

KONSTANTIN MONASTYRSKY

Fiber Menace

THE TRUTH ABOUT FIBER'S ROLE IN DIET FAILURE,
CONSTIPATION, HEMORRHOIDS, IRRITABLE
BOWEL SYNDROME, ULCERATIVE COLITIS,
CROHN'S DISEASE, AND COLON CANCER



"There Shall Not Be Any More of This Thing"
— Genesis 42:35

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**National Association of Wool
Manufacturers**



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satisfactorily in terms of either safety or serviceability i.e. it either collapses or becomes unserviceable there are two types of limit states ultimate limit states limit states of collapse which deal with strength overturning

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