



“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference”.

*-Reinhold Neibuhr-*

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## Fiber, Fiber,...who's got the Fiber???

Fiber...we're all familiar with the term, but what is it exactly, and why is it so important to good health?

Fiber comes from plants. Its really the structural backbone, if you will, that gives rigidity and strength to plant stems, fruits and leaves. **Once you've eaten a fiber-containing food, it adds bulk to your digestive tract, easing the elimination of wastes and helping to avoid constipation.**

Its able to do this because fiber is virtually indigestible--your body can't break down the bonds that hold it together.

There are two types of fiber, insoluble and soluble. As the names imply, soluble fiber dissolves in water, whereas the insoluble doesn't. Altogether the foods you eat contain mostly soluble fiber.

**Once dissolved, soluble fibers become quite gummy, and in your intestines they can bind with fatty substances, which may actually help reduce cholesterol levels. There is also some evidence that soluble fiber can help with blood sugar control.**

For optimal health, aim to have between 25 and 35 grams of fiber a day.

How can you figure out how much fiber you are getting in your diet?

Food labels are a good place to start. A product with "High Fiber" on its label contains 5 grams or more of fiber, and a "Good Source" contains 2.5 to 4.9 grams.

What are the best sources of fiber? Beans, lentils, fruits, vegetables and whole grains. Aim for at least 4 to 5 cups of fruits and veggies per day, along with whole grain breads and cereals. Add to that some

legumes--about 3 or more cups per week--and you should have a great fiber intake.

**Remember, though, if you are not used to eating this much fiber, work up to it gradually and don't forget to drink lots of water! Whenever possible, choose fruits and veggies that contain skin...berries are a great source of fiber, too.**

Fiber's added bonus...because it adds bulk to your diet, it can make you feel full, which leads you to eat less and ultimately weigh less!

If you have a recipe you would like to share with other HHS fans, please email to [drbenzion@holistichealthstudio.com](mailto:drbenzion@holistichealthstudio.com)

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*BodyWave* is a 12 or 24 week-by-week mind\*body\*soul TOTAL TRANSFORMATION program that encompasses every facet of a women's life. Her daily demands and frustrations to her wants, needs, and fears. This REVOLUTIONARY program elevates the experience of weight loss far beyond the physical! This program emphasises your unique bioindividuality and is targeted especially for your individual make up of emotions, physical strength and weaknesses and spiritual awareness. With simple steps, which are gently laid, by Dr. Ester Ben-Zion, BodyWave program effectively empowers woman to take control of their health, discover their passion, override their fears and create a life filled with joy & serenity – THIN THIGHS ARE JUST A BY-PRODUCT.

This total transformation program includes steps to living with authenticity, giving you practical tools that will enable you to look into the mirror of your life and **discover the very special person that only you can be!!!**

**Dr. Ben-Zion will give you** her top fat burning and healthy eating secrets, cooking classes, detox programs. Energy work with Chi machine to clear your charkas, meridians and pathways. LBG machine, which is great to move toxins out of your body and increase circulation and metabolism and last but not least reawaken your soul and bring out your sensual and sexual self with energy movement and trace dance.

**“This program is unlike any thing else that I’ve tried before. It will truly transform your life from the inside out” Ilana Liliental Brodt**

To register for a 30 minutes free consultation, please go to – [drbenzion@holistichealthstudio.com](mailto:drbenzion@holistichealthstudio.com) or call 305-861-9383

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