



# Intestinal Soothe and Build

## Herbal formula for reducing intestinal inflammation

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Intestinal Soothe and Build, also known as UC3-J, is a wonderful formula for soothing intestinal inflammation and irritation. Created by herbalist Jeannie Burgess, it has been used to help a wide variety of inflammatory bowel disorders such as colitis, Crohn's and celiac disease, intestinal ulceration, acid indigestion, abdominal pain, anal fistula, blood in the stool, ileocecal valve problems, diverticulitis, diarrhea, leaky gut syndrome and hemorrhoids.

The formula combines the soothing action of mucilaginous herbs like slippery elm and marshmallow, with the astringent action of herbs like plantain, rosehips and bugleweed. Chamomile adds additional anti-inflammatory and digestive settling properties. Intestinal Soothe and Build adds fiber to the stool to absorb irritants, which may be inflaming the colon, and helps to reduce gut permeability and leakiness. It also promotes tissue healing and repair.

In addition to its use for intestinal and digestive problems, it has also been applied topically as a poultice for bites and stings, burns and scalds, cold sores, denture sores, slivers and skin ulcerations. It has also been used internally for abscesses, chemical poisoning, copper toxicity, cystitis and Grave's disease.

Here are the specific ingredients in this blend.

### Slippery Elm

Slippery Elm belongs to the demulcent category of herbs, meaning it contains abundant mucilage, with its soothing, softening, lubricating and protecting qualities. It has often been used as a soothing poultice for abscesses, wounds, eruptions, burns and inflamed external surfaces. This formula takes advantage of this mucilaginous quality to soothe and cool inflammation in the intestines.

### Marshmallow

Marshmallow has similar cooling properties. In addition to soothing, moistening and lubricating the intestines it acts as a powerful anti-inflammatory. It also absorbs toxins and encourages the growth of friendly bacteria.

### Plantain

Plantain is not the tropical banana of the same name, but an herb native to Europe which was brought to the Americas by early explorers. It is known as a superb "first-aid plant" because of its antiseptic, astringent, antivenomous, diuretic, refrigerant, styptic, and vulnerary qualities. Traditionally applied to wounds to prevent or cure infection and hasten healing, it's said that even large cuts to which plantain leaves are applied often don't need stitches or sutures. This formula relies on its astringent properties to tone intestinal tissue and its refrigerant and vulnerary properties to soothe and heal intestinal inflammation.

### Rosehips

A rich source of vitamin C and bioflavonoids, rose hips help to tone up intestinal tissue and reduce gut leakiness. They also help reduce intestinal inflammation.

### Bugleweed

Bugleweed is a mild astringent herb, traditionally used for bleeding and excess mucus production. In this formula, it also helps reduce gut permeability and leakiness. It also has a sedative action, calming the nerves, heart and thyroid.

### Chamomile

The last ingredient in this formula is chamomile, an herb with anti-inflammatory properties that is particularly helpful in reducing intestinal inflammation. Chamomile is also an effective nervine, helping to reduce the stress component which frequently accompanies or contributes to intestinal inflammation.

### Usage

This formula works best when taken in large quantities. The recommended dosage is 2-4 capsules taken three times daily with plenty of water. Jeannie designed the formula to work best when used in combination with another of her formulas, Stress-J (STR-J). Stress-J adds additional anti-inflammatory and digestive calming properties, as well as relaxing nervous stress, which is often a factor in bowel disorders. So, for best results, take with 2 capsules of Stress-J three times daily.

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