

What Is Fibremaxxing — The New Nutrition Obsession

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- Fibre maxxing refers to intentionally and deliberately increasing your daily intake of **dietary fibre** both soluble and insoluble with the aim of reaching or even exceeding recommended levels.
- The term has gone viral on social media (TikTok, Instagram) as influencers share high-fibre meals, recipes and gut-health claims.
- As one nutrition expert puts it:

"Fibremaxxing is simply being deliberate about both the amount and the variety of fibre you eat to support microbiome and metabolic health."

What are the key benefits of eating more fibre?

As described by experts:

- **Gut-health / microbiome support**: Fibre feeds beneficial gut bacteria, which influence immunity, metabolism, even mood.
- Waste removal & regularity: Insoluble fibre adds bulk and structure to stool and helps move waste efficiently.
- **Metabolic & hormonal support**: Soluble fibre forms a gel in the gut, slows glucose absorption (better blood-sugar control), lowers LDL cholesterol, can aid in hormone detoxification.

How to do it — practical tips

Here are expert-recommended ways to increase fibre intake:

- Use a "seed sprinkle" jar: nuts + seeds on countertop for ease.
- Choose mixed-grains (rice with lentils or beans, wholegrain varieties).
- Add fibre-rich toppings to nut/seed butters or yoghurts.
- Use fresh herbs and spices (they count!) e.g., chopped frozen herbs ready to add.

• Consider psyllium husk or supplements *if appropriate*, but only with proper hydration and guidance.

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