

KONSTANTIN MONASTYRSKY

Fiber Menace

THE TRUTH ABOUT FIBER'S ROLE IN DIET FAILURE,
CONSTIPATION, HEMORRHOIDS, IRRITABLE
BOWEL SYNDROME, ULCERATIVE COLITIS,
CROHN'S DISEASE, AND COLON CANCER



"There Shall Not Be Any More of This Thing"
— Genesis 4:7 (KJV)

Fiber Menace

Daniela Niemeyer



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