

Nutritional Supplements

Lower Bowel Balance



Lower Bowel Balance 550 (00 veggie caps)
Lower Bowel Balance 150 (0 veggie caps)
Lower Bowel Balance 100 (00 veggie caps)
Lower Bowel Balance Jr. (Syrup/Tincture)
Colon Health Book

The “**BAREFOOT**” Herbalist, M.H.

Remake of *Dr. John R. Christopher's* “Original” herbal formulas, the
“**BAREFOOT**” Herbalist Way.

This is one of Dr. John R. Christopher's most famous and popular formulas. To many this formula is known as an herbal laxative; however, to many herbalists it is much more than this. One of the most important and beneficial factors of this formula is how it stimulates peristaltic action within the lower bowel and the whole body. **This formula consists of Barberry bark, Cascara sagrada bark, Cayenne, Ginger, Lobelia herb and/or seeds, Red Raspberry leaves, Turkey rhubarb root, Fennel, Olive Leaf and Golden seal root.** Take according to how many you need. As there are no two people alike in age, size, or physical construction (and the bowel itself will differ in persons as much as the finger prints), most cases will start with one - two number "00" capsules or 1 dropper of the **Lower Bowel Jr.** extract three times a day, and then regulate the dosage from there. If the stool seems too loose then cut down, but if it is difficult to get a bowel movement and the stool is hard and takes a long time, then increase the amount until the movements become soft and well-formed (and here, in very difficult cases, one could take even up to 20 of these capsules a day, for these herbs are only food and can do no damage). After the hard material has broken loose and is eliminated (these are hard incrustations of fecal matter that have been "stored" in the bowel for many years that re breaking loose and soaking up intestinal liquids), one can gradually decrease but do not taper off the **Lower Bowel Formula** dosage so much at this point that one lose this advantageous momentum and continuity of elimination. In most cases, improper diet has caused the peristaltic muscles to quit working. It will take six to nine months with the aid of the **Lower Bowel Formula** for the average individual to clean out the fecal matter and to rebuild the bowel structure sufficiently to have the peristaltic muscles work entirely on their own.

Most people have pounds of old dried fecal matter that is stored in the colon, which is toxifying the system, and keeping the food from being assimilated—because of this putrefied condition, most people engorge themselves with many times more food than the actual body requirements. In the process they wear out their bodies in trying to get sufficient nutrition and are still always hungry and eating; whereas, after the bowel is cleaned, the food is readily assimilated, and a person can sustain himself on about one-third the quantity of his current food consumption at some four or five times more power, vitality and life. Herein, the clean body is able to normally assimilate the simple food values through the cell structures in the colon instead of it being trapped in a maze of waste an inhibited by the hard fecal casing on the intestinal wall, which causes the large part of nutrition to be pushed on and eliminated before it can do any good. When the body is completely clean, these aids will no longer be necessary—then your food will be your medicine and your medicine will be your food. After following this program properly and the bowels are cleansed, this formula should only be used when needed.

All encapsulated products are in a pure 100% vegetable based capsule.

Barefoot Herbalist Products

100 ct bottle "00" size

550 ct bottle "00" size

150 ct bottle "0" size for children

LBB Jr. 16 ounce bottle liquid extract for children and those who desire liquid over capsules. (This is not normally strong enough for adult problems).

LLB CAPSULES: (Natural Lower Bowel Support)

Orally: Take up to 1-2 capsules 3 times a day. Increase dosage as needed. (Or as directed by your health care professional.) For children under 12 years old, please use LBB Jr. or consult your health care professional.

For optimum results: Take 2 capsules 3 times a day. Then increase if needed. Separate usage from other formulas by approximately 30 minutes.

TRADITIONAL AILMENTS TREATED:

