

Bowel Cleansing

All about Using LBF #2

Posted on [May 25, 2014](#) by [Dara](#)



The solidifying effect the LBF #2 has on the bowel is the gift this formula brings to the medicine cabinet. One teaspoon shaken in a glass of water puts an end to any episode of loose uncomfortable bowels regardless of the reason. The effect is normally felt in two or three minutes. It is hard to believe the formula can reach the bowel that quickly, even so, it will clear that upset crampy feeling in minutes. When the bowels have turned to water a rounded tablespoon shaken in 12 ounces of water will normally solidify the bowel within one or two doses. The LBF #2 is to be taken episodically, as needed to solidify a crampy, loose bowel.

Anyone living with Crohn's disease or any inflammatory bowel condition will find healing answers inside this jar of herbs & clay. The clay and charcoal provide gentle yet unsurpassed drawing power. The LBF #2 pulls inflammation and infection from the bowel allowing the body to quickly heal this most important organ. When beginning to heal these conditions most members discover their bowels are solid after only a day or two using the formula.

As part of the Bowel Cleansing program LBF #2 is considered a "bowel vacuum" as it draws the toxins from the bowel walls knocking out inflammation while solidifying the loose stool.

Because of this LBF #2 is the best herbal remedy available for diarrhea & vomiting. It is also a healing gift for any of the inflamed bowel conditions. If your bowels are moving too much or too loose LBF #2 will provide quick relief.

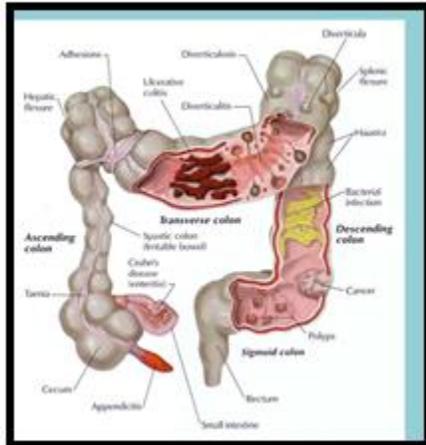
What to do when you can't decide whether to bend over or sit down.

Ok, so you got it really bad, you can't decide whether to bend over (vomit) or sit down (diarrhea). Mix 1 rounded tablespoon of the LBF #2 in at least 12 ounces of water and drink all at once. Just gulp it down. Very likely it will come back up, that is ok. Keep it down as long as possible. When it does reappear it will be something like applesauce. While in your stomach it is absorbing the bacteria and acidity that is causing your stomach to vomit.

Once the poisons have been absorbed and are either passing out through normal channels or you vomit it back up the stomach can be settled easily with an ounce of ginger root juice or a strong cup of peppermint tea. **A quick fix is a teaspoon of digestive Tonic** in a warm cup of water. **Don't Sip, drink it all at once.** This will allow the chemistry to settle your stomach.

The Importance of Bowel Cleansing

Posted on [May 18, 2014](#) by [Dara](#)



The Importance of bowel cleansing can never be over stated. Sadly we humans like to believe we are just about normal. Many have no idea how sluggish their bowels actually are. It is impossible to live the experience of another. We can observe from inches away. Support them with loads of heart felt compassion and physical care, but at the end of the day that is not our life. The pain or joy we have been privy to belongs to someone else.

One of the most personal functions in life is the elimination of waste from our bodies. This is something we seldom share with anyone.

The isolation alone precludes the ability of judging how the body is functioning. The best information I've read on the subject of what normal bowel function looks like is: The Bowels are functioning normally when there is a large bowel movement shortly after rising in the morning, and an addition movement after each major meal. This would be an average of 3 to 5 movement a day depending on how many meals you eat. The texture of the movement should be slightly formed and the consistence of peanut butter.

Preventing hard fecal matter from forming in the bowel is the first step in preventing hemorrhoids. Pushing hard fecal matter through the soft tissue of the rectum is what causes hemorrhoids. The hard material breaks down the tissue until the veins begin floating to the surface causing much discomfort.

