

DIARRHEA

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Definition

Diarrhea is the abnormal frequency and liquidity of fecal discharges.

Symptoms

A common symptom of gastrointestinal affliction, either from acute infection, inflammation of the mucous membrane, or psychogenic causes. It is characterized by frequent, morbid and profuse bowel evacuations.

Cause

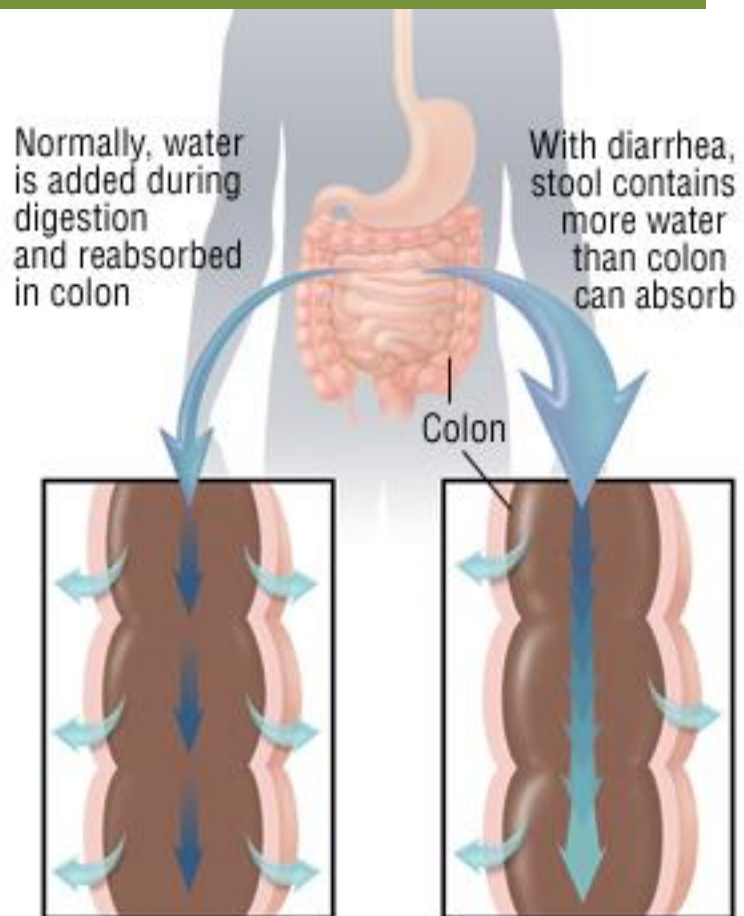
Diarrhea is the most severe form of constipation caused by a complete blockage in the lower intestine. Liquids only will come through while solids are retained. The body must be cleansed as quickly as possible or diarrhea will go into dysentery.

Diarrhea has a number of causes:

- Too much fruit,
- Digestive upset,
- Stressful emotion
- The body ridding itself of toxins

It is the most severe form of constipation and should be dealt with immediately.

Caffeine intoxication, or caffeinism, has symptoms which include among others diarrhea.



Herbal Aids



Herbal supports to have on hand for this emergency are:

Lower Bowel Formula #2
Lower Bowel Formula #1
Digestive Tonic
LG/AP
Ginger Root Juice

Using these herbal aids to control Diarrhea will get you out of the bathroom and keep you out of the emergency room. Diarrhea is usually a symptom for any of a number of issues. The following is a short list of conditions often associated with Diarrhea:

- Food Poisoning,
- Stomach Flu,
- Gallbladder Attack,
- Stress & Frayed Nerves,
- Inflammatory Bowel Disease,
- Ulcerative Colitis,
- Crohn's Disease, and
- Irritable Bowel Syndrome

**This is not an all conclusive list if issues.*



How to Quickly Clear Diarrhea

USE LBF #2 WITH EACH OCCURRENCE OF DIARRHEA

Use a **Tablespoon** for each **WATERY BOWEL MOVEMENT** or

Use a **Teaspoon** for a **Crampy Bowel** or each **LOOSE MOVEMENT**

The LBF #2 will solidify the bowel; usually within one or two doses.

No need to worry about overdosing on the



LBF #2. I once used nearly a whole 8 oz jar in one night when clearing a serious case of food poisoning. I knew it would eventually work so I stayed with it until around 5am when my bowels finally passed solid waste. I'd been passing water from my bowels all night every hour or so. I'd take a heaping big dose of LBF #2 and hope each episode was the last. Finally it was over and I was exhausted but okay.

