

Intestinal Soothing Formula

A soothing formula for irritated intestines—Crohn's, Colitis, Celiac's, IBS, and IBD

The gastrointestinal tract is subjected to many forms of irritation. Commonly used medications like antibiotics, pain relievers, birth control pills and corticosteroid drugs can interfere with the healthy intestinal bacteria and cause intestinal inflammation. Food additives, allergies, infections and parasites can also cause gastrointestinal inflammation.

The *Intestinal Soothing Formula* by herbalist Jeanne Burgess was formulated to deal with common conditions resulting from intestinal inflammation, including Crohn's disease, colitis, Celiac's disease and ulcers. It has also proven beneficial for IBS (irritable bowel syndrome), IBD (inflammatory bowel disease) leaky gut syndrome, diverticulitis, hemorrhoids and anal fistula.

Emptied from a capsule and moistened with a little water or aloe vera juice to make a thick paste, the formula also makes a great poultice. It can be applied to bites and stings, chicken pox sores to reduce itching, denture sores, slivers and minor injuries to promote healing.

The herbs in this formula have vulnerary (tissue healing) and anti-inflammatory effects. They absorb irritating substances, cooling and soothing damaged tissues. They also have a tonic effect, helping to strengthen the structural integrity of inflamed tissues. Here is a brief description of the benefits of each herb.

Slippery Elm bark

A nutritious herb, rich in calcium, carbohydrates, dietary fiber, niacin, riboflavin, and thiamine, slippery elm has been used as a mild, nourishing food for weak and sickly people. It is also frequently used as a major ingredient in poultices and applied topically as a balm to calm irritated and inflamed tissues. Taken internally, slippery elm is one of the gentlest forms of dietary fiber a person can take. It's soothing mucilage coats irritated tissues, making it an excellent choice for irritable bowel or inflammatory bowel conditions.

Slippery elm provides nutrition to the GI tract and offers a soothing coat over the stomach and colon. It also helps the body to digest dairy products, and it protects against

irritation and inflammation of the mucous membranes. This herb is mild enough for children to use and provides the body with one of the best digestive system cleansers available.

Chamomile flowers

Chamomile provides the body with a high source of magnesium, niacin, phosphorus, and riboflavin. This herb is often used to relax tension within the body. It is known to be a soothing tonic which acts as a sedative for the nerves. However, it also contains stimulating properties which improve digestive functioning. Chamomile, called ground apple by the Greeks, aids in the treatment of bowel problems and helps to strengthen the entire body.

Plantain leaves

The leaves of plantain have a moistening and cooling action. Plantain draws infection and pus from tissues. In this formula it helps to reduce inflammation and irritation and promote tissue repair.

Rosehips fruit

High in vitamin C, rose hips are mildly astringent. They tone the bowel and reduce intestinal permeability.

Marshmallow root

With similar properties to slippery elm, marshmallow root adds its soothing and lubricating benefits to the formula. It also reduces intestinal inflammation and irritation.

Suggested Use

Take 3-4 capsules with meals three times daily. Jeanne Burgess used this formula in combination with another blend she created, Jeanne Burgess' Stress Formula. For maximum effectiveness, take an equal amount of the stress formula with the Intestinal Soothing Formula.

Selected References

Nutritional Herbology by Mark Pedersen

The Little Herb Encyclopedia by Jack Ritchason N.D.

Strategies for Health by Steven Horne

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