LBF #2

An absorbing fiber blend: the bowel vacuum in a bowel cleanse, and a 911 for vomiting and diarrhea.

This Herbal Combination



Psyllium Husk — the bulk of the blend; swells into a gel that firms loose stool and carries waste out.



Flax Seed — soothing, lubricating fiber.



Apple Pectin — a gentle, binding fiber long used to settle diarrhea.



Bentonite Clay — draws toxins and bacteria to itself and carries them out.



Activated Charcoal — one of the great absorbers, soaking up poisons and gas in the gut.



Slippery Elm — coats and soothes raw, irritated tissue.



Marshmallow — another soothing, coating herb for inflamed membranes.



Peppermint — settles the stomach and eases cramping.



Plantain — a healing, drawing herb for irritated tissue.

The Bowel Vacuum

This is the blend's most important work. As part of a bowel cleansing program it acts as a bowel vacuum, pulling inflammation from the bowel walls and helping carry out the toxic waste the liver releases during a healing program.

Week 1: establish LBF #1 or LBF-CC first. Take it with or just after dinner, building up one capsule a night until the bowels are moving well. If they are not regulated by the end of the week, stay on it alone another week.

Weeks 2 and 3: the two-week bowel cleanse. The night before you begin, increase your lower bowel capsules by 1 or 2; those taking 10 or more capsules may need 2 or more. Add more if you feel bound. Then take 1 rounded teaspoon of LBF #2, shaken in 8 oz of water or juice (water the juice down if blood sugar is a concern), five times a day. (A rounded teaspoon suits almost everyone; someone very large or with serious bowel disease may find a bit more helpful.)

1. One hour after your morning drink
2. ½ hour before lunch
3. Between lunch and dinner
4. ½ hour before dinner
5. One hour before bed

Drink at least 8 more ounces of liquid after each dose, and 64 to 128 ounces of water, herb teas and diluted juices through the day. A healthy bowel moves once for every meal eaten.

For the irritated bowel (colitis, irritable bowel syndrome, Crohn's disease, or more than 3 movements a day): skip LBF #1 unless constipated, and use LBF #2 daily to soothe the bowel and firm the stool. 1 to 3 teaspoons a day; it can be used continuously.

In an Emergency

The blend thickens fast. Shake it in water or juice in a lidded jar (it won't stir), and drink it all at once.

Cramping bowels (even if nothing is passing): 1 rounded teaspoon in about 6 oz of water. Relief often comes in about ten minutes.

Wet, crampy stool: the same rounded teaspoon each time the bowels produce crampy stool. Usually one dose clears it.

Watery diarrhea: 1 full tablespoon in 12 oz of water each time water passes from the bowels, as long as needed. Drink extra water to replace what is lost.

Vomiting: 1 full tablespoon in 12 oz of water, all at once. It absorbs the acid or bacteria that make the stomach want to purge. If it comes back up, it comes up soft, and stomach-settling herbs (peppermint tea, ginger root juice, or Digestive Tonic in hot water) will then work very well.

Don't get ahead of the problem. Taking more than needed can over-tighten the bowels. Take another dose only when the bowels produce the problem.

For Children

Dose by weight: the child's weight over 150 pounds gives their share of the adult dose. A 50-pound child takes about a third; a 75-pound child about half.

Pairs Well With

Digestive Tonic and L-P Formula for an upset stomach; LBF #1 or LBF-CC for everyday bowel support.

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 911 for Vomiting and Diarrhea" at www.daradietz.me.