

WISH

World Integrated Systems in Health
Dr. Sandra J. Bevacqua

Herb-Lax Instructions

The goal is 2 to 3 bowel movements per day. Normal bowel movements (BM's) are achieved by adequate intake of water, oils and fiber along with normal gut movement. Healthy elimination consists of well formed BMs that float; if they sink it means you need more fiber.

Water – your body weight divided by 2 = # of ounces of water to drink each day.

Healthy oils – 1 to 3 Tbsp per day based on weight of individual.

Fiber – 25 to 35 grams per day.

Start with 1 tablet of Herb-Lax in the evening for two nights in a row. If no change in bowel movements increase gradually in this fashion:

1 tablet in the morning and 1 tablet in the evening. Continue for 2 to 3 days. If 2 to 3 normal bowel movements per day is not achieved then increase to:

1 tablet in the morning and 2 tablets in the evening. Maintain for 2-3 days. If 2 to 3 bowel movements per day has not been achieved then increase to:

2 tablets in the morning and 2 tablets in the evening. Maintain for 2-3 days. If 2 to 3 bowel movements per day has not been achieved then increase to:

2 tablets in the morning and 3 tablets in the evening.

Continue increasing dosage in this fashion until normal bowel movements occur two to three times a day. When you reach two to three a day BMs, maintain this level while increasing fiber, water and healthy oils. At this point you may be able to decrease the Herb-Lax gradually while maintaining healthy elimination.

If you reach 8 tablets per day without achieving normal bowel movements please call the office for suggestions.

Occasionally, those with long term digestive issues may have certain symptoms during the initial cleaning process. If you experience any abdominal cramps or diarrhea, decrease the amount of Herb-Lax you are taking by half or more. Once these symptoms settle down, gradually increase as described above until normal well form BMs are achieved.

Please note: Any odors you may notice are most likely due to old fecal material coming out, please continue using Herb-Lax in the manor described above and the odors will eventually decrease.

If you eliminate large volumes of fecal material, don't be alarmed, this is normal and the quantity will eventually decrease as your body eliminates excess materials.