



## LB-X

Stock #1226-3 (100 capsules)

LB-X is a laxative combination designed to cleanse and detoxify the body, and restore healthy tone to prolapsed or loose bowels. LB-X increases the flow of bile and other digestive fluids which stimulate peristaltic action in the colon, and decreases abdominal cramping by relaxing muscle spasms. LB-X also improves liver function, purifies the blood, reduces inflammation, shrinks tissues, fights infection, relieves lymphatic stagnation, and stimulates urine flow to expel toxins and cleanse the urinary tract.

LB-X is routinely used for colic, colitis, constipation, diarrhea, dyspepsia, flatulence, gastrointestinal inflammation, halitosis, hemorrhoids, intestinal parasites, jaundice, liver problems, menstrual irregularities, peptic ulcers, skin problems, spastic bowel, and weakened digestion.

**Capsicum** has been found to effectively stimulates production of digestive and mucosal fluids which helps improve digestion, soothes inflammation, enhances the removal of toxins from the body, and relieves gastrointestinal problems, including bleeding ulcers, colic, dyspepsia, flatulence, and even diarrhea. Capsicum's antiseptic properties have been proven active against various gastrointestinal pathogens (disease-causing agents).

**Cascara Sagrada** is widely known for its laxative effects. Its non-habit-forming and mild nature has made cascara a popular treatment worldwide for chronic constipation, even for small children and the elderly. Cascara is also used to treat hemorrhoids and piles. Cascara has been shown to stimulate bile production and is beneficial for digestive and liver problems, particularly enlarged liver. Cascara has also been found effective for treating colitis, diverticulosis, dyspepsia, gallstones, intestinal parasites, jaundice, skin diseases, sluggish gall bladder function, and worms.

Research indicates **dong quai** promotes oxygen absorption by the liver, raises metabolism, and enhances the liver's ability to regulate glycogen production to normalize blood sugar levels, thus aiding in the treatment of diabetes. Dong quai has also been shown to relieve stagnation in the spleen, improve digestion, and treat constipation and dyspepsia, particularly among the elderly. Dong quai is even recommended for treating skin problems such as abscesses and boils. Dong quai acts as a mild analgesic (pain-killer), laxative, and sedative. Recent studies show dong quai reduces angina, arrhythmia, and blood cholesterol, and may prove beneficial in the treatment of atherosclerosis and coronary heart disease.

**Fennel** seeds contain a volatile oil which is responsible for the herb's antispasmodic properties and its ability to help relieve gas. In fact, fennel is perhaps most commonly used to reduce abdominal distension (bloating) and ease stomach pain. Research shows fennel increases the production of digestive fluids, reduces inflammation, and acts as an antiseptic and diuretic. Fennel has often been used for amenorrhea, anorexia, colds, colic, constipation, coughs, diarrhea, dyspepsia, flatulence, flu, and heart problems. European research shows fennel not only relaxes the smooth muscle lining of the digestive tract and helps alleviate gas, but also destroys certain bacteria. In Germany, fennel is commonly prescribed for gas pains, indigestion and infant colic.

**Ginger** contains a volatile oil and other compounds which act as digestive stimulants to encourage the production of digestive fluids and saliva. Ginger neutralizes acids and toxins in the digestive tract which reduces gas and pain in the bowel. Ginger has been clinically proven to substantially reduce diarrhea, nausea and vomiting associated with the common 24-hour and three-day flus. Ginger also induces perspiration, making it useful in the treatment of fevers, including malaria. Ginger has been shown to reduce inflammation by acting as a prostaglandin inhibitor, in much the same way as non-steroidal anti-inflammatory drugs (NSAIDs) work. Studies show ginger relaxes muscle spasms and relieves pain and inflammation associated with rheumatic conditions.

Studies show **golden seal** acts as an astringent, producing a vasoconstricting—tightening of the blood vessels—effect. Golden seal's astringent ability enables it to help tone mucus membranes, which in turn, aids stomach and intestinal disorders, stops internal bleeding, and prevents hemorrhaging. Golden seal also reduces inflammation and pain in mucosal tissues, and acts as a laxative. Golden seal increases the secretion of digestive enzymes and fluids, especially bile, which helps regulate liver and spleen functions. Golden seal is recommended for numerous gastrointestinal disorders, including colitis, enteritis, gastritis, hemorrhoids, hepatitis, intestinal infections, and peptic ulcers.

**Lobelia** calms the nerves and acts as a mild laxative and powerful antispasmodic. Lobelia has proven to be helpful for cramps, dysmenorrhea, inflammation, spastic bowel, swelling, and ulcers. Lobelia's muscle-relaxing properties help ease muscle tension and inflammation, also making lobelia useful for back problems, muscle pulls, sprains, and

tension headaches.

**Oregon Grape**, a close relative of barberry, enhances glandular function, especially of the liver and thyroid; improves digestion and absorption of nutrients; increases appetite; purifies the blood and relieves lymphatic stagnation. Oregon grape also enhances the production of bile which stimulates peristalsis and assists the liver in eliminating stored toxins. Oregon Grape is a good source of berberine, a substance with remarkable infection-fighting properties.

**Red raspberry** contains tannins which are believed to be responsible for the herb's ability to combat diarrhea, hemorrhoids, morning sickness, nausea, and vomiting. Raspberry actually produces a balancing effect on the body which helps to relax muscle cramps and spasms and treat constipation, as well as improve prolapsus and extreme looseness of the bowels, as in the case of diarrhea. Red raspberry is also recommended for dysentery and intestinal flu.

**Turkey rhubarb** purifies the blood, strengthens the liver, stimulates peristaltic action and the release of bile, enhances urine flow, tightens body tissues, and acts as a laxative. Turkey rhubarb is primarily used today for constipation, diarrhea, dysentery, inflammatory skin conditions, and jaundice. Recent studies have also shown that turkey rhubarb cures upper digestive tract bleeding.