

FIBER

Cedar Park, TX – June 11, 2009

If you look at most bread, cracker, and cereal packages these days, you'll likely find the the word "fiber," in bold letters. Every few years, the dieting industry promotes a new buzz word, until it is so heavily marketed that it becomes overkill. Ten years ago, the key word was "fat," as is: low fat, less fat, fat-free, 1/2 the fat (you get the point). For the past 5 years the top word was "carbs." The new kid on the weight loss block is fiber, and hopefully this one will have some staying power.

In my humble opinion, fiber is the single most important component of any weight loss and nutrition program. Eating fiber helps our body feel full for longer periods of time, which can ease food cravings. Fiber has been shown to decrease cholesterol levels in at risk individuals. Fiber is also important for digestion, because it helps move intestinal waste through our system.

Though it may come as a surprise to some people, there are actually two different types of fiber, soluble and insoluble. Scientifically, soluble fiber dissolves in water, but insoluble fiber does not. In practical terms, soluble fiber is important for lowering cholesterol and blood sugar levels, whereas insoluble fiber plays a bigger role in limiting constipation and aiding the digestive process.

Examples of foods rich in soluble fiber include oats, apples, barley, potatoes, legumes, strawberries, citrus fruits, green beans, and locust beans. Foods that contain insoluble fiber include whole grains, bran, vegetables, beans, and fruits with edible seeds. As a note of caution, it is possible to take in too much fiber each day, which can lead to diarrhea, intestinal discomfort, dehydration, and decreased vitamin absorption. A good rule of thumb is to consume less than 40 to 50 grams of fiber per day.

Cedar Park Chiropractor, Dr. Thomas Bynes has over 11 years of clinical experience in providing gentle Chiropractic care, Trigger Point muscle pain relief, nutritional counseling, dieting advice, and exercise training. In 2009, Dr. Bynes published the detailed weight loss and wellness book "Sinner to Thinner," a one-stop resource for healthy living, available at Amazon.com.

Dr. Bynes specializes in light, non-force muscle and tendon treatments, which are wonderful for kids with pain and women with pregnancy pain. Each week at The Crossings Wellness Spa in Austin, Dr. Bynes presents a nutrition and weight loss lecture, as well as bi-weekly lectures at Fit 4 Life Wellness Center. For more information, or if you are trying to find a Chiropractor in Cedar Park, please visit www.Fit4LifeCenter.com or call 512-250-8118.