

Discover the All-Natural Organic Solution to Getting the Fiber You're Probably Not Getting in Your Diet

By Dr. Mercola

In the U.S., in Canada, and around the world, we're experiencing a "fiber crisis."

Shocking new research suggests that the general public – which likely includes you – is simply *not* getting the fiber needed every day for optimal health and wellbeing*.

In fact, a recent survey determined that fewer than 10 percent of us are consuming the optimal recommended daily amount of fiber. And, if that doesn't startle you, consider that the average American consumes *less than half* the suggested amount of fiber daily!

Why is a diet deficient in fiber a problem?

Numerous studies now reveal the potential drawbacks of a diet low in fiber for individuals of all ages.

Once regarded simply as a way to help with regularity or to aid occasional constipation, the results of study after study force us to rethink the fundamental benefits and value of fiber*.

In fact, a high fiber diet may help you **maintain your digestive health and regularity (including providing ideal food for your beneficial bacteria), and your heart healthiness***.

Additionally, studies suggest that high fiber diets may also **assist you in the battle against the bulge** by helping you feel full and therefore eat less*.

So, since most of us are dramatically deficient in our daily intake, it's time for you to take firm action.

It's time for a change. And I'm here to help.

Believe me when I tell you that you simply cannot afford to wait any longer.

It's Time for You to Understand the Benefits of Fiber

Fiber has long been recognized for helping with **digestive regularity and occasional constipation**, however the advantages of a fiber-rich diet go far beyond these basic benefits*.

In fact, diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium seed husk may reduce the risk of heart disease.* One serving of ***Fiber Harmony Organic Psyllium*** provides 4-6 grams of this soluble fiber (depending on the flavor).

In addition, a diet rich in fiber:

- **Can contribute to a sense of fullness which may prevent over-eating and help you regulate your weight*.**
- Can promote the growth of your healthy bacteria and the food they need to thrive, which may help enhance your immune system's ability to promote good immune health*.
- **Can slow your absorption of sugars, which has the potential to promote healthy blood glucose levels*.**
- Can add "bulk" to your stool as it supports regularity and elimination*.

As you can quickly see with even this short list of benefits, fiber has entered the scene as a major player in your health and wellbeing.*

So, the question then becomes obvious:

Are You Getting Your Daily Fiber Fill?

It doesn't matter your age – getting the recommended allowance of fiber is an important part of your daily diet.

But, do you even know how much is the right amount? If you don't, you're not alone. A recent survey by the National Fiber Council showed that 88 percent of Americans have no idea how many grams of fiber they need a day.

This is one instance where ignorance is not bliss. In fact, the Columbia Institute of Human Nutrition reports that *only 10 percent* of all Americans get the recommended amount of fiber in their daily diet. And, what's worse – **the average American only eats about half the recommended fiber they need.**

But we shouldn't be all that surprised by these startling numbers because – even if we don't want to admit it – most of us don't really have a good handle on our fiber needs.

- A 2005 national study revealed that over 50% of Americans think steak is high in fiber – but in reality meat has little or no fiber.

- The same study discovered that one in five people has no idea how much fiber they eat daily -- and nearly 60 percent of all respondents in the survey have never talked with their health care provider about fiber.

Again, it really should come as no surprise that most people have no idea how much fiber is needed daily.

So, how much fiber do you need -- and where can you get it?



You Need at Least 32 Grams of Fiber Every Day*

When it comes to fiber, 32 grams is your minimum magic number. That's the amount of recommended fiber you should consume daily.

But, if you're like most, **you're likely only**

getting 10-15 grams – and yes, I know, it's pretty shocking, isn't it?

Plus, if you're on a low carb diet or just don't consume many fruits, vegetables or grains, you're probably even further from your magic number. According to the *Annals of Internal Medicine*, **people on low carb diets typically get only seven to eight grams of fiber daily!**

I'll let you do the math, but it should be obvious: For your optimal health and wellbeing, you can't go wrong with adding more fiber into your daily diet.*

Ideally, your diet will have foods high in soluble and insoluble fiber, including:

- dried beans
- peas
- flax seed
- green beans
- cauliflower

But, with the hustle and bustle of daily life, it's often difficult to get the optimal amount of fiber you need.

That's why my team and I decided to offer you a powerfully effective (and great tasting) way to supplement your daily fiber requirements.

