



Ingredients:

2 parts Barberry bark
1 part Cascara sagrada bark
1 part Cayenne
1 part Ginger
1 part Goldenseal root
1 part Lobelia
1 part Red Raspberry leaves
1 part Turkey rhubarb root
1 part Fennel

Instructions:

Mix the powdered herbs together and store in a glass, airtight container. Make into capsules or a tincture or glycerite.

To Use:

This formula is meant to be used as a food to strengthen the colon and remove hardened, dried, fecal matter and accumulated filth. The amount you take depends on the condition of your colon so it is important to be in tune with your body. Start with 2 capsules, 3 x a day and increase or decrease from there. I have a person in my home (not to be named ;)) that had a major constipation issue, it took him about 25 capsules before things started to move. Note that it wasn't all at once. I had him take about 3 capsules every hour with plenty of water. Dr. Christopher also noted that he had a patient that had 40 capsules before things started to move, so it's important to gauge where your body is. Continue using this formula until your bowels are regularly moving, at least once a day, but you should know what your regular is. Some people will take up to 6 months to completely eliminate all the built up fecal matter and rebuild the bowel structure, which can be damaged as it is stretched and weakened when constipated. After that just take the formula as needed. Please note this is not a laxative, it is a colon building formula so look at it as a food, not a medicine.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.