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Last week's guest post from Konstantin Monastyrsky, author of Fiber Menace, generated a lively, boisterous, and at times combative comment section. I use these descriptors in the best sense possible, mind you; debate is healthy and necessary, even "nay, especially if it's impassioned ...

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Just Say Yes to Fruits and Vegetables (JSY) – SNAP-Ed Toolkit

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Dietary changes are often necessary to prevent flare up of digestive issues. But could one of the dietary changes be to eat fewer vegetables? Let's explore.

Got Digestive Problems? Take It Easy on the Veggies

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