



LBS II

Time-tested herbal laxative formula for the lower bowel

LBS II has been around for a long time. Formulated by Stan Malstrom, LBS II is a lower bowel formula designed to stimulate intestinal peristalsis and improve bowel function. It contains several laxative herbs, along with herbs that stimulate production of digestive enzymes and bile. It also has mild diuretic and blood-purifying effects.

Generally used for cleansing programs, or to relieve occasional constipation, LBS II contains the following ingredients.

Cascara Sagrada Bark

Termed “sacred bark” by Spanish settlers, cascara was boiled and used by early settlers in the West as a laxative and bowel tonic. It contains anthraquinone glycosides which stimulate intestinal peristalsis and increase evacuation. Cascara also increases the flow of bile and stimulates the flow of secretions of the stomach, pancreas and liver.

Barberry Bark

Used by Native Americans in the treatment of liver ailments, barberry helps remove toxins and improves the function of the liver, gallbladder and kidneys. It contains berberine, an alkaloid also found in goldenseal and Oregon grape, which helps fight infection and reduce intestinal inflammation.

Buckthorn Bark

A close relative of cascara sagrada, buckthorn has the same laxative and bile-stimulating properties.

Turkey Rhubarb Root

Originally imported from Europe to treat constipation, rhubarb root has a homeostatic or balancing effect on the bowels. It helps to move the bowels in cases of constipation and works as an astringent in cases of diarrhea.

Licorice Root

A famous herb in many medical traditions, licorice helps to balance the glandular system, improve energy levels and boost immunity. It has a very mild laxative action, and also reduces intestinal irritation and inflammation.

Couch Grass Herb

A perennial grass considered a troublesome weed throughout many parts of the world, couch grass has a beneficial effect on the urinary system. It has been used to treat bladder inflammation, frequent or painful urination, blood in the urine, kidney and bladder disorders, and prostate diseases such as benign

prostate gland tumors. It has also recently been shown to have antibiotic effects against bacteria and molds.

Capsicum Fruit

Commonly known as red or cayenne pepper, capsicum is used as a catalyst herb in many herbal combinations. As a digestive aid, it promotes greater assimilation of energy and nutrients from food, while stimulating circulation.

Red Clover Tops

Red clover is a blood purifier, and helps the body discharge nitrogenous waste, aids in cleansing impurities from the liver and lymphatic system, and helps slow the spread of infection.

Ginger Root

A digestive system stimulant, ginger expels gas from the bowels, and stimulates circulation to the digestive organs.

Usage

LBS-II is available both in capsule and vegi-tab form (a compressed vegetarian tablet). It is best taken with lots of water and bulking herbs like psyllium. Since the laxative herbs it contains work after about 8-10 hours, it is best taken in the evening to promote a morning evacuation, or first thing in the morning. General amount is 1-4 capsules or vegi-tabs per dose. It is not a good idea to exceed 4 per day.

Cautions

The anthraquinones in cascara sagrada which are responsible for its laxative effects can be transferred to babies through the milk of nursing mothers, so use with caution when nursing. Long-term use of any stimulant laxative can eventually decrease muscle tone of the colon. These laxatives should be for occasional use only. If one's bowel does not return to normal function, look deeper into the underlying causes of the constipation. Typical problems include lack of digestive enzymes, poor liver function, not drinking enough water, lack of dietary fiber, magnesium deficiency, sedentary lifestyle (insufficient exercise) and stress (muscle spasms).

Selected References

- Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing
- The Green Pharmacy by James A. Duke, Ph.D., Rodale Press, 1997
- The Wild Rose Scientific Herbal by Terry Willard, Ph.D., Wild Rose College of Natural Healing, Ltd., 1991
- The Illustrated Encyclopedia of Herbs edited by Sarah Bunney (New York, NY: Dorset Press, 1984).

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