Note: When losing a large amount of water from the bowels it would be a good idea to drink a potassium broth or some other drink designed for the purpose of preventing Dehydration.

The LBF #2 will be almost a miracle for anyone with an inflamed bowel disease. ***It is not only solidifying it is very healing for a sick bowel.***

More Herbal Suggestions

Rice Water: Rice water will check the diarrhea as will peach leaves, raspberry leaves, and sunflower leaves.

Peach Leaf Tea or Ripe Peaches: The use of peach leaf tea or ripe peaches themselves will often stop common diarrhea.

Plantain: Use a strong tea (steep one ounce of the granulated herb for twenty to thirty minutes in one pint water), inject one tablespoonful three or four times daily (or more frequently in bad cases), and especially after each bowel movement.

Mullein: for diarrhea, dysentery, and bleeding of the bowels. Boil 1 ounce of mullein in 1 pint of milk for a few minutes, strain and give in 1/2 cupful doses after each bowel evacuation (and if you don't have a scale or the time to calculate the equivalent measure, just grab some and go to work).

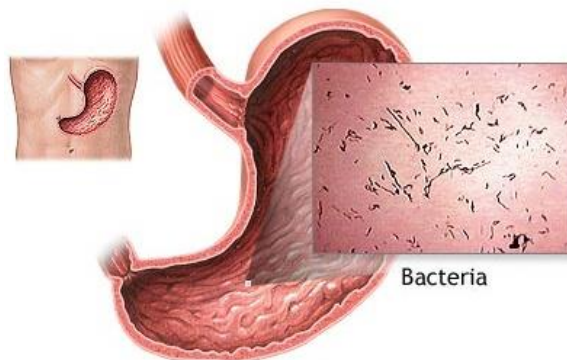
Wild and Domestic Sunflower Leaf: An excellent and easy-to-find herb for diarrhea is the common wild and domestic sunflower leaf. Make up a tea of this, and start giving a teaspoon of the tea at a time. Increase the amount gradually if needed, but not too fast, as it will cause constipation if too much is taken. **This is children dosages.**

Oak Bark Tea: A real life saver is a rectal injection of oak bark tea, also drinking this same type of tea. This works in the most severe cases. We must always go back to the cause, after relieving the effect, by checking the diet.

Serious Diarrhea in Children: Should the diarrhea be a more serious nature, keep the child on nothing but teas for six, twelve or twenty-four hours or more, depending on the age of the child. The following herbs are suitable for this purpose: red

Acute diarrhea in children

Diarrhea may be caused by bacteria or parasites found in food and water



raspberry, yarrow, oak bark, bayberry bark, sage (garden), mullein, marshmallow, nettle, slippery elm, strawberry leaves, ginger, plantain.

Schizophrenia in Children is often characterized by diarrhea. See Dr. Christopher's answer to this in his newsletter.

Juices for Diarrhea: Carrot, cranberry.

Colitis: This is often accompanied by diarrhea.

Vegetables for Diarrhea: Apply cabbage leaves to the abdominal region during the day and a fresh application for overnight and drink a cabbage broth.

Vegetables for Diarrhea: Sweet potato, winter squash , and ginger

Brown Rice: We have seen serious cases of diarrhea respond most effectively to rice water made by boiling one ounce of rice to one quart of water for 20 minutes, strained and drunk.

Fruits for Diarrhea: Apricot, blackberry, blueberry and apple.

Testimonials

Tainted Food Mexican Style

It's happened to all of us at one time or another. You have just enjoyed a nice meal but something just is not setting right. I remember several years ago, at one of my favorite Mexican restaurants something I ate must have been tainted because I had to make a run for the restroom before we had even left our table.

By the time we got home my bowels had turned to water. As soon as we were in the door I got my jar of LBF #2 from the cupboard and added a rounded tablespoon of the black powder to 16 ounces of water.

My bowels quickly solidified. I'd say maybe ten minutes from the time I finished my drink until the cramping in my stomach just stopped. An hour or so later my bowels were still a bit loose so I consumed another rounded teaspoon of LBF #2 in 6 ounces of water. With that dose I did not experience any more problems from that tainted meal.