It's time for you to discover *Fiber Harmony Organic Psyllium*...

Get Your Fiber Fill with *Fiber Harmony Organic Psyllium* – The All-Organic Solution

Finally, you have a choice when it comes to supplementing your daily fiber needs. No longer do you have to settle for less-than-optimal health just because you don't have the time to create a high fiber diet.

- **Promotes regularity and growth of your healthy gut bacteria***
- Helps with occasional constipation*
- **Provides heart-healthy soluble fiber***
- Certified Organic by a USDA-accredited certifying agent
- Tasty whole husk, chocolate, and peach flavors
- **Plus, every 12-ounce canister is packed with 48 servings**

Fiber Harmony Organic Psyllium has the soluble and insoluble fiber you want.

- Soluble fiber that can propel food, sugars, cholesterol and fats cleanly through your digestive tract. Importantly, soluble fiber can **contribute beneficially to your heart health.***
- Insoluble fiber that may act as a bulking agent to **improve your digestive regularity** and to move food quickly through your colon.*

Fiber Harmony Organic Psyllium allows you to easily supplement your daily diet with 4-6 grams of dietary fiber in every great-tasting serving. **That's 14-22 percent of your daily recommended allowance in every single serving!**

But, the benefits of *Fiber Harmony Organic Psyllium* don't end there...

The Top 5 Reasons Why I Believe *Fiber Harmony Organic Psyllium* is the Right Choice for You

You've already seen why fiber is so important to your well-rounded diet. Plus, you've discovered how *Fiber Harmony Organic Psyllium* is so effective at delivering your daily

recommended allowance of soluble and insoluble dietary fiber.*

Now, you may be pleasantly surprised to discover more in depth why I believe ***Fiber Harmony Organic Psyllium*** is the right choice for you.

1. **The support for heart health you desire.***

Soluble fiber, such as the fiber in ***Fiber Harmony Organic Psyllium***, when included in a low saturated fat and cholesterol diet, has been **shown to help lower cholesterol.***

In fact, clinical studies have shown that, when taken daily as a part of a diet low in saturated fat and cholesterol, 7 grams of soluble fiber from psyllium may help reduce heart disease risk by helping to lower cholesterol – both total cholesterol and LDL cholesterol levels*. One serving of ***Fiber Harmony Organic Psyllium*** provides 4-6 grams of this soluble fiber (depending on the flavor).

So, it doesn't matter whether you're in your thirties or sixties, man or woman, I believe that now is the right time for you to start taking your heart health seriously.

Fiber Harmony Organic Psyllium gives you one of the easiest tools you can use to help support your heart health.* Your heart may just thank you!*

2. **The 'probiotic difference' you deserve**

There are trillions of microorganisms that live in your digestive system – some are good, but others do not provide any benefit. When it comes to your health and wellbeing, they play an incredibly important role and your fiber intake can make a big difference.*

“Beneficial flora” are microorganisms that assist with digestion and absorption of your food, **help strengthen your immune system**, and contribute to your body's overall health and function.*

Since less desirable flora in the gut must compete with the helpful microbes already in residence, daily probiotic use can be an effective measure to help us keep the balance of intestinal flora tipped in favor of beneficial flora.*

Probiotics are foods and supplements that actually contain these living beneficial microbes. Probiotics can help support your body's natural and healthy flora and support a healthy balance.*

How does all this relate to fiber? Well, it's simple.

Beneficial bacteria love to feed on fiber (such as that found in ***Fiber Harmony Organic Psyllium***)*. Whereas, less desirable bacteria like to eat refined sugars and fats – which ***Fiber Harmony Organic Psyllium*** may help reduce within your digestive system.*

Plus, our chocolate, orange and peach *Fiber Harmony Organic Psyllium* contain inulin – a prebiotic that helps probiotics survive as they travel through your stomach and small intestine, and thrive as they reach your intestines and colon.*

Note: We are proud to offer our Complete Probiotics with *Fiber Harmony Organic Psyllium* as an incredible package to help you reach your optimal health goals (*see below for details and to order yours today*).

