

# NUTRITION NEWS & NOTES

## Thirty-Five: The New Number For Dieters

(NAPSA)—Whatever diet fad is being dished out, odds are it says to avoid some key ingredient—whether it's fat, sugar or carbohydrates. But now a leading health expert is telling us all to eat *more* of something instead: fiber.

And PBS apparently thinks enough of her advice that it's airing a TV special based on her new book.

"Today, if a scientist working in a secret laboratory discovered a 'new' ingredient called fiber, it would be hailed as a miracle nutrient, one of the greatest discoveries of all time," says Brenda Watson, C.N.C., the author of "The Fiber35 Diet: Nature's Weight Loss Secret" (Free Press). Watson, an expert on natural digestive support, internal cleansing and detoxification, says Americans get only about half of the 35 grams of fiber they need each day. She maintains that it's this fiber shortage that has led to skyrocketing obesity rates and associated diseases.

The best-selling author's new book outlines a program for eating more fiber, shedding pounds and keeping those pounds off, and was written with Dr. Leonard Smith, M.D.

### Why Fiber?

If you've been on a weight-loss program, it's likely you've battled constant cravings and low energy levels—and eventually regained the weight you lost. Watson says that fiber and fiber-rich foods help dieters avoid those pitfalls in three ways: First, fiber regulates blood sugar levels, which helps maintain energy levels. Second, it



**Health expert Brenda Watson explains the pounds-shedding effects of her hot, new "Fiber35" diet.**

controls hunger, which reduces cravings. And third, fiber increases feelings of fullness, which makes it easier to eat less.

"If you eat more fiber, you'll feel full and satisfied and you won't binge," says Watson. "And because fiber is all natural and found in fruits, vegetables and other healthful foods, you'll be eating the way Mother Nature intended."

### Turning The Page

Watson's book brings charm and wit into frank discussions about natural health. But perhaps more important, it offers a detailed, three-phase plan to help readers get their daily 35 grams of fiber and a better handle on weight.

"I wrote this book to help Americans battle obesity and cut their risk of developing heart disease, stroke, high blood pressure, diabetes, cancer and a host of other conditions," explains Watson.

For more information, visit [www.fiber35diet.com](http://www.fiber35diet.com).