



## Psyllium Hulls

Stock #545-9 (100 capsules)

Psyllium is a popular natural bulk laxative, used in many over-the-counter brands, and is considered beneficial for constipation stemming from either an over-relaxed or over-tensed bowel. Clinical trials conducted in Germany, Scandinavia, and the United States during the late 1980s confirmed that psyllium acts as both an anti-diarrheal and as a laxative, promoting the restoration of healthy bowel functioning.

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 are comprised of 70% soluble fiber in contrast to oat bran which is only 7% soluble fiber. 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 helps relieve gastrointestinal inflammation associated with acid indigestion and stomach and duodenal ulcers.

Psyllium is also being used to treat the symptoms of chronic yeast infections. Psyllium’s mucilage absorbs the toxins produced by *Candida albicans*, which many people are very sensitive to. Psyllium also encourages the growth of healthy colonic flora to keep yeast levels in check. Of course, the mucilage also absorbs other toxins within the large intestine, expelling them from the body and reducing autotoxicity.

Psyllium is commonly used to correct diarrhea and to aid irritable bowel syndrome (IBS). A clinical trial lasting several months, conducted on the benefits of psyllium for treatment of individuals with IBS, was published in the *Quarterly Journal of Medicine*. Researchers found those taking psyllium stayed in remission, while those previously taking psyllium and then changed to a placebo, or those who stopped taking the treatment, relapsed. When psyllium treatment was resumed, participants became asymptomatic. 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. Although the mechanisms by which psyllium operates are not completely understood, initial findings show the fiber reduces cholesterol absorption and stimulates the rate of cholesterol transformation into bile acids. 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.