Bowel Toner

Got A Cranky Colon?

If you are like most people, you don’t discuss the frequency of your bowel movements with your doctor or anyone else. For some, a normal bowel movement may be once a day. For others, two to three times per week may be the norm. And, for some people, two to three bowel movements per day is not unusual.

Bowel transit time is the length of time it takes for food to travel from the mouth to the anus. It varies from person to person and depends greatly on diet, amount of physical activity, and lifestyle. Generally, people with a diet high in fiber (vegetables, fruits, and whole grains) will experience shorter transit times and heavier, bulkier stools. The duration that food stays in your body can be a good indicator of your overall health.

A bowel transit time of 12 to 24 hours is considered ideal. Many Americans experience transit times in the 48 to 96 hour range, which is too long. This can be caused by poor hydration (not drinking enough water), not enough high-fiber foods in the diet, lack of exercise, and other causes (excess protein, pregnancy, structural abnormalities, or diseases).

The longer waste products remain in the intestinal tract, the more likely toxic substances will irritate the colon and pass through the intestinal wall to be absorbed into the bloodstream. In the bloodstream, these toxic substances then become a problem for the immune system to deal with.

For most people without medical problems, just including additional pure water and dietary fiber in their daily diet can help improve transit time. Prolonged use of over-the-counter laxatives should be avoided as they can make the bowels lazy and dependent upon their use.

Besides diet and lifestyle changes, there are natural alternatives that can help speed up bowel transit time. These beneficial fibers, herbs, and spices as follows:

- **Anise** contains anethole, a chemical found helpful for treating digestive problems and relieving toothaches.
- **Fennel** is believed helpful for relieving indigestion, bloating, intestinal gas, and cramping. Fennel seed has been approved in Germany as a remedy for digestion problems.

- **Irish Moss** acts as a bulking agent and seems to provide relief for indigestion, gastritis, and urinary infections.
- **Licorice** is an herb that helps increase the ability of bowel contents to absorb moisture and diminishes intestinal inflammation by forming a compound that protects against irritants.
- **Oat Bran** and **Prunes** are high in fiber and help clean the intestinal walls of impacted matter, help eliminate toxins, and help with the formation of larger, softer stools. Prunes have traditionally been used as a remedy to relieve constipation.
- **Parsley** is an herb high in chlorophyll, which is helpful for diminishing intestinal odors and gas.
- **Rhubarb** and **Senna** are two well-known herbs that contain sennosides. Sennosides are organic plant compounds which are helpful for alleviating constipation and increasing the peristaltic movements (wormlike wave motion) of the colon.

**Health Benefits**

Care of the colon is a daily responsibility and absolutely crucial to continued physical health and emotional wellness. Herbs have a long history of helping to soothe and heal the digestive tract and improving bowel action. Occasional use of natural fiber, herbs, and spices can usually help relieve most cases of constipation and discomfort.

Constipation and slow transit time problems are usually easier to prevent than to treat. Making changes to one’s diet and lifestyle provides a better long-term solution. A daily diet consisting of fresh nutritious foods, plenty of pure water, and enzyme and probiotic supplements can help improve the bowel transit time for most people.

**Bowel Toner**

*Bowel Toner* is a powerful blend of 11 ingredients designed to help speed up bowel transit time in the intestinal tract. Lengthy bowel transit time is believed to be a contributor to bowel toxicity. *Bowel Toner* is not a probiotic or a laxative. It is an excellent alternative to over-the-counter laxatives, which are often harsh
These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
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<tbody>
<tr>
<td>Serving Size: 1 Capsule</td>
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<tr>
<td>Amount Per Serving</td>
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<tr>
<td>Proprietary Bowel Blend*</td>
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<tr>
<td>*Oat Bran, Prune Fruit Powder, Senna Seed, Licorice Root, Fennel Seed Powder, Irish Moss, Anise Seed Powder, Parsley Root Powder, Rhubarb Root, Cellulase, and Lipase</td>
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<td>** Daily Value not established.</td>
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and unpredictable and can upset the healthy balance in the intestines. Each vegetarian capsule contains a special combination fiber (oat bran), bulking agents (prunes, Irish moss), herbs (licorice, parsley, senna, rhubarb), spices (fennel, anise), and an enzyme activation system.

**Suggested Dosage:** 1 capsule, or as needed. For best results, take with a large glass of water.

**Customer Review**

**Bowel Toner**

“I have had a history of irritable bowel, bowel inflammation, polyps, stomach problem, severe gas and pain with constipation and diarrhea. Since taking Bowel Toner, I have gone from having to have colonoscopies every 2 to 5 years to only 10 years and endoscopies every 1 to 2 year to every 5 years. Polyps are completely done and constipation is pretty much gone. It’s one of the products I can’t live without.”

Reviewed by: LM from Blackfoot, ID.

**Scientific Studies**

In a study published in the *Scandinavian Journal of Gastroenterology*, researchers examined the effect licorice had on ulcers and gastrointestinal bleeding. In this double blind crossover study, patients with bleeding problems received aspirin with or without licorice. Researchers found the licorice reduced the incidence of human fecal blood loss by 20%.

Clinical studies conducted in several countries have reported on the effectiveness of senna in relieving constipation resulting from childbirth, surgery, and drugs. A study in a 1979 issue of *Diseases of the Colon and Rectum* concluded that senna was effective for diminishing and preventing constipation that resulted from colon, rectum, and anus surgery. An article in a 1980 issue of *South African Medical Journal* reported that senna was effective for relieving postpartum constipation for 93%-96% of the women in the study. Only 51%-59% of the women in the placebo group got relief. In cases where narcotic pain relievers (such as morphine) are administered, senna is quite effective for relieving constipation. A study reported in a 1998 issue of *Journal of Pain and Symptom Management* summarized the findings of researchers evaluating the effectiveness of using senna to help relieve drug-caused constipation in terminally ill patients. Researchers concluded that senna was the recommended treatment due to its effectiveness and relatively low cost.

Prunes have traditionally been used as a remedy for constipation. Research done by Dr. George Emerson at the University of California at San Francisco and by researchers at Boston University School of Medicine have confirmed that prunes contain something that causes contraction of the intestinal wall and increases secretion of fluids. The active ingredient(s) that causes this intestinal stimulation remains a mystery, however.

References:


Resources:


**R-Garden, 1-800-800-1927, www.rgarden.com**

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