Bad Breath & Body Odors

Posted on [April 1, 2014](#) by [Dara](#)



From time to time I am asked what to do for body odor or bad breath. I thought I would write a little on this today.

Bad Breath and Body odors can both be traced back to constipation. Holding waste in the body will cause the body to begin to smell like the waste it is holding. To clear body odor issues it is important to go straight to the cause by unplugging and cleaning out the sewer line so there will be no more backing up of sewage.

Use the [LBF #1](#) to get the bowel moving well then add the [LBF #2](#) for a week or two to “vacuum” the bowel. The [LBF #2](#) is considered a bowel vacuum as it draws toxins and waste from the bowel walls as it passes through the system.

During the process of clearing the bowels there are a few safe effective ways to sweeten the breath and control body order. I have found [Digestive Tonic](#) great for sweetening the stomach which in turn refreshes the breath. Use one teaspoon Digestive Tonic in a cup of hot or cold water. This simple formula can be used whenever desired.

Underarm antiperspirants prevent the body’s natural removal of waste. A natural deodorant which allows waste to be eliminated through the skin is safe and acceptable. Check out your local health food store I’m sure they have a selection to choose from.

My First Bowel Cleansing

My introduction to Bowel Cleansing and the LBF #1’s was pretty normal. My bottle of Capsules arrived with detailed instructions from my friend who had introduced me to all things natural healing. As I unloaded the box I put all the items away one at a time. She had sent Superfood, the #2 formula, Echinacea extract and the LBF #1’s. I quickly started the Superfood and Echinacea but never touched the Bowel Cleansing products. Two weeks later when it was time to begin the liver cleanse I still had not taken my first #1 capsule. Why? I figured my bowels were doing just fine and the bowel cleanse was optional. Wrong!

I’d been walking around for years with a roll of poop setting right under my bust line. I looked five months pregnant. Of course I didn’t know that roll around my middle was a stuffed bowel.

Two weeks after receiving my package I was scheduled to fly to my friend's clinic for a month's stay. When I arrived she wisely started me on the bowel cleanse routine. Fourteen days into the program and my bowels were still not working well. The thirteen capsules I swallowed each night had started something moving but it was not enough to clear thirty eight years of constipation. My friend arrived in my room that evening with a castor oil pack. She placed it over my colon, covered it with a towel and said good night.

The next morning I could not believe how much poop was still in me after fourteen days of juice fasting and an enema in the morning and evening. Under my breast I had been carrying a roll for years, now half the roll was gone. That's right; half my stomach was flat the other half looked five months pregnant. Another castor oil pack was placed over my colon again that night with similar results the next morning. My stomach was now flat. The roll I had assumed was fat all those years was my colon filled with poop.

Staying open and willing to be taught can be the hardest part of healing. All the answers do not lie within us, we must be willing to continue to learn and grow. As long as there is life there is learning to be done.

Bowel Cleansing Away My Headaches

Posted on [April 9, 2014](#) by [Dara](#)



As far back as I can remember I have experienced headaches. Often the discomfort was just enough to send me looking for a bottle of aspirin. No one ever asked and I assumed everyone got headaches for no reason. Except for the migraines I experienced in my early twenty's, the mild throb of my brain became an accepted part of nearly every day.

As far back as I can remember my bowels have moved once in the morning for sure and maybe a bit later in the day. This was normal for me, no one said otherwise so I assumed my bowels were working just about right. As a child no one asked about my pooping habits. My older sister suffered from a congenital hip defect which required several surgeries during childhood. She could go for weeks without moving her bowels causing much alarm around the house. From the information I gleaned as a child once a day was a good thing.

Fast forward thirty-eight years into the future to 1998 the year of my first bowel cleanse. Wow! What an experience. The immense amount of waste eliminated from my body flattened my pouchy stomach and brought an end to thirty-eight years of headaches. The cesspool I had been holding in my bowels had been putrefying my entire body, creating a toxic condition in my brain. The headaches I'd experienced since childhood were due to my backed up bowels.

