LBF #1

Lower Bowel Formula, a blend of herbs traditionally used to help a sluggish bowel move waste out of the body.

This Herbal Combination



Curacao and Cape Aloe — a strong bitter traditionally used to wake up the muscles of the bowel wall.



Cascara Sagrada — tones the muscle of the bowel and helps it find its natural rhythm again.



Senna Pods — a dependable bowel stimulant, the gentler part of the senna plant.



Senna Leaves — adds the stronger push of the senna leaf.



Ginger — warms the bowel and eases cramping.



Barberry — stimulates the flow of bile, the body's own natural laxative.



Garlic — cleanses and fights the bacteria and parasites that thrive in a sluggish bowel.



African Bird Pepper — brings circulation and carries the other herbs where they need to go (in the cayenne version only).

How It Works

Everything the body can't use has to leave through the bowel. When the bowel is sluggish, that waste sits, and the blood that travels through every part of the body carries it throughout the system. This formula supports the body in moving that waste out every day.

It is fashioned around the lower bowel formula Dr. Schulze used to make.

Three Ways to Take It

With Cayenne: the full formula in capsules.

Without Cayenne: for those who need more than 5 capsules a day. At higher amounts the cayenne can upset the stomach or burn a bit, feeling like acid reflux, especially when taken without food.

Extract (without Cayenne): for those who can't swallow capsules, or whose bowels are so sensitive that even a part of a capsule brings on cramping. Very sensitive people may need only a drop or two a day.

Suggested Use

Take 1 capsule with dinner the first day, 2 the second, and 3 the third. Keep adding one capsule a day until you find your number, the amount that gives good, easy movements. Most people land between 3 and 5 capsules a day; a few need 10 or more.

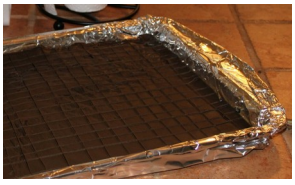
Extract: start with a single drop a day and adjust from there.

Make Your Own LBF #1 Squares

For anyone who has trouble swallowing capsules, LBF #1 powder can be made into coconut oil squares. The coconut oil masks the bitter taste of the herbs, and the chunks go down easily.









Mix: Melt 1 cup of coconut oil and stir it into 1 lb of LBF #1 powder until smooth.

Spread and Score: Pour it onto a foil-lined cookie sheet. Chill until it is firm enough to hold a knife line but still soft, about 4 to 5 minutes in the freezer or 15 to 20 in the refrigerator. Score it into squares; 14 cuts the long way and 10 the short way works well. Whatever size you choose, cut it the same way every time.

Set: Return it to the refrigerator for a few hours or overnight. The squares will break apart evenly along the score lines. Keep them in the dairy compartment of the refrigerator.

Build Up: Just as with capsules: 1 square the first day, 2 the second, 3 the third, and so on, until the bowels are moving well. Once you know how much you need, you can cut future batches to suit your own dose.

Taking Them: Do not swallow a whole square; it can get stuck in the throat. Cut each square into small chunks with a paring knife, put a spoonful in your mouth, and wash it down with a swallow of Superfood or juice.

A dear doctor friend of mine, who practiced well into her nineties, made these squares for all of her LBF #1 patients, buying the powder 30 pounds at a time.

Pairs Well With

LBF-CC, an alternative bowel formula without Senna; LBF #2 and Fiber-Plus, two fiber blends that give the bowel something to move.

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 posts "Helping Sluggish Bowels Move Again" and "Bowel Formula Squares: An Easier Way to Take Your Herbs" at www.daradietz.me.