



**Fiber Menace: The Truth About the Leading Role  
of Fiber in Diet Failure, Constipation,  
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Ulcerative Colitis, Crohn's Disease, and Colon  
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Fiber Menace is for people who believe fiber prevents cancers, reduces the risk of heart disease, regulates blood sugar, wards off diabetes, lowers appetite, induces weight loss, cleanses the colon, and eliminates constipation. Tragically, none of it is true, and Fiber Menace explains why it's the complete opposite.



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