Over the next nine months I continued the bowel cleansing routines. My inflamed bowel healed along with a case of irritable bowel syndrome I had developed while working for Riverside County Dept. of Social Service. My bowels had been speaking loudly to me for years. One day they would be too loose the next they would not move at all. If I ate the wrong foods I would have horrid cramps. Bowel cleansing became the beginning of what has been my healing journey. Cleansing and healing my bowels for me was better than discovering the fountain of youth.



Q&A: Are Herbal Laxatives, like Senna, addictive?

Posted on [September 24, 2013](#) by [Dara](#)



Member Question: I recommended #1 formula to a friend and she is concerned about the Senna in the product. Can you explain to me why the product is not addictive because I get that concern a lot and I have not found it to be addictive? I can pass it on to her.

Answer:

The Senna herb is not addictive in the sense of taking over a function produced or done by the body. This is where addiction

happens. You will become dependent on a substance such as laxatives which grease up or bulk up the waste in the bowel allowing it to be eliminated without the muscular action of the bowel working. Over time this will destroy the muscle tone of the bowel since the bowel is not doing the work it was created to do.

The herbal bowel supports we use in our [LBF #1's](#), support bowel function. When the chemistry in these herbs comes in contact with the bowel they cause it to contract more effectively. This formula does not work on the content of the bowel but on the bowel structure itself. Over time the muscle tone of the bowel will regain strength and the formula will not be needed.

This may take years because the bowel is not a muscle you can exercise at will. The peristaltic waving motion of the bowel is initiated when food is chewed and swallowed. Moving the meal you are consuming from your stomach to your small intestine. Your previous meal is now moved from your small intestine to the colon and the final waste from the meal before that one should be eliminated within an hour or so. (This is in a perfectly functioning body, I've not seen too many of these)

The herbal supports the Father has provided for clearing the septic back up from our body and healing the bowel work perfectly. There are no withdrawal issues when the herbs are discontinued or backlash of any kind when used wisely.

Understanding Bowel Cleansing

Posted on February 27, 2013 by Dara



So much can be said for the benefits of bowel cleansing. One of the biggest reasons I hear for not doing a good cleanse is fear of losing control. This has never been an issue when using the LBF #1 & the LBF #2. With a good understanding of how these two formulas work you will be in complete control of your bowels.

The LBF #1 increases the output of waste by stimulating the peristaltic waves in the bowel. This formula does not work on the content of the bowel but goes to the bowel structure supporting the function of waste removal. When the chemistry in these herbs comes in contact with the bowel wall they cause the squeezing, kneading motion of the peristaltic waves to work more effectively.

There are those who say a body can become addicted to the herbal laxatives. I have always understood an addiction to be a negative action causing a debilitation to the area affected. In the case of these herbal supports they are actually strengthening the bowel over time. As the herbs affect the muscles to contract with greater strength the muscular tone of the bowel become stronger. Over time the peristaltic action will work effectively without the use of the herbs. Many who have used these herbal supports have, after

several years, strengthened their bowels to the place where they no longer need to use the LBF#1. Their bowels inability to properly remove waste has been cleared. This is not the action of an addictive substance. The need for the LBF #1 will go down over time, not increase.

The LBF #2 is a bowel vacuum. This formula has the bentonite clay and charcoal, powerful drawing herbs. It also is binding, which makes it an excellent herbal support for any issues that result in loose bowels.

A rounded teaspoon of the LBF #2 powder shaken in six ounces of water or juice will quickly clear an issue of loose stool. It will also do wonders when the lower bowel is crampy and uncomfortable.

When the bowels have turned to water a good dose would be one tablespoonful of the powder shaken in twelve to sixteen ounces of water or juice. This can be done for each watery movement. Except for the worst cases of food poisoning it will normally solidified the bowel in only one or two doses.

