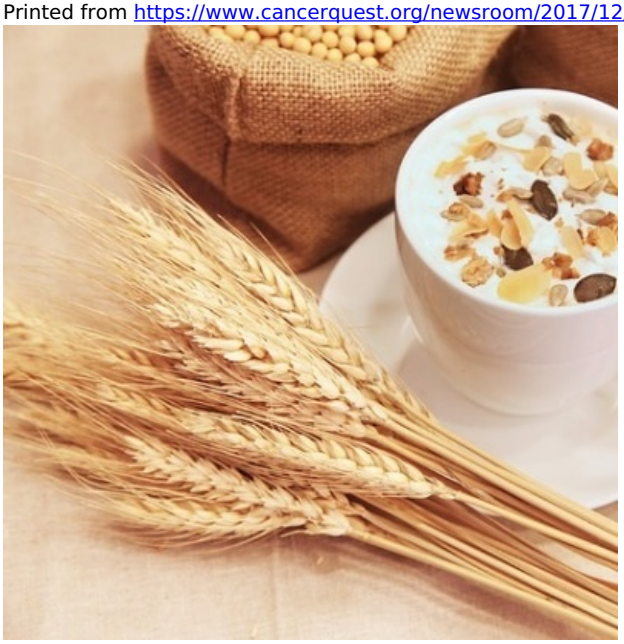
Fiber Linked To Better Survival In Colon Cancer

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A study of medical professionals with colon cancer showed that intake of more fiber was linked to better survival, both from their cancer, and overall. A benefit was also seen in patients that increased their fiber intake AFTER their diagnosis. The type of fiber mattered. Patients who got their fiber from cereal grains had better outcomes than those that got their fiber from vegetables.

Source
https://www.labroots.com/trending/cancer/7266/fiber-rich-diet-improve-colon-can...
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