

Fiber Again Found to Help Lung Health

By Greg Arnold, DC, CSCS, February 28, 2010, abstracted from "Prospective Study of Dietary Fiber and Risk of Chronic Obstructive Pulmonary Disease Among US Women and Men" printed online February 19, 2010 in the *American Journal of Epidemiology*

Link - <http://www.nowfoods.com/078550.htm>

Chronic Obstructive Pulmonary Disease (COPD) is defined as "a slowly progressive disease of the airways that is characterized by a gradual loss of lung function". It is the fifth-leading cause of death worldwide (1). While 12.1 million adults ages 25 and older were diagnosed with COPD in 2001, it's estimated that another 24 million adults have evidence of impaired lung function. In 2001 alone, COPD cost our healthcare system over \$32 billion (2)

Fortunately, a number of natural ways, including [omega-3 fatty acids](#) (3), [creatine](#) (4), N-Acetyl-Cysteine (5), [soy](#) (6), and [trace elements](#) (7), can help maintain lung health. A 2007 study showed that 25 grams of [fiber](#) per day benefits lung health (7). Building on these findings, a new study (8) has again found that fiber benefits lung health.

The study involved 111,580 U.S. women and men from the Nurses' Health Study and Health Professionals Follow-up Study (9). They provided information on their total fiber intake as well as fiber intake from specific sources (cereal, fruit, and vegetables) via food frequency questionnaires.

The researchers found that those with the highest 20% of total dietary fiber intake (28.4 grams per day) had a 33% reduced risk of chronic obstructive pulmonary disease compared to those with the lowest 20% of total fiber intake (11.2 grams per day).

When the researchers looked at specific fiber sources, they found only cereal fiber to help lung health, with the highest 20% of intake (9 g per day) producing a 23% reduced risk for chronic obstructive pulmonary disease, compared to those with the lowest 20% intake (2.2 g per day).

For the researchers, "These data suggest that a diet high in fiber, and possibly specifically cereal fiber, may reduce risk of developing [chronic obstructive pulmonary disease]."

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