

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

**RJ Alexander**



**Fiber Menace:**

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