

PREVIEW_ Georgia Ede - Interview (FL JAN 2017) 2

Ivor Cummins: What about the fiber? I know Ron Rosedale you mentioned, he said, "Fiber, maybe slight benefit but grossly overrated as a benefit."

Dr. Ede: Yes, so fiber is actually an anti-nutrient when you think... First of all, we don't digest fiber, so it's not nutritious, you can't get anything out of it really. So it's a substance that passes through your body and in the process it does interfere with the absorption of some things.

For example it interferes a little bit with cholesterol absorption, interferes a little bit with... it slows down glucose absorption. So it has small benefits if you're eating a bad diet to begin with, it might... Do you know what I mean?

Ivor Cummins: That's a great point.

Dr. Ede: So that's its only... But the problem with fibers is they can make a lot of problems worse, and people don't realize that. So for example in the IBS literature, I don't know if you've ever looked at that...