

Slippery Elm

This is the powdered bark of an elm tree from North America. Like blotting paper, it is a soft, gentle fibre, which will gently bulk a constipated stool. Also like blotting paper, it will absorb liquids where there is diarrhoea. In addition it has a cooling and soothing effect on an inflamed bowel wall. It is a nutritious food for the skin lining the digestive tract and aids the healthy balance of normal bacteria in the gut.

To take:

- Blend with warm water to a smooth paste.
- Blend with porridge or soup or any other food.
- Mash into a banana or mashed potatoes.

You may invent your own ways of taking the powder, so long as it gets to where it can work.

The usual amount is 3 teaspoons daily in divided doses.

This can also be used as a poultice using water or preferably Echinacea or marigold as a tea or tincture to make into a paste and apply to an insect bite or a boil.

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