



# HEALTH AWARENESS

## Side Effects Every Low-Carb Dieter Should Know

(NAPSA)—If you're following a low-carb diet, there's a good chance you're not getting enough fiber.

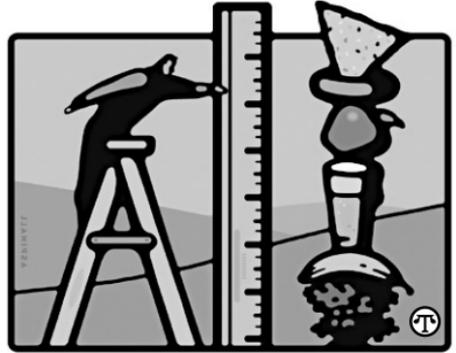
Most people know that low-carb dieting calls for eliminating sugar and starches, but cutting out carbs also means cutting down on some of the best sources of dietary fiber, which can cause irregularity and other more serious gastrointestinal health problems.

"Irregularity is a subject that many people are embarrassed to talk about," says Pamela Peeke, M.D., M.P.H., a nationally renowned nutrition expert and author of "Fight Fat After Forty" (Viking Penguin). "But many low-carb dieters do suffer gastrointestinal problems from reduced fiber intake."

### Fiber Therapy

Limiting fruits, vegetables, whole grains and other sources of fiber, as popular low-carb diets advocate, can cause significant changes in bowel habits. A recent survey conducted by Citrucel® found that more than one-third of low-carb dieters and nearly half of consumers on the Atkins and South Beach diets reported a change in regularity. A study recently published in *The Annals of Internal Medicine* discovered even higher numbers, showing 68 percent of low-carb dieters experiencing constipation and 23 percent experiencing diarrhea.

"Some people may choose not to stay on low-carb diets for the long-term, even if they've experienced significant weight loss, because of the discomfort associated with irregularity," says Dr. Peeke. She lists cramps, bloating, headache, backache and tiredness as just some of irregularity's side effects.



**Many doctors suggest low-carb dieters increase their fiber intake.**

To protect against these problems, she suggests that low-carb dieters increase their fiber intake by eating more low-carb, high-fiber produce like berries, broccoli and spinach, and by taking a bulk-fiber product.

"A therapeutic fiber may be just as effective at maintaining regularity as high-fiber foods," says Dr. Peeke, "so I recommend that people on low-carb diets take a bulk-fiber product."

Low-carb dieters are often surprised to learn, however, that many bulk-fiber products contain carbohydrates, so Dr. Peeke points out that no-carb options are available.

One such product, Citrucel® caplets, contains zero carbohydrates per dose. They also help dieters stay regular without excess gas or bloating, a common side effect of other popular bulk-fiber sources, such as psyllium.

### Gastrointestinal Health

Over time, a lack of fiber may also lead to life-threatening conditions like diabetes, high cholesterol, heart disease and colon cancer. "Low-carb diet or not, the bottom line is that most Americans need to make increasing their fiber intake a priority for optimal health," says Dr. Peeke.