

~ A Healthier You ~

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Herbal Laxative - Barberry Bark

One of Dr. Christopher's most famous formulas is Fen LB (Lower Bowel). It's a natural laxative, but so much more. One of its most important factors is how it gently stimulates the peristaltic action within the lower bowel, to promote normal elimination.

The long researched and dependable herbs in Fen LB are; Barberry Bark, Cascara Sagrada Bark, Cayenne, Ginger, Lobelia, Red Raspberry leaves, Turkey Rhubarb Root, Fennel and Golden Seal Root.

In many cases, eating an improper diet over the years has caused the peristaltic muscles of the intestines to quit working, or at best to slow down. Because of this impaired action, most people have pounds of old dried fecal matter stored in the colon, which is toxifying the entire system and keeping food from being assimilated properly.

Because of this putrefied condition, most people are not getting the nutrients from their food. They are hungry for these nutrients and so engorge themselves with many times more food than the body needs, if it were able to assimilate food properly. In trying to get sufficient nutrition, they are actually wearing out their

bodies. They are always hungry and always looking for food, and usually over weight.

After using Fen LB for a period of time, the hard fecal material is broken loose and eliminated. It will usually take six to nine months of using this Lower Bowel Formula for the average individual to clean out the fecal matter and rebuild the bowel structure sufficiently in order to have the peristaltic muscles work- entirely on their own.

Now you can sustain yourself on about 1/3 the quantity of your current food intake, with four or five time more power, vitality and energy. This is because 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 and inhibited by the hard fecal casing on the intestinal wall. When the body is completely clean, these herbal aids will no longer be necessary; then your food will be your medicine and your medicine will be your food.