



## Dr. Patrick McCrea

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## FIBRE INFORMATION

It is important to eat fibre as part of your regular dietary regime. The benefits attributed to fibre are many and include:

- Control of constipation and diarrhea.
- Lowers blood cholesterol levels.
- Lowers blood sugar levels.
- Weight control.
- Treatment of diverticular disease.
- Reduces risk of certain diseases such as colon and breast cancer.

### Guidelines

- Consume 25-30 gm/day.
- Take 1 tbsp of Metamucil every morning and every evening with a large glass of water.
- Drink 6-8 glasses of water every day.
- Baths can be soothing.
- Do not sit on the toilet for long periods of time.