

Settle Your Stomach - Tame Your Tummy

Nutritional Support for Digestive Distress

From simple heartburn and indigestion, constipation and diarrhea, to Irritable Bowel Syndrome and colon cancer, there is much truth to the statement that "most all disease begins in the colon." Another saying, "you are what you eat," also bears out. Even if your food intake doesn't contribute directly to digestive problems, it will eventually effect one's overall health. Below we discuss several nutritional approaches to improving digestive function.

DRINK PLENTY OF PURE WATER, PREFERABLY AWAY FROM MEALS

CHEW THOROUGHLY, EAT IN A RELAXED STATE

PRACTICE PROPER FOOD COMBINING

EAT "LIVE" FOOD: FRESH VEGETABLES, SPROUTS, CULTURED FOODS, PAPAYA, LEMON, DANDELION GREENS, ARTICHOKE

GENTLE FIBER – Flaxmeal gruel, Slippery Elm gruel, Oatmeal, Flora Fiber (See below)
Avoid Psyllium if irritating, constipating or accumulating

USE HERBS REGULARLY:

Peppermint
Chamomile
Fennel
Slippery Elm
Aloe Vera
Gentian

Ginger
Cayenne
Black Pepper
Fenugreek
Cat's Claw
Dandelion
Turmeric

SPECIALTY HERBAL EXTRACTS:

Enteric Peppermint Oil – IBS
Deglycerinated Licorice (DGL)- ulcer

COMBINATION HERBAL FOOD FORMULAS:

LB-8 Lower Bowel Tonic – *Safe, mild all herbal laxative & deep colon cleanser (loosens encrusted fecal matter)*
Flora Fiber – *A dual purpose Slippery Elm-based blend of colonic tonic (pro- & pre-biotic flora builders) & gentle fibers*
KB-7 w/ Fenu-Com – *Soothing, heals, tissue, dissolves, mucous (Digestive tract and kidney-bladder)*
GI Support
Robert's Formula
Custom Herbal Digestive Tonic – *Constitutionally-tailored herbal formula based on professional saliva herb test*

MINERAL NUTRITION/Co-ENZYMES: Magnesium, Zinc (Tissue Mineral Analysis determines individual need)

DIGESTIVE ENZYMES: Chewable Papaya Enzyme Mints
Bitter Herbs (see above)
HCL, Pancreatin – (Zypan, Super-Enzyme caps)

GLANDULARS: Gastrex
HOMEOPATHIC: Digestive Liquecence
Liver Liquecence

PROBIOTICS: Acidopholis, Bifidus
PREBIOTIC: FOS, Inulin

LIVER SUPPORT/DETOX: See instruction handout: "Liver Support Program"

ACID-ALKALINE pH BALANCE

PROPER FOOD COMBINING

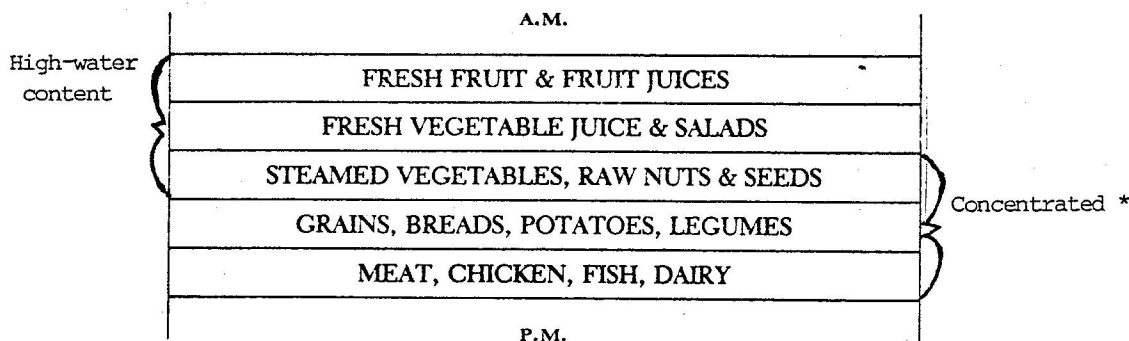
SIMPLE EATING for ENHANCED ENERGY and DIGESTION

Compiled by Karl Mincin as part of
the Nutrition and Lifestyle Enhancement Program

What wastes energy - and leaves you fatigued?

1. Digestion utilizes more energy than any other resting body process.
2. Toxic chemicals: additives, preservatives, pesticides, etc.
3. Synthetic supplements.

ENERGY LADDER



GENERAL GUIDELINES:

Fruit is to be eaten alone at least one-half hour before meal, or three to four hours after.

Vegetables may be eaten with only one (1) concentrated food *

Easier digestion → ENERGY!