3. **The organic choice you want**

Since *Fiber Harmony Organic Psyllium* is your all-organic choice, you can feel confident that you are consuming Psyllium **grown without pesticides, herbicides or chemical fertilizers -- plus, it contains no additives or sweeteners.**

Additionally, the Psyllium in *Fiber Harmony Organic Psyllium* was grown using organic crop rotation practices, so there is **no risk that *Fiber Harmony Organic Psyllium* has been contaminated** by previous crops that were treated with chemical pesticides, herbicides, and fertilizers.

Fiber Harmony Organic Psyllium was the first USDA certified organic psyllium product and now you can take advantage of this all-natural solution.

4. **One of the easiest ways to add fiber to your diet...and it's tasty, too!**

With three quick and easy options, adding fiber to your diet has never been easier. Take three times a day to add as much as 18 grams of dietary fiber to your diet.

Plus, with chocolate, peach, and whole husk options, fiber has never tasted so good!

5. **Help maintain your digestive health and perhaps even your optimal weight***

You know that *Fiber Harmony Organic Psyllium* may help relieve occasional constipation and contribute to optimal digestive health*. But, did you know that a high fiber diet may also contribute to a sense of fullness which may prevent overeating?*

Now, maintaining your optimal weight may not be such a struggle when you keep a diet rich in fiber starting with *Fiber Harmony Organic Psyllium*.*

As you can see, there's never been a better time for you to start taking control of your health and wellbeing -- and I believe that *Fiber Harmony Organic Psyllium* is one of your best options.* See for yourself...

Compare Other Leading Brands to *Fiber Harmony Organic Psyllium*

You might be asking yourself: “Aren’t all fiber supplements the same?”

The short and simple answer is **NO**.

But, instead of me telling you why I believe *Fiber Harmony Organic Psyllium* is far superior to other brands, I want you to see for yourself. So, I’ve put together a chart so you can compare *Fiber Harmony Organic Psyllium* to the other supplements out there.

Looking at this, I’m sure you’ll see why I believe so strongly in *Fiber Harmony Organic Psyllium*.

Benefits You Want	<i>Fiber Harmony Organic Psyllium</i>	Other Brands
100% organic supplement	YES – because it is USDA certified 100% organic, you can be confident with <i>Fiber Harmony Organic Psyllium</i> .	Many supplements are not organic.
All-natural Psyllium as the active ingredient	YES – it uses all natural Psyllium husk, you are assured that you are receiving a totally natural solution for your needs.*	Many supplements use synthetic or semi-synthetic active ingredients that do not contain Psyllium, including Methylcellulose and Calcium Polycarbophil.
Contains significant fiber	YES – <i>Fiber Harmony Organic Psyllium</i> contains between 4-6 grams of dietary fiber (depending on which product you choose) in every serving with a recommended 3 servings per day.	Many brands contain considerably less dietary fiber in each serving.
Contains soluble AND insoluble fiber	YES – <i>Fiber Harmony Organic Psyllium</i> contains the best of beneficial soluble and insoluble fiber for you.*	Many supplements only contain soluble fiber, so you lose the benefits of insoluble fiber.
Contains beneficial prebiotics	YES – our peach and chocolate blends contains inulin which has been shown to be an effective prebiotic to help your body’s natural	Most supplements do not include prebiotics of any kind.

	healthy flora thrive -- as well as compliments any probiotics you supplement with.*	
Contains other helpful ingredients to aid digestion.	YES – our peach and chocolate blends contain inulin, Aloe Vera Leaf, and Marshmallow Root to help promote digestive health.*	Many brands contain only their main active ingredient as well as artificial flavors and colors.

Now that you've seen the competitive advantage for yourself, get started with one of our three great ordering options below.

Your *Fiber Harmony Organic Psyllium* Options – 3 Great Choices!

We're now offering **four fantastic choices** to help you with all your fiber needs:

- **Organic Psyllium Whole Husk**

Enjoy the benefits of Psyllium husk powder and its bulk-forming, natural dietary fiber that helps promote good digestive health and regularity.*

- **Flavored Organic Psyllium - Chocolate, Peach or Orange**

Experience the benefits of Psyllium combined with Inulin to help support the growth of beneficial bacteria, Aloe Vera Leaf to promote digestive health, and Marshmallow Root to soothe the digestive system – all in great tasting chocolate, peach or orange flavor.*

I look forward to hearing how has *Fiber Harmony Organic Psyllium* has helped improve your life.