

Acacia Fiber: The Organic Way to Go

*Mixing clumpy powders and trying to choke them down? Not anymore!
Enter Acacia fiber, a wonderfully organic and easier way to get your daily roughage.*

by Margy Squires

Okay, so you may know you should eat more whole grains, nuts, seeds, beans and lots of fruits and vegetables because they are fiber-dense. According to the American Dietetic Association, the Cancer Institute and the FDA *My Plate*, an optimal daily intake is 25 grams for women and 38 grams for men. Some experts advise 14 grams of fiber for every 1000 calories consumed. But by either calculation, most people are woefully low.

Or are you someone who thinks fiber is no big deal? True, fiber is not really a nutrient since you don't absorb it, but its claim to health lies in what it can do for your gastrointestinal (GI) tract in terms of integrity and regularity. Via the GI, fiber helps reduce the risk of multiple diseases, provides detoxification, aids weight loss and protects immunity. Not bad for a "non-nutrient"!



The simple classification for fiber includes two types, that which dissolves in water (soluble) and that which does not (insoluble). Each performs different functions within the GI tract. Insoluble fiber by bulking stool, promotes peristalsis (wave-like movement) and elimination, brushes the GI tract clean and reduces toxic buildup. Soluble fiber acts like a sponge, attracting water and doubling in size to form a gel matrix within the GI tract that influences bile, cholesterol, glucose, insulin and nutrient absorption.

Acacia is a soluble fiber made from the gum of the acacia tree with unique capabilities that cover the insoluble profile without the side effects. Unlike psyllium, acacia has lower fermentation which reduces gas and bloating, common complaints with fiber supplements. Plus, acacia does not impede mineral absorption as reported of some insoluble fibers. Because of its safety and ease of use, you may discover that acacia fiber is really the organic way to go.

What Can Fiber Do For You?

1 Get you moving normally. Many with GI disorders including irritable bowel, constipation and diarrhea find fiber improves regularity by adding bulk, size and softness to stool.



2 Promote GI integrity. Acacia is also a probiotic to help "feed" friendly bacteria or gut flora to efficiently break down GI material, which also helps nutrient absorption and improve immunity. Acacia is gentle so as not to irritate sensitive GI lining, which may help diverticulitis (inflamed pouches in the colon) and hemorrhoid sufferers.

3 Help lower cholesterol, C-reactive protein and blood pressure. By this mechanism, fiber reduces multiple cardiovascular risk factors. The American Heart Association considers fiber essential to a good healthy heart program.



4 Aids in weight control and blood sugar regulation. Fiber gives a feeling of fullness, satiety and prolongs energy supply by slowing transit. Fiber also helps blood sugar swings by slowing its absorption and subsequent release, which may lower the risk for adult onset diabetes and metabolic syndrome.



5 Detoxifies the body. More than 60 tons of food passes through the GI tract during your lifetime. Elimination of harmful chemicals, including carcinogens, may reduce colon cancer risk, promote energy and a sense of well-being. One to three bowel movements a day help keep the GI tract "swept" and clean and those toxins from being reabsorbed in the body.

Two cautions in general on any fiber. One, increase slowly by only 5-10 grams a week to allow your GI tract to adjust. Two, fiber requires water so be mindful to drink at least 8-10 glasses a day to keep stools soft, plus ease transit and elimination.



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