Food Poisoning

The worst instance I ever cleared was a case of food poisoning where the woman passed water from her bowels every hour or so all night long. We went through nearly a whole eight ounce jar of the LBF #2 that night. At one point she took two heaping tablespoons of the stuff in twenty ounces of water. Around five in the morning she finally passed solid waste. The bowel was back to normal. There was no after effect from using such large amounts of the LBF #2. Her bowels just normalized, she did not even need an extra dose of the LBF #1.

Doing the Bowel Cleanse

When using these formulas in a bowel cleanse you are in complete control. Take one of the LBF #1 capsules with your dinner the first night. The next morning if you don't have a, "WOW," bowel movement, take two capsules with dinner that evening. Continue to increase by one capsule each day until your bowels are open and working well.

That first evening you might want to do a castor oil pack over your bowel. This will soften up harden waste clinging to the walls of your bowel, allowing the peristaltic waves to flush the bowels more effectively.

Once the bowels are moving well it is time to take an extra capsule or two of the LBF #1 with your regular dose. It is time to begin using the LBF #2 or bowel vacuum. This formula is binding to the bowels so it is necessary to increase the amount of LBF #1 capsules to compensate for this effect.

This is where understanding these two formulas are the control you need to do an effective cleansing without undue stress or discomfort. Here it is:

The LBF #1 will make the bowels move. This formula will cause the muscular movement of the bowel wall to work more effectively.

The LBF #2 binds up the bowels. This formula will slow down the muscular movement and solidify the contents of the bowel.

There you have it. If the bowels are backed up, not moving well, take an extra LBF #1 Capsules. If your bowels are over active and crampy take a heaping teaspoon of the LBF #2 to bind up the problem. The LBF #2 will work in minutes to clear an uncomfortable bowel.

At dinner time each day count out the number of LBF #1 you need to use. If you bowel were too active that day drop a capsule, if they were a bit sluggish add one. **You are in control.**

Thought on Bowel Cleansing

Posted on [February 27, 2013](#) by [Dara](#)

As humans most of us have little understanding beyond what we have experienced and feel is normal. I believed it was normal and healthy to have only one bowel movement each morning. This is how it had always been for me. The healing journey I had begun that year was going to teach me many things I did not even know to question. The Father and I were to take this journey together joined from time to time by other also on this path. Looking back at the beginning of what is not yet finished, I have been privileged to know so many who have shared freely with me from their own experience.

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A Few Final Thoughts on Cleansing

Posted on [March 5, 2013](#) by [Dara](#)



When beginning any healing or detoxing program the benefits will only come if the waste can be removed and healing nutrition brought in. The largest elimination organ is our colon. If this avenue of elimination is not open and producing well all the good you are doing is for naught. The waste will be reabsorbed as it sets in a sluggish backed up bowel waiting to be eliminated from the body.

The healing and detoxing of the body need not be a negative experience. Many people are hesitant to begin a good detox because they cannot afford to be sick or don't want to feel bad. Detoxing can produce flu like symptoms when the waste that should be eliminated is reabsorbed. Feeling bad is not necessary, when the immune system is supported with proper nutrition and enough Echinacea the waste is neutralized and eliminated, not reabsorbed.

It's all good. With proper nutritional and emotional support the healing of the body, mind and heart can be an uplifting fulfilling time. Healing is not so much about the diseased condition as it is about unblocking life on every level, while flooding the body,

mind, and soul with healing, restorative nutrients. Take the opportunity to get real with yourself. You are a physical, Emotional and Spiritual child of God, as the physical body begins to heal there will be a corresponding clearing of old issues from your emotional and Spiritual life.

Everyone will have their share of pain in this life. The hard times are not here to destroy us, but to enable us to grow. As we choose to meet life's challenges, we develop real worth and depth of character. When we choose to turn about and squarely face our own personal demons, we inevitably discover how powerful a single choice can be. The power of choice is the gift Jesus died to give each of us. The journey of 1,000 miles begins with one step. The power to overcome on every level and rise above every weakness begins with one choice. When you choose to embrace life's trials, you are choosing to attend classes designed specifically for you. Now, instead of being a victim, you are choosing to expand and grow psychologically, emotionally, and spiritually.