Throughout the day, EAT DOWN THE ENERGY LADDER: Sample Day's Menu:

Breakfast: Fruit only

Lunch: Vegetables (soups, steamed, stir-fried, raw) + salad
+ potato or grain or nuts/seeds

Snack: (3-4 hours later) Fruit or juices

Dinner: Vegetables + salad + (beans or dairy or meat)

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*for more info. and
scrumptious recipes
see The Diamonds book
"FIT FOR LIFE"*

Soothing, Healing Mucilaginous Foods

VEGGIES

Okra
Cactus

FRUITS

Raspberry (leaf and berry)
Blackberry
Papaya
Coconut

HERBS (powdered, fresh, cooked or tea)

Strongly Mucilaginous

Slippery Elm Bark
Fenugreek Seed
Marshmallow Root
Aloe Vera Leaf
Comfrey Root, Leaf
Plantain Leaf < Flaxseed Meal
Burdock Root
Psyllium Seed
Mullein Leaf
Kelp
Dulse
Irish Moss
Dandelion Root, Leaf
Calendula
Licorice Root
Cinnamon

Mildly Mucilaginous

Footnote: Mucilaginous herbs derive their properties from the polysaccharides they contain. These polysaccharides have a slippery, mild taste and swell in water. All plants produce mucilage in some form to store water as hydrates and as a food reserve. Most mucilages are not broken down by the human digestive system but absorb toxins from the bowel and give bulk to the stool. Mucilaginous herbs are most effective topically, as poultices and knitting agents, and topically in the digestive tract. If used as a lozenge or extract, they have demulcent action soothing and healing the throat tissue.

The major effects of mucilaginous herbs are 1. Lower bowel transit time 2. Absorb toxins 3. Regulate intestinal flora 4. Demulcent/vulnerary action" which gently soothes and repairs any damaged, irritated and inflamed tissue they come in contact with.

Mucilaginous herbs and foods are helpful for the following conditions: oral canker sores, esophagitis, Barrett's esophagus, heart burn, acid reflux, GERD, ulcers (all types and locations) mucous colitis, Crohn's disease, irritable bowel syndrome, inflammatory bowel disorder, diarrhea, constipation, malabsorption syndrome, dysbiosis.

Properties of Mucilaginous herbs include...antacid, demulcent, emollient, vulnerary, antibiotic, detoxifier, anti-inflammatory. (Nutritional Herbology)

DIRECTIONS

See Flora Fiber
over →

JUICE

Aloe Vera
Cabbage
All fruits above

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WONDERFUL SLIPPERY ELM BARK

Without hesitation I recommend this herb to be kept in every home everywhere. The strengthening and healing virtues of the bark of ULMUS FULVA, or Slippery Elm Bark, are, to say the least, remarkable. It grows in various parts of the United States of America. It is without doubt one of our most valuable herbs in existence. It has often been praised as one of most nourishing foods and is one of the most important herbal remedies.

Slippery Elm possesses supreme nutritive, sustaining and healing powers, acting not only as a most beneficial food, but as a most soothing, healing poultice both without and within.

There is lamentable ignorance everywhere concerning this herb. Slippery Elm Bark powdered contains emollient, diuretic, demulcent and pectoral properties.

The finely powdered bark makes an excellent gruel and food, and may be freely used with confidence in all cases of weakness, debility, inflammation of the stomach, bowels, ulcers, bronchitis and chest complaints.

It has a wonderfully soothing and healing action on all parts with which it comes in contact. It should be used in all digestive complaints, wasting diseases, rickets and stunted growth. It will build up a strong and healthy body.

It never has the slightest ill-effect on the weakest digestion. Not only is it a wonder-herb for adults but it is an excellent food for children. It has marvellous vitamin content and it builds bone and muscle without fattening.

Eric F.W. Powell, D.Sc., D.O.(U.S.A.), F.B.B.A., has this to say about Slippery Elm: "Health authorities disagree about many things, but they are unanimous in saying that Ulmus Fulva (known as Slippery Elm or Red Elm) is positively the finest food-remedy that can be taken when inflammation exists within the organism.

"A remarkable thing about Ulmus Fulva is that it combines such pronounced curative virtues with high nourishing values. It is as sustaining as good oatmeal, counteracts acidity, soothes the membranes of the stomach and intestines and removes the causes of inflamed organic states.

"No better food can be taken when there are stomach and duodenal ulcers. In fact, its nourishing and amazingly potent healing properties are carried throughout the entire system; all organs, including lungs, kidneys and bladder benefit.

"It heals because it supplies the system with those subtle elements which build healthy tissues and membranes, and literally soothes away irritating substances. Nature cures; Slippery Elm assists nature.

"Tests made over a number of years have proved it acceptable to the weakest stomach, and it has been digested when no other food could be tolerated, thus proving its agreeableness to the disordered and inflamed organism.

"We have known many cases of stomach and digestive trouble of many years standing removed by a diet of Slippery Elm. The most obstinate ulcers have cleared up and the strength of the nerves and muscles restored to normal. This truly natural food-remedy also aids the digestion of other foods."

OUR OWN -- House Formulas Produced & Distributed by Nutrition Resource Center

Formulas designed by consulting clinical nutritionist Karl Mincin

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Flora Fiber

A Colonic Tonic of Gentle Fibers & Colon Food

Slippery Elm, Jerusalem Artichoke, Apple Fiber, Flaxseed,
Guar Gum, Fenugreek, Acidophilus, Psyllium, Barley Malt
Acidophilus (Mullin FOS)
1 rounded Tbsp. in water or juice 2-3 times daily.
Drink extra water when using this product.

Nutrition Resource, Concrete, WA

BULK • 8 Ounces • SAVINGS

FF provides necessary nutrients to build healthy bacteria in the colon. As a dietary fiber supplement it is intended for long-term, maintenance use, or to replenish depleted bowel flora. It also now contains Nutra Flora FOS (H). Milder than Colon Cleanse Blend (below).

POWDER

8 oz = \$15.95

16 oz = 25.95