LBF-CC

An alternative lower bowel formula built around Cascara Sagrada, with no Senna and no cayenne.

This Herbal Combination



Cascara Sagrada — the heart of the formula, at triple strength; tones the bowel muscle and restores its natural rhythm.



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



Ginger — warms the bowel and eases cramping.



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



Turkey Rhubarb — moves the bowel, then gently tones it afterward.

How It Works

Senna has been given a bad name over the years, and some people find it harsh. Some simply respond better to a different set of herbs. This formula is fashioned around Dr. Christopher's lower bowel formula, with the Cascara Sagrada tripled. Dara first made it for herself nearly twenty years ago, and so many members have come to love it that it's made right alongside LBF #1.

It contains no Senna and no cayenne.

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.

Pairs Well With

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 post "Helping Sluggish Bowels Move Again" at www.daradietz.me.