Fiber-Plus

A gentle, soothing fiber blend built for a digestive tract that needs more than bulk alone. Psyllium Husk and Seed supply the bulk and water-holding action of a good fiber, while Slippery Elm and Marshmallow bring a soothing, mucilaginous quality that coats and calms the tissue as it works, and Aloe Vera rounds it out with its own long tradition of digestive support. This formula is especially suited to a degraded or damaged intestinal system — it is very healing, supporting the stomach and the intestines together as it moves through.

This Herbal Combination



Psyllium Husk and Seed — The foundation of the formula. Both the husk and the seed swell and gel on contact with water, adding soft bulk and holding onto moisture as they move through the digestive tract — supporting regular, comfortable elimination without any harsh, stimulating action.



Slippery Elm Inner Bark — A mucilage-rich bark that forms a soothing, slippery gel when mixed with liquid. It coats and calms irritated tissue all along the digestive tract, easing the passage of the other fiber as it works and helping soothe a stomach or intestinal lining that has been under stress.



Marshmallow Root — Another deeply mucilaginous, demulcent herb, closely related in action to Slippery Elm. Marshmallow's soothing pectin helps calm and heal irritated or inflamed tissue through the stomach and intestines, making it a natural partner in a formula built around a degraded digestive system.



Aloe Vera — A soothing, healing plant with a long traditional history of digestive support. Its gel brings its own calming, moistening quality to the blend, rounding out the formula's gentle, healing action on the digestive tract.

How It Works

Fiber-Plus works on more than one level at once. Psyllium Husk and Seed hold onto water and add soft, gentle bulk, encouraging regular movement without harsh stimulation. Slippery Elm and Marshmallow bring a mucilaginous, slippery quality that coats irritated tissue and eases the fiber's passage, while the sheer volume of fiber in the blend gives the intestines the extra push they need to keep things moving. Together, this makes Fiber-Plus especially well suited to a stomach or intestinal tract that has been degraded or damaged — it doesn't just move things through, it helps heal the tissue along the way.

The Traditional Recipe

This blend combines Psyllium Husk Powder, Psyllium Seed Powder, Slippery Elm Powder, Marshmallow Powder, and Aloe Vera Powder.

Suggested Use

Take 1 rounded teaspoon, one or more times a day depending on your need, mixed into juice or water.

From Dara's Practice

This past year I found Fiber-Plus a real help while dealing with Bladder Pain Syndrome — it was one of the aids that helped restore my digestive tract along the way, with aloe vera juice as a helpful companion alongside it. It's a good fiber support because there is so much healing in it, not just bulk. You can read more about that experience on my blog.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "A Fiber Blend That Heals While It Works" at www.daradietz.me.