



## Psyllium Hulls Combination

Stock #1376-4 (11 oz.)

Psyllium Hulls Combination is a bulk laxative formula which absorbs toxins from the bowel and soothes inflamed and irritated tissues. Psyllium Hulls Combination also provides bulk to the stool and encourages the growth of healthy intestinal flora.

Psyllium Hulls Combination is generally used for ulcerative colitis, constipation, Crohn's, diarrhea, dyspepsia, gastritis, hemorrhoids, irritable bowel syndrome, and gastric and duodenal ulcers. Psyllium Hulls Combination has also been used to reduce cholesterol, manage diabetes, and eliminate toxicity associated with arthritis.

**Hibiscus** stimulates circulation, checks bleeding, soothes inflamed tissues, and relaxes muscle spasms. Hibiscus has traditionally been used for dysmenorrhea and poor circulation. Hibiscus is also a popular coloring and flavoring ingredient in herbal teas.

**Licorice** increases the production of digestive fluids and bile, soothes mucus membranes (especially in the stomach), relieves pain and inflammation, relaxes muscle spasms, enables the body to expel phlegm, strengthens the adrenal glands, stimulates the adrenal cortex, lowers cholesterol, and acts as a mild laxative. Licorice is also particularly beneficial for gastrointestinal problems such as gastritis, peptic ulceration, and excessive stomach acid. Licorice is a powerful anti-inflammatory and anti-arthritic, and has been proven as an effective treatment for chronic hepatitis B and liver cirrhosis. Licorice has also been shown in numerous studies to be quite effective in treating hypoglycemia, especially due to adrenal stress. Additionally, licorice exhibits antibacterial, antifungal, antimicrobial, antiviral, and possible anticancer properties

**Psyllium hulls**, also called husks, are the outer coverings of psyllium seeds, containing the majority of the bulking mucilage—complex carbohydrates which expand, becoming gelatinous when soaked in water. Psyllium hulls are favored over the seed germ for use as a bulk fiber laxative, since the hull swells in water to 8-14 times their dry volume. Psyllium hulls also act like a colon "broom," cleansing the intestines and absorbing toxins adhered to intestinal walls. Psyllium has become a widely-used fiber supplement, as high fiber diets are recommended when trying to control weight and lower cholesterol and blood sugar levels. Dietary fibers, such as psyllium, help provide a sense of fullness and slow the absorption of cholesterol and sugars into the blood stream. Psyllium increases available water content within the large intestine, thus increasing the bulk of the stool and making its passage easier. This action also helps relieve hemorrhoids by reducing irritation of the distended vein. Furthermore, the soothing, healing effect produced by the mucilage-rich husks and seeds helps relieve gastrointestinal inflammation associated with acid indigestion and stomach and duodenal ulcers.

Psyllium is commonly used to correct diarrhea and to aid irritable bowel syndrome (IBS). Psyllium is also effective for treating Crohn's and ulcerative colitis. The cholesterol-lowering effects of psyllium are well-established. Numerous studies demonstrate psyllium's ability to significantly lower both total cholesterol and LDL cholesterol levels. Furthermore, preliminary research findings indicate psyllium may provide an indirect protective action against colon cancer.

Studies also show psyllium to be helpful for managing diabetes. According to a study published in the *American Journal of Clinical Nutrition*, psyllium reduced the rise in postprandial (after a meal) glucose and insulin concentrations in participants with non-insulin-dependent diabetes.