

Fibres, Weight Loss & Obesity

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The importance of dietary fibres in one's diet is probably the most underestimated food that the body cannot do without. The presence of adequate fibres assists the body to lose weight, prevents bad fats from entering the body, reduces cholesterol, balances sugar levels which helps with diabetes and hyperactivity, prevents irritable bowel syndrome, cleans the colon and helps to remove all stuck waste in the colon that has been busy intoxicating the body.

Lack of fibres can result in constipation, diabetes, high cholesterol, cancer, colon damage and leaky gut, candida overgrowth, hyperactivity, constant tiredness, allergies, joint pains, recurring infections and inflammations.

Fibres come in two types; namely **soluble fibres** and **insoluble fibres**.

Soluble fibres have the property of attaching itself to glucose and controls its release into the blood stream. Controlled release of glucose is the key to weight loss, mental alertness, preventing diabetes and constant energy levels. When glucose levels are maintained at the normal levels, the body releases a new hormone called glucagon which has the property of burning fat. When the sugar levels go beyond the normal levels, the excess glucose gets converted into fat and the body stays in that mode of making fat and it no longer burns fat as no glucagon is produced. Soluble fibres form a gel that helps prevent fat and cholesterol from passing through the intestinal wall. It also binds to potential cancer causing agents in the intestines and prevents them being absorbed. It also assists with the more effective use of insulin in carrying glucose into the cells – good for diabetics.

In order to get the body into Fat Burning Mode, one should consume foods high in soluble fibres, together with good proteins, essential fatty acids and vitamins and minerals. When those conditions are provided, the body becomes a fat burner and builds lean muscle with the following beneficial effects – more energy, better skin, hair and nails, greater endurance, regained youthfulness and general wellness. The good news is that one cannot overeat fibre rich foods as they will never allow the release of excessive amounts of glucose, hence no excessive fat build up!. This is also the key for those who suffer from poor metabolisms.

Soluble fibres also prevent undigested proteins from getting into contact with the colon wall. The colon wall is a very sensitive surface and should only have contact with fully digested foods for its absorption into the blood stream (could be the cause of wheat and gluten intolerance as well as celiac disease).

Diets of refined foods (junk foods such as chips, pastries, chocolates, sweets, white rice, white and brown bread) release sugar or glucose into the blood stream too fast. The body gets a surge of glucose which goes beyond the normal glucose levels and fat storage occurs. Refined foods have had all fibres removed which results in no controlled glucose release when those foods are consumed. Hyperactivity in children is often caused by such diets with fluctuating sugar levels resulting in poor concentration, obesity and their getting out of control.

Insoluble fibres help carry waste out of the colon. It adds bulk to the stools and helps it move more swiftly. The more quickly stools move, the less likely harmful substances can do damage at cellular level. It is assisted with an adequate consumption of water and helps to prevent constipation. Consider the fibre as a broom which will sweep the colon of its waste. However, one needs something to make the broom work, and this is done by the muscles of the colon that will create the movement, called peristalsis.

Irregular bowel movement and Irritable bowel syndrome can be due to lack of colon muscle movement which is resolved by Magnesium, Vitamin B1 and Potassium. Colon inflammations due to proteins damaging the colon wall, or candida overgrowth or excessive toxins from unmoved colon waste is resolved with glutamine, acidophilus, alfalfa, Magnesium di-Oxide, Vitamin B5, Vitamin C and B Complex. Possibly some herbal formulas to get rid of parasites (as determined by a health care practitioner).

Foods that contain both fibres are as follows:

Beans, lentils, chickpeas, mung beans, brown rice, brown basmati rice, rolled oats (not 2 minute oats), barley, quinoa, millet, sorghum, polenta, whole grain mealies, whole wheat, soya, ground

linseeds, psyllium husks, fruits and vegetables.

References: Patrick Holford (30 Day Fat Burner Diet), Adelle Davis, Selene Yeager (The Doctor's Book of Food Remedies)