



149 Barrington Street,
Christchurch – New Zealand.
Phone: (03) 332 1786
Fax: (03) 332 1486
E-Mail: products@nzherbal.com

REGULAR BOWEL

Regular Bowel contains a number of herbs that may aid in the relief of constipation without creating a dependency. Its natural cleansing action affects both the bowel and liver.

If you eat three meals daily your bowels should move three times daily. Sometimes constipation can still be present even if the bowel moves once a day. Constipation is common cause of many health problems since build up within the bowels causes toxic materials (of a similar texture to wallpaper paste) to accumulate on the bowel walls which in turn affects the tissues and causes some of these toxins to enter the blood stream.

New Zealand Herbals Regular Bowel formula is made from completely organic and pesticide-free ingredients, ensuring you get the finest quality remedy in the strongest possible strength. Herbs contained within this remedy include:

- **Cascara Sagrada:** This herb comes from the inner bark of the cascara tree. When aged and prepared properly, this herb acts as one of the finest natural laxatives within the herb world. Meaning 'sacred bark' in Spanish, it has been used for many hundreds of years as a non-habit forming natural laxative. Cascara stimulates the action of the liver which in turn releases bile which then acts to encourage peristalsis (the natural rhythmic movements of the intestine to eliminate waste). Unlike other laxatives, it restores tone to the bowel.
- **Ginger Root:** Ginger has been used worldwide as an aromatic carminative and pungent appetite stimulator. In India, and in other countries with hot and humid climates, ginger is eaten daily and is well known to assist in digestive problems. Ginger is a strong stimulant, and can aid in reducing gastric and intestinal pain. It is also a sedative to an irritated and overwrought system (particularly when there is extreme exhaustion). It can also overcome flatulence and can quickly relieve flatulent colic while promoting renewed structural activity and tone.
- **Liquorice Root:** Liquorice is a natural anti-inflammatory which aids in the relief of muscle spasms and inflammation. It has a healing effect on all the body's mucous surfaces. It helps to liquefy and expel toxic mucous from the body. It is also a mild laxative which soothes and tones the mucous membranes. It also aids the removal of excess toxins found within the bowels. It is also added to this remedy to reduce the drying tendency of cascara and to distribute the formula evenly.

You may wish to consider the following complementary New Zealand Herbal remedies to aid in your recovery:

- **Mineral Max:** This remedy provides you with all the essential minerals that your body requires for healing.
- **Pro Cleanse:** This remedy can naturally assist your body in the elimination of toxic materials and wastes.

Typical Dose: One to two capsules each night. For stubborn constipation up to four capsules may be taken to establish a regular rhythm. Once a rhythm is achieved, cut back on the number of capsules you consume.