



# herbal fibre

## WITH PSYLLIUM

### for Healthy GI Function

Fibre is an important part of our daily diet. Although health-conscious individuals eat well-balanced meals, including the recommended amount of fibre, they may not realize exactly how much good they are doing themselves. Fibre is part of plant material that we cannot digest; it gives fruits and vegetables their structure and shape.

There are several kinds of fibre – pectin, gum cellulose and lignin. Researchers are finding these different kinds of fibre to have different health benefits. This is why healthy diets should include a mixture of fibre-containing foods – fruits, vegetables, nuts and grain products.

Although we can't digest fibre, it's absolutely necessary for good health. Because we can't digest fibre, it stays in the intestinal tract. There, it absorbs liquid, swells, and helps the intestinal tract work most effectively and quickly. It is like a broom that helps to sweep certain substances such as bile, chemicals and bacteria out of the body.

#### How the Formula Works

**Psyllium Husks** greatly assist in cases of colitis, ulcer, and hemorrhoids by relieving the stress occasioned during evacuation of the bowel. It relieves auto-intoxication, reabsorption of accumulated toxins, which is the cause of many diseases. Psyllium has no harmful effects, be it physiological or chemical. It is superior to emulsions, oils and agar compounds. It is important to know the difference between psyllium seed and hull; seed being wonderful for bulk, but the hull is what gives us the mucilaginous action that is so important to soothe and cleanse the colon.

Colitis is the inflammation of the colon's mucous membrane. There are two kinds: acute colitis, which is often a result of an infection or an allergy and lasts only a short

while chronic or ulcerative colitis which is much more serious. It can have serious complications and requires prolonged treatment.

**Licorice Root** is an effective stomach antacid. Laboratory experiments and clinical use confirm this antacid activity. It also serves as an antispasmodic for the smooth muscles of the stomach and the intestines, and for the treatment of stomach and duodenal ulcers.

**Butternut Bark** is an excellent slow remedy for chronic constipation, sluggish liver, fevers, colds and la grippe. It is an old remedy for expelling worms from the intestines. It is full of naturally occurring saccharin, making it one of the most mild and efficacious laxatives. Its presence in this formula guarantees virtually no problems with painful griping, intestinal spasm or colic-like discomfort which often results from other herbal laxatives.

**Black Walnut** is generally used to expel internal parasites. Its antiseptic property makes it an excellent herb to fight infection. It removes tapeworms and other worms, cures scrofula, old ulcers, boils, itch, skin diseases, eye diseases, liver and bowel diseases, hemorrhoids, proleptis uteri, prolapsed and ballooned intestines, and varicose veins. In fact, it is almost a panacea for human ailments.

**Chinese Rhubarb Root** has plenty of the same constituents found in cascara and senna, though Chinese rhubarb appears to have more natural plant sugars and starch in the root than other varieties of cascara and senna. Because of this, rhubarb works as an excellent laxative. Chinese rhubarb root can reduce cancer tumors, blood pressure, and inflammation. It is also valuable for treating chronic diarrhea and thermal or radiation burns.

**Bentonite** is a type of clay which has positive health benefits in the gastrointestinal tract. It is a ground-up volcanic ash found deep in the



bowels of the earth. It is insoluble in water, but swells to 12 times when added to water. The molecules' two broad surfaces have negative electrical attraction, while the edges are positive, allowing for absorption of many times its own weight of positively charged ions. It is this characteristic that makes bentonite act like a magnetic sponge that removes toxins from the intestinal tract. It helps painlessly to remove parasites and toxins from the entire intestinal tract.

**Fennel Seed** adds a rather interesting dimension to the overall purpose of this particular formula. Fennel contains between 60–70% petroselinic acid (parsley herb contains 13–22%). When fennel oil has been tested independently on lab animals, it induced spasmolytic contractions on their smooth muscles. Fennel is good for the stomach and has stimulating properties. It also has strong antibacterial virtues too. It manifests weak insecticidal activity, which may help to explain why fennel is useful against intestinal parasites. Fennel helps to get rid of gas and eliminate mucous accumulations from the system. In India, the seeds are chewed to increase the flow of saliva, which produces a soothing sedative effect on the stomach, thereby quelling the pangs of hunger. A hot infusion of the seeds will produce perspiration quite freely.

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