



Small Intestine Detox

Breaking Up Digestive Stagnation

Small Intestine Detox is a simple formula, containing only two ingredients—marshmallow and pepsin—but it is a powerful combination for promoting the general health of the body. Many people develop mucus congestion in the small intestine because of their constant abuses of the digestive tract. Years of improper food combinations, lack of digestive enzymes, overeating, eating too fast or while stressed, and consuming poor quality foods can weaken the digestive organs and cause the small intestines to become toxic. Small Intestine Detox helps to break up this congestion in the digestive tract.

The main ingredient is pepsin, a protein digesting enzyme which breaks down or digests mucus and other protein materials. Marshmallow is used as a carrier to help preserve the pepsin intact so it can travel to the small intestines and break down protein substances that may be congesting them. A more detailed explanation of these two ingredients follows.

Marshmallow

Marshmallow is a mucilaginous herb that has been used both as a food and as a medicine. Mallows were commonly eaten as a survival food during famines. It also has a long history of medicinal use.

The Greek physician Dioscorides recommended marshmallow for insect bites, stings, toothaches, and vomiting. It was also used as an antidote for poisons and as a preventive measure against a variety of diseases. Early European folk healers used marshmallow to soothe internal and external ailments including: toothache, sore throat, digestive upsets, and urinary irritation.

Marshmallow is a native of Europe and was introduced into North America by the colonists. Later, it was included in the U.S. Pharmacopeia.

Today, herbalists often recommend this marshmallow to those suffering from respiratory and gastrointestinal irritation. Marshmallow soothes irritated membranes in the digestive tract, respiratory passages and in the urinary system. It has a cooling, moistening and nourishing effect on tissues. In the digestive tract, it reduces inflammation, absorbs toxins, and encourages the growth of friendly bacteria.

Pepsin

Enzymes are a critical part of all life processes. The word "enzyme" refers to a catalyst in a biological system that promotes or enhances chemical changes without being spent in the reaction. Enzymes are the "spark plugs" that catalyze many of our body functions.

Pepsin is a digestive enzyme produced by the stomach. In the stomach, it works in conjunction with hydrochloric acid to break down proteins in the food we eat. It splits them into small particles called peptones.

It is believed that the marshmallow helps coat and engulf the pepsin so that it is delivered to the small intestines where it breaks material down that may be clogging the microvilli of the small intestines. This helps improve absorption of nutrients in the small intestines. Conditions where this formula may be of benefit include frequent acid indigestion and heartburn, poor protein digestion, poor assimilation of nutrients, wasting diseases, excess mucus production, toxic colon, and frequent indigestion.

Recommended Use: Take two capsules with meals three times daily.

Selected References

Herbs that Heal by Michael A. Weiner, Ph.D. and Janet Weiner (Mill Valley, CA: Quantum Books, 1994).
The Healing Herbs by Michael Castleman (Emmaus, Penn: Rodale Press, 1991).

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