ALZHEIMER'S DISEASE, AMENORRHEA, ANEMIA, ANXIETY, APHTHOUS ULCER, ARTHRITIS (GOUT), ARTHRITIS (RHEUMATOID), ARTHRITIS (RHEUMATOID), ASTHMA, ATHEROSCLEROSIS, ATOPIC DERMATITIS, AUTISM, BACTERIAL INFECTION, BAD BREATH, BED WETTING, BENIGN PROSTATIC HYPERPLASIA, BLEPHARITIS, BLOATING, BLOOD POISONING, BLOOD PRESSURE (HIGH), BLOOD SUGAR (DIABETES), BLOOD SUGAR (HYPOGLYCEMIC), BOILS, BONE HEALTH, BREAST HEALTH, BRIGHT'S DISEASE, BRONCHITIS, BRUISES, CANDIDA ALBICANS, CANKER SORES, CANCER, CATARACTS, CELIAC DISEASE, CERVICAL DYSPLASIA, CHICKEN POX, CHOLECYSTITIS, CHRONIC FATIGUE, CHRONIC OBSTRUCTIVE LUNG DISEASE (COLD), COLD SORES, COLITIS (IRRITABLE BOWEL SYNDROME), COMMON COLD, CONGESTIVE HEART FAILURE, CONJUNCTIVITIS, CONSTIPATION, CONVULSIONS, COPPER OVERLOAD, CORONARY ARTERY DISEASE, CORONARY ARTERY DISEASE, CROHN'S DISEASE, CROUP, CYST (BREAST), CYSTITIS, DEBILITY, DEMENTIA, DENTAL DISEASE, DEPRESSION, DERMATITIS, DIARRHEA, DIGESTION, DIPHTHERIA, DISCOID LUPUS ERYTHEMATOSUS (DLE), DIZZINESS, DROPSY, DUPUYTREN'S CONTRACTURE, DYSPEPSIA, EAR (RINGING), ECZEMA, ENURESIS, EPILEPSY, EYE HEALTH (GENERAL), FATIGUE, FEVERS, FEVER BLISTERS, FIBROCYSTIC BREAST DISEASE, FIBROSITIS, FLU, FRAGILE CAPILLARIES, GALLSTONES, GANGRENE, GAS (STOMACH), GASTRIC ULCER, GASTRITIS, GASTROINTESTINAL (INDIGESTION), GINGIVITIS, GLANDS (GENERAL), GLAUCOMA, GOITER, GONORRHEA, GOUT, GUM DISEASE, HALITOSIS, HARDENING OF THE ARTERIES, HAY FEVER, HEADACHE, HEART (GENERAL), HEART (MITRAL VALVE PROLAPSE), HEART (PALPITATIONS), HEARTBURN, HEAVY MENSTRUATION, HEMORHAGE, HEMORRHOIDS, HEPATITIS, HEPATOLENTICULAR DEGENERATION, HERNIA, HERPES (COLD SORES AND GENITAL), HERPES (ZOSTER), HIGH BLOOD PRESSURE, HIGH CHOLESTEROL, HIGH HOMOCYSTEINE, HIGH TRIGLYCERIDES, HIV SUPPORT, HOT FLASHES, HYPERACTIVITY (ADHD), HYPERCHOLESTERMIA, HYPERTENSION, HIGH TRIGLYCERIDES, HYPOGLYCEMIA, HYPO THYROID, HYSTERIA, IRRITABLE BOWEL SYNDROME, IMMUNE SYSTEM FUNCTION, IMPOTENCE, INDIGESTION, INFLUENZA, INJURIES, INTERMITTENT CLAUDICATION, IRON DEFICIENCY, KANNER'S SYNDROME, KIDNEYS, LACTOSE INTOLERANCE, LARYNGITIS, LEUKEMIA, LICE, LIVER (GENERAL), LOCKJAW, LUPUS, MACULAR DEGENERATION, MENSTRUAL CONDITIONS,

