

Dave's Lower Bowel Formula

- **Soothing intestinal lining**
- **Nutrient assimilation support**

Lower Bowel Formula is a combination of soothing and digestive herbs designed to aid intestinal as well as digestive health while maintaining healthy bowel function.

Bitter herbs of Chamomile and Yellow Dock promote healthy digestion while Marshmallow and Cramp bark soothe mucosal linings of the small and large intestines.

When functioning properly, the small intestine absorbs the nutrients of the food we eat, and the large intestine removes the waste products left from digestion. The bowel is usually the problem when it comes to having diarrhea or constipation.

Many people experience bowel problems with symptoms of gas, bloating, constipation, cramping, indigestion, heartburn, belching, nausea, vomiting, and more. Other signs of colon symptoms include bad breath or body odor, acne, allergies, arthritis, bladder and vaginal infections, and the most common of all, headaches or migraines.

Women have more problems with bowel health than men (2 to 1). I feel this is because they hold in their problems.

The symptoms of irritable bowel syndrome are unpredictable bowel movements with either constipation or diarrhea. It can be associated with ulcers, liver problems, Candida, ulcerative colitis, celiac disease, indigestion, pancreas problems, and more. Always eat good foods, eat slowly, chew well, and enjoy your meals. Avoid fast foods.

Formula includes: Cramp bark, Wild yam, Chamomile, Melissa (Lemon balm), Lobelia, Marshmallow, and Yellow dock.

Testimonials:

Lower Bowel system has worked very well for me. I take it twice a day and have no problems with my digestive tract now. *-Myrlin F*

Lower Bowel System has helped me to balance my system and feel comfortable away from home. *-Janet J*



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Herbal Formula

Chamomile has been traditionally used for healthy digestion to help relieve symptoms of gas and bloating, aiding a normal stomach mucosal lining, and has been used for nausea and effects of lower bowel distress. Chamomile also supports the nervous and respiratory systems.

Cramp bark has been traditionally used for smooth muscle support as it relieves symptoms of cramping or spasms. It has been used for female issues such as a woman's tendency toward miscarriages, painful periods, and false labor pains. It assists gastrointestinal and urinary systems and supports bowel muscle tone.

Lobelia is commonly used for respiratory health, but may also assist in digestive tract and nervous system health. It has been used as an expectorant to aid in lung and bronchial health.

Marshmallow root is valuable as it coats and soothes mucus membranes. It is best for soothing the mucosal lining of the gastrointestinal and urinary tracts as well as other mucosal linings in the body. Marshmallow has been used externally to soothe skin ulcers and wounds. It also aids in immune health.

Melissa (Lemon balm) assists in a healthy digestive tract, and may relieve gas and bloating that can put pressure on the heart. It has been used as a relaxant and cardiovascular tonic as well as for normal muscle function and promoting restful sleep. Melissa helps to support symptoms of stress and also symptoms of uncomfortable periods.

Wild Yam root helps the function of the liver which increases bile production (natural bowel lubricant and detoxifier), which assists the digestive system. It is invaluable for abdominal health as it soothes the mucosal lining of the intestines.

Yellow Dock mildly stimulates the liver (liver support) to produce more bile which soothes and lubricates the intestines, and slightly stimulates peristalsis of the colon. It is a small source of iron.

Traditional herbal uses

- **Colon support**
- Constipation
- Digestive support
- **Intestinal colic**
- **Intestinal mucosal lining**
- **Liver support**
- Loose bowels
- Menstrual support
- Nerve support
- Pancreas health
- Respiratory support
- Skin support