

# Fiber Reduces Cholesterol Safely and for Less Money

(NAPSA)—It's a simple math equation—adding fiber subtracts cholesterol. Therefore, supplementing a healthy diet with natural soluble fiber may be an important alternative to expensive drug therapy for those with high cholesterol.

“Soluble fiber supplementation should be considered in every patient with an elevated low-density lipoprotein (LDL) cholesterol level,” said Dr. Stephen Yarnall, a cardiologist at Stevens Hospital and Clinic in Edmonds, Washington, in a recent article published in *Preventive Cardiology*. “Psyllium is a major source of soluble fiber that can produce a 5 to 15 percent reduction in LDL levels, as well as other health benefits.”

He noted that pure psyllium products such as Konsyl® Easy Mix are readily available without a prescription, and should be used in conjunction with a healthy diet.

Psyllium is natural dietary fiber from a plant grown in India, and is taken with water or juices to slow gastric emptying and increase binding, which results in increased production of bile acids. Because cholesterol is used in the production of these acids, dietary fiber causes a decrease of cholesterol in the blood.

Dr. Yarnall reviewed several clinical studies that showed a lowering of cholesterol in patients who increase consumption of dietary fiber. In men and women with moderately high cholesterol levels, a psyllium mixture produced a 6 percent reduction in total cholesterol and a 10 percent lowering of LDL cholesterol.

Physicians should advise patients to consume a high-fiber diet and add psyllium as a cost-effective treatment to help lower elevated cholesterol, Dr. Yarnall concluded.

One teaspoon of Konsyl Easy Mix contains four grams of soluble fiber from psyllium and, when



**Psyllium, a natural source of dietary fiber, has been shown to lower cholesterol in clinical studies.**

taken twice daily, supplies the amount of soluble fiber necessary to help reduce cholesterol. All-natural “Heart Healthy” Konsyl Easy Mix is 100 percent psyllium, requiring fewer doses, and is free of chemical stimulants, sugar or artificial sweeteners.

Konsyl also has very low sodium and only three calories per teaspoon, and is safe for pregnant women, nursing mothers, diabetics and those on gluten-free diets. Available over the counter in pharmacies and leading chain drug and discount stores nationwide, Konsyl Easy Mix features a smooth texture that is unflavored and easily combined with a variety of beverages to prevent “flavor fatigue” from taking the same flavor each day.

For a free educational booklet, “Fiber Facts: Straight Talk about Dietary Fiber,” write Konsyl Pharmaceuticals, 4200 South Hulen Street, Fort Worth, Texas 76109, or visit its Web site at [www.konsyl.com](http://www.konsyl.com).