MENOPAUSE, PAP SMEAR (ABNORMAL), MSG SENSITIVITY, MEASLES, MENINGITIS, MISCARRIAGE, MUMPS, YELLOW NAIL SYNDROME, NEPHROLITHIASIS, NERVOUSNESS, NIGHT BLINDNESS, NYCTALOPIA, NEURITIS, NIGHTMARES, NIPPLES (BREAST-GENERAL), NOSEBLEEDS, OBESITY, OSTEOCHONDROSIS (TIBIAL TUBEROSITY), OSTEOMALACIA, PARALYSIS, PARASITES AND WORMS, PEPTIC ULCER, PERIDONTAL DISEASE, PILES, PIMPLES, PLAQUE (ARTERIAL), PMS/PMT, PNEMONIA, POISON IVY/OAK, POLYPS (ADENOIDS), POOR DIGESTION (INDIGESTION/HEARTBURN), PROSTATE HEALTH (GENERAL), PROSTATIC HYPERPLASIA, PSORIASIS, PULMONARY DISEASE (COPD), PYORRHEA, QUINCY, RAYNAUD'S DISEASE, REGIONAL ENTERITIS, RENAL CALCULI, RESPIRATORY SYSTEM (COPD), RESTLESS LEGS SYNDROME, RETINOPATHY, RHEUMATIC FEVER, RHEUMATISM, RICKETS, RINGING IN THE EAR (TINNITUS), SEA SICKNESS, SENILE DEMENTIA (ALZHEIMER'S DISEASE), SHINGLES, SINUSITIS, SYSTEMIC LUPUS ERYTHEMATOSUS (SLE), SLEEPLESSNESS, SORE THROAT, SORE THROAT, SOUR STOMACH, STOMACH UPSET, SPASTIC COLON, SPERM MOTILITY, SPORTS SUPPLEMENTS, SPRAINS, STIFFNECKS, STRAINS, STY, STROKE, SYPHILIS, TEETH HEALTH, THRUSH, THYROID (LOW), THROAT (GENERAL), TONSILLITIS, TUBERCULOSIS, TUMOR, TYPHOID, ULCERATIVE COLITIS, UPPER RESPIRATORY INFECTION, URINARY CALCULI, URINARY TRACT INFECTION, UROLITHIASIS, UTERUS, VAGINITIS, VARICOSE VEINS, VERTIGO, VOMITING, WATER RETENTION, WEIGHT LOSS, WHOOPING COUGH, WILSON'S DISEASE, WILSON'S DISEASE, WIND (INDIGESTION), YEAST INFECTION, YELLOW FEVER, YELLOW NAIL SYNDROME.

Colon Health

I strongly suggest everyone read Dr. Christopher's , this book explains the function of the intestines as well supplies many formulas for all ages and situations.

Newsletter

Lower Bowel Balance Newsletter

The Lower Bowel Balance is the most famous herbal formula ever created with over 100 years of history with many manufactures under many names. The high price of the Golden Seal has made some sources "cheaper" on this formula and even more sadly, the commercial sources use the cheapest imported herbs from countries using deadly sprays and to make it even worse, they radiate their products to ensure the product is 100% inactive/dead. Dr. Christopher wanted everyone to be able to make this product and created his school for this purpose. I took his original formula and reduced the cayenne and as well added a little olive leaf and by the testimonies many people have stated it is more valuable than gold. When a person suffers from colon problems, they suffer in life.

Enjoy this old Newsletter written many years ago by Dr. John R. Christopher.

DOES YOUR COLON FEED OR POISON YOU?

It is a known fact that well over ninety percent of all sickness and disease in the human body is caused by a congested (constipated) colon area. When the bowel area is pocketed and ballooned with old fecal matter, trouble starts in that particular area and travels to the organ or part of the body being fed (through the autonomic nerve ring) via the blood stream by the impacted area. As an example, with the case of sciatica pains: A painful inflammation of the sciatic nerve, usually a neuritis. It is attended with paresthesia of the thigh and leg, tenderness along the course of the nerve, and sometimes a wasting of the calf muscles. The pain is constant, but subject to exacerbations (increase in the severity). In this condition we find that by cleaning out the bowel area and specifically concentrating on the sigmoid area.

This section of the bowel is the lower part going from the descending colon to the crest of the rectum. Stagnant, toxic fecal matter in this area, through the autonomic system drains toxic waste through the blood stream down the leg, irritating the sciatic nerve. Rapid relief has often been given by a deep kneading massage of the sigmoid area. The massage is done after using a few cups of our special bowel tonic (which will be given later in the article). In severe cases give an enema of a pint or more of cold catnip tea.

Use only enough to be retained during the deep bowel massage. Also use a reflexology massage on the bowel area of the foot, clockwise, up the ascending colon area, across the transverse and down the descending colon to the sigmoid, then spend a goodly amount of time on the sigmoid and rectal reflex point on the feet. To work on the "cause," one must clean out the bowel area, then strengthen it with herbal aids and proper nourishing foods, as Mother Nature intended.

We speak of constipation and think of it as only concerning, or applying to, the bowel area. The constipation backs up into the body so that veins, arteries, lymph, and even the cells of the body, are in a "constipated" condition. When far enough advanced, constipation is a killer and the cause of much sickness and pain. Why not take a few minutes and learn how to have a perfectly operating bowel area?

