



Everybody's Fiber

A gentle fiber blend suitable for spastic colons, inflammation and IBS

Fiber is one of the most important factors in maintaining the health of the gastrointestinal tract, and, in turn, the health of the body as a whole. Fiber absorbs toxins in the gastrointestinal tract, preventing them from being absorbed into the body. It lowers cholesterol, slows the release of sugar into the bloodstream (helping both diabetes and hypoglycemia) and bulks the stool to relieve constipation and improve general elimination.

Coarse dietary fibers like bran and psyllium hulls are often too harsh for people with intestinal problems like spastic bowels, irritable bowel syndrome (IBS), inflammatory problems like colitis and Crohn's, and hemorrhoids. Softer, more mucilaginous fibers, work better in these conditions.

Formerly known as Irritable Bowel Fiber, Everybody's Fiber is a fiber blend that just about anyone can use. It contains fiber products that gently bulk the stool and improve elimination, but it also contains herbs that reduce inflammation, improve digestion, feed friendly intestinal flora and restore intestinal tone to reduce gut "leakage." The blend may be helpful for health problems like IBS, colitis, Crohn's disease, diverticulitis, diarrhea, constipation, high cholesterol, leaky gut syndrome, diabetes and hypoglycemia.

Everybody's Fiber contains the following ingredients:

Soluble FOS Fiber

Short-chain fructooligosaccharides (SCFOS) are chains of sugar molecules similar to starches which are water-insoluble. This means they are not easily digested and move through the digestive system, scrubbing and eliminating waste and adding bulk. The additional bulk helps to exert pressure on the walls of the intestines, which in turn stimulates peristaltic activity, helping the colon to eliminate efficiently and reducing waste in the colon.

Fibers: Slippery Elm, Flax, Marshmallow, Apple Pectin

Slippery elm is a gentle, soothing, mucilaginous herb that reduces intestinal inflammation and provides fiber for bulking the stool. It is nourishing and tissue healing—a very good herb for colitis and other inflammatory bowel disorders. It is a useful remedy for diarrhea in children, too.

Like slippery elm, ground up flax seeds are a source of soothing bulk fiber. They have a lubricating action on the intestines and help to ease spastic constipation and intestinal inflammation. Flax meal is also high in the lignan secoisolariciresinol diglyceride (SDG). SDG has powerful antioxidant and anticancerous properties and absorbs toxins and irritants from the colon.

Marshmallow is a mucilaginous herb with similar properties to slippery elm. It is one of the best sources of easily-digested mucilage. Containing about 25-30% of these polysaccharides and about the same percentage of starch allows marshmallow to coat and lubricate the membranes of the digestive tract, moistening dry stools and constipation and carrying toxins from the bowel.

Apple pectin is a water-soluble fiber that forms the gel that makes jellies and jams thick. Animal studies suggest that apple pectin may be beneficial in reducing the number and tumor score of colorectal tumors. It has an anti-inflammatory effect and may help to lower cholesterol.

Carminatives: Fennel, Peppermint, Chamomile

Fennel is an aromatic herb that stimulates digestive secretions and helps expel intestinal gas. Fennel also has an antispasmodic action which relaxes spasms in the colon and digestive organs.

Peppermint tea is extensively used as a remedy for indigestion, most commonly taken in tea form. Like fennel, it stimulates digestion and has an antispasmodic action. It is a very effective remedy for easing bloating and expelling gas.

Like peppermint, chamomile is extensively used in tea form for indigestion. It also expels gas from the colon and settles an upset stomach. Chamomile contains a blue essential oil that is very anti-inflammatory, making it a very good remedy for easing intestinal inflammation. It is also helpful for reducing leaky gut.

Cat's Claw

The inner bark of cat's claw, a woody vine which grows in the rainforests of Peru, is an immune tonic herb. It has antioxidant and anti-inflammatory properties, and has been used for a wide variety of digestive related health problems, including stomach inflammation, ulcers, hemorrhoids, diverticulitis and chronic intestinal inflammation. It helps stabilize the intestinal flora and protect the cells lining the intestines from damage. Research also suggests it is very helpful for leaky gut syndrome.

Asparagus

Asparagus is a soothing diuretic which helps to reduce inflammation. It also has a restorative effect on the smooth membranes of the digestive tract, flushing wastes that may have accumulated in the tissues.

Dosage

Mix one scoop of "Everybody's Fiber" in water or juice and take before meals 2-4 times daily.

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