Dr. Christopher's Lower Bowel Formula



INGREDIENTS

Mix the powdered herbs together for capsules or make as a tincture.

- *2 parts Cascara sagrada bark*
- *1 part Barberry bark*
- *1 part Cayenne*
- *1 part Ginger*
- *1 part Goldenseal root*
- *1 part Lobelia*
- *1 part Red raspberry leaf*
- *1 part Turkey rhubarb root*
- *1 part Fennel*

INSTRUCTIONS

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 will 2 capsules (or dropperfuls), 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 six 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.

NOTE

Can be purchased from Dr. Christopher's Herb Shop