CONSTIPATION

Symptoms:

A condition of peristaltic malfunction in the bowels wherein the fecal matter becomes condensed and the evacuations are infrequent and difficult. This condition is produced by our modern way of life--the eating of highly refined and de-mineralized foods instead of a plain and coarse diet, the strain and stress by rapid living, hastily eaten meals, and lack of exercise. When toxic matter is left to stagnate in the lower bowel tract, the system becomes polluted with poisonous gases which congest and irritate the surrounding organs, causing adhesions and other ailments.

A person should have bowel movements as often as regular meals are eaten. This would normally be three bowel movements per day, but oft-times when the organs are working

perfectly it is not unusual to have a B.M. upon arising in the A.M., one after each meal and one before retiring in the evening. So from three to five evacuations per day is normal. At any time the fecal matter voided is "formed", or hard, this means heavy mucus is still in the body. The perfect elimination is an easy flowing material. This should not be a liquid form as in diarrhea or dysentery.

- **There are many ways known to man to work on the "effect" of constipation and only a few for getting to the "cause" and cleaning it up.**

On the market today are many commercial laxatives that work on the effect temporarily and lose their potency later on, making it necessary to change to another stronger brand. This carries on and on, always increasing with age, until enemas or colonics are then needed to assist in moving out this waste material. All of these are crutches and will eventually cause the bowel to become so weak it will be unable to ever operate on its own without help.

A lady approached me while I was lecturing in Texas, and told me how glad she was to find a formula like ours that would work on the "cause". She then stated she had spent over \$380.00 for colonics. The X-rays now showed that her bowels were really clean, but when she started eating regularly again, the problem recurred. True, the bowels were fairly clean, but the same sick, tired, weak muscles were there, as before, with no improvement. The colonics had only worked on the "effect", not the "cause", and had failed to give results.

Over a period of time the mucusless diet, with plenty of whole grains, fibers from fruits and vegetables, will do the job of regulation of bowel excretion, but after building up layer upon layer of mucous linings as coatings on the bowel walls it is best to use foods that are more specific in toning, rebuilding, and strengthening this area, and these special foods are herbs. For many years we have been recommending a lower bowel combination of herbs that have done remarkable good for many thousands of people.

This formula is called **Lower Bowel BalanceFormula** and contains the following herbs: Barberry bark (*Berberis Vulgaris*), Lobelia herb and/or seeds (*Lobelia Inflata*), Cascara sagrada bark (*Rhamnus Purshiana*), Red raspberry leaves (*Rubus Idaeus*), Ginger (*Zingiber Officinale*), Turkey rhubarb root (*Rheum Palmatum*), Golden seal root (*Hydrastis Canadensis*), and Fennel (*Foeniculum Vulgare*).

Most cases will START with two capsules three times a day, and then regulate the dosage from there. If the stool seems too loose, then cut down; but if it is difficult to get a bowel movement and the stool is hard and takes a long time, then increase the amount until the movements become soft and well-formed (and here, in very difficult cases, you could take even up to 40 of these capsules a day, for these herbs are only FOOD and can do no damage to you). Then after the hard material has broken loose and is eliminating more freely, the copious amounts of eliminating matter will gradually decrease (these are hard incrustations of fecal matter that have been "stored" in the bowel for many years that are breaking loose and soaking up intestinal liquids), but do not taper off the lower bowel tonic dosage so much at this point that you lose this advantageous momentum and continuity of elimination.

In most cases, the improper diet has caused the peristaltic muscles of most people to quit working, and will take six to nine months with the aid of the lower bowel tonic for the average individual to clean out the old fecal matter and to rebuild the bowel structure sufficiently to have the peristaltic muscles work entirely on their own.

Most people have pounds of old dried fecal matter that is stored in the colon which is toxifying the system and keeping the food from being assimilated. Because of this putrefied condition, most people engorge themselves with many times more than the actual body requirements, wearing out their bodies in trying to get sufficient nutrition and are still always hungry and eating. After the bowel is cleaned, the food is readily assimilated, and a person can sustain himself on about one-third the quantity of his current food consumption at some four or five times increase in more power, energy, vitality, and life.

Herein the clean body is able to normally assimilate the simple food values through the cell structures in the colon, instead of it being trapped in a maze of wastage, and inhibited by the hard fecal casing on the intestinal walls, wherein the largest part of the nutritional substance becomes pushed on and eliminated before it is digested. When the body is completely clean, these aids will no longer be necessary--then your food will be your medicine and your medicine will be your food. As long as you stay on the program properly, the bowel tonic should be used only when needed, after the bowel is once cleaned.

