying early from any cause, by 15% to 30%. And the more dietary fiber people ate, the lower their risk. For every additional 8 grams of fiber consumed, the risk of heart disease, type 2 diabetes and colon cancer dropped by 5% to 27%.

According to the data, people eating 25-29 grams of fiber from foods like fruits and vegetables every day (not from supplements or powders) showed the strongest reductions in risk of the range of diseases, and those eating more tended to show even lower risk. The researchers saw similar benefits among people who ate whole grains.



*This healthy living information is provided by
your Doctor of Chiropractic and the
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