

Soluble Fiber and Health

by Frank Frontis

Paid Announcement

Man consists of body, mind and spirit. The three are interrelated. Full recovery of mental and emotional health goes well beyond psychological therapy and counseling. Wholesome diet and nutrition are important factors in the complete recovery process.

In the past few years various nutritional products containing "fiber" have come onto the market. From a health standpoint, today there is no doubt that a diet with substantial fiber is healthy. Here we will examine nutritional products that may offer therapeutic benefits. In this issue we'll look at a dietary fiber product called "NANCI Fiber" from the NANCI Corporation in Tulsa, Oklahoma.

The NANCI product is said to be 100% soluble fiber code named SF 10. Developed by biochemist Bob DePugh of Kansas City, MO., SF 10 has been touted by its originator as a product that aids several serious health problems. Obesity, diabetes and cholesterol-related hypertension are all claimed to respond favorably to SF 10.

Lately, much attention has been given to two types of dietary fiber. Insoluble fiber (which doesn't dissolve in water) has been shown to ease constipation and to lower incidences of colon cancer. Soluble fiber (which dissolves) has been proved to reduce serum cholesterol which may lead to hypertension and cardiovascular diseases.

Wheat bran has been a popular source of insoluble fiber. This type of fiber increases intestinal bulk, absorbs water and speeds food along through the large intestine for elimination. It is speculated that most of the foods we eat contain carcinogens and that by helping those carcinogens move rapidly from the colon, the chance of cancer is reduced.

Soluble fibers, derived mostly from fruits and vegetables, work differently. According to NANCI literature, soluble fibers dissolve in water to form a gel-like substance in the intes-

tines. The formation of the gel-like substance is the key to the therapeutic effects of soluble fiber.

NANCI literature states that bile acids are released from the liver and secreted into the small intestines after a meal. Bile acids are chemicals that help break down fats during digestion. Ironically, however, bile acids are made from the fatty substance cholesterol. After doing their job, these acids are normally absorbed into the small intestines and thus "back into the body."

An ideal cholesterol-reducer, suggests the literature, would be one that blocks the reabsorption of bile acids back into the body. Soluble fiber does just this, NANCI claims. The gel-like substance formed by soluble fiber is said to "capture" bile acids, thereby preventing their reabsorption. Once contained, the bile acids are then carried along with the gel through the normal process of elimination.

NANCI literature explains that the elimination of bile acids from the body in this process is the crucial factor in the reduction of serum cholesterol. At some point, the liver receives a signal that its bile supplies have been depleted. It then demands the transfer of cholesterol from other parts of the body to build more bile. Naturally, much of the cholesterol then comes from arteries, thereby lowering serum cholesterol hypertension.

The formation of a gel in the digestive tract from soluble fiber also plays a role in the control of diabetes, according to NANCI product literature. When sugar (glucose) from carbohydrate metabolism reaches the small intestines it is absorbed quickly, raising the level of blood sugar dramatically. The pancreas then pours out insulin in an attempt to maintain blood sugar at a normal level. But insulin receptors in the body's cells become insensitive, failing to get their message, thus leading to

high-levels of insulin secretion. Eventually, excessive insulin secretion no longer maintains glucose at normal levels and type II diabetes develops.

High levels of insulin create other complications such as increases in the levels of triglycerides and cholesterol. Soluble fiber is again said to work therapeutically for diabetes through the formation of the fiber gel in the small intestines. It is explained that the gel acts as a "diffusion barrier" in the intestines to prevent glucose from being absorbed so quickly, thereby blocking a dramatic rise in blood sugar. Consequently the regulation of blood sugar by the action of soluble fiber gel exempts the excess of insulin secretion and its accompanying chain reaction.

NANCI product literature also explains the physiological reasons soluble fiber is instrumental in weight reduction. Unlike insoluble fibers which move through the digestive tract rapidly, soluble fibers "stall," turning into a gel-like substance in the stomach and intestines. Food, once eaten, will stay in the stomach longer. This increases the time span before the onset of hunger again. Food intake is thus lowered.

Advantages of NANCI Fiber

1. Large molecules prevent the reabsorption of it back into the intestines.
2. Does not remove minerals from the intestines.
3. Resistant to bacterial attack.
4. Does not support bacterial growth.
5. Not hydrolyzed, therefore does not provide calories.

For information on NANCI products call Frank Frontis at 774-6231 or Ron Shannon at 1-800-443-7221.

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