To explain why each of these herbs are used and its purpose, here is the breakdown:

1. **Barberry** (*Berberis Vulgaris*). This acts as a specific for the liver and gall bladder area (hepatic) causing the bile to flow freely instead of being congealed and sluggish, and this bile acts as a built-in laxative, but is mild. The herb is also alterative (blood purifying), antisyphilitic, and tonic.
2. **Cascara Sagrada Bark** (*Rhamnus Purshiana*). This herb is called "sacred bark", and in small amounts, as used here, is a mild laxative, but is also a tonic for the peristaltic muscles. It increases the secretions of the stomach, liver and pancreas, and is very remarkable in its action in torpor of the colon and constipation. It is, unquestionably, one of the very best and safest laxatives ever discovered.
3. **Cayenne** (*Capsicum Fastigiatum*, *Capsicum Minimum*). Cayenne is slightly laxative, stimulates the organs it passes through, aids in rebuilding varicose conditions and cholesterol from the area. It does a real cleaning and rebuilding job.
4. **Ginger** (*Zingiber Officinale*). Common name Jamaica ginger. This herb is excellent for correcting flatulence (gas in the stomach). We need this herb to alleviate gas that is accumulated as the bile starts flowing into this area, mixing with old fecal matter and forming this condition. It is also an aid for relieving cramps and pains.
5. **Golden Seal** (*Hydrastis Canadensis*). This wonderful herb is a tonic, mild laxative, alterative (for mucous membranes), detergent, antiseptic and antiemetic. This is the healer and kills infection--a blood purifier and aperient (mild laxative). This shows why it is one of the fine ingredients included.

6. **Lobelia** (*Lobelia Inflata*). This is the accentuating herb that makes any formula work more smoothly and more efficiently. It is also an anti-spasmodic, a nervine, and will assist in cases of cramps and painful conditions.

7. **Red Raspberry Leaves** (*Rubus Idaeus*). Here is an herb that assists in supplying iron to the system in the form of citrate of iron ($\text{Fe}_2(\text{C}_6\text{H}_5\text{O}_7)_2 \cdot 6 \text{H}_2\text{O}$). Upon this depends the remarkable blood making and regulating properties as well as the astringent and contracting action on the internal tissues and membranes. This herb is also hemostatic, antiseptic and antidiarrheal.

8. **Turkey Rhubarb Root** (*Rheum Palmatum*). Turkey (or China) Rhubarb is such a mild aperient (laxative) that it can be used for tiny babies (because it gives smooth, easy, no cramping bowel movements). This herb is a laxative, astringent, tonic, stomachic, brisk purgative and valuable in effecting a quick, safe emptying of the bowels. Does not clog or produce an "after-constipation" as so many cathartics do. It is especially useful in diarrhea caused by irritating substances in the intestines. It not only removes the irritating substance, but its after astringent action checks the diarrhea.

9. **Fennel** (*Foeniculum Vulgare*) This herb is noted for its relief in flatulency (gas) indigestion, cramps and spasms, nausea, pinworms, and in hepatic conditions (liver, gall bladder malfunctions).

As you see, each of these nine herbs has a specific job to do, and when they are combined they make an herbal food for the bowel (small and large) area. By using this over a period of time (we have been accumulating old filth and fecal matter for years, so nine months to a year or more in some cases is not severe at all), along with the mucusless diet, you can have permanent, easy bowel movements the rest of your life. Then, if the proper diet is observed, no more lower bowel tonic will be needed.

The formulas we are using in our programs are those that have been tried and proven over the many years of our research and practice. There are compatible formulas which we use, and those that are not compatible, which we will not endorse. The reason we have put together our internationally-known bowel formula the way we have is that we didn't want a true laxative, but a food for the bowel, and an assistance to the organs. It is designed to clean and rebuild these organs, as is any reconstruction program that is done with thought and care. It is not accomplished "over-night" and must be done over a period of months.

In Dr. Christopher's book **Guide to Colon Health**, there are additional suggestions on laxative gruels, confectionery types of "Bowel Aids," exercises, etc. I also make a Jr. Lower Bowel Balance syrup that is much milder and has no *Cascara sagrada*.

Blessings,

The "**BAREFOOT**" Herbalist