

# **BLUE HERON**

## **OPTIMAL DIGESTIVE AND DETOXIFICATION BLEND**

Dietary fiber is the edible parts of plants, or similar carbohydrates, that are resistant to digestion and absorption in the small intestine. Dietary fiber passes through the stomach and small intestine to the large intestine, where it undergoes complete or partial fermentation. Dietary fiber plays many important roles in health, including providing bulk to feces, which aids elimination and supports regular bowel movements and healthy detoxification processes. Dietary fiber supports digestion by helping the colon become more acidic, thus supporting the growth of beneficial microflora in the intestines. In addition, dietary fiber has been studied for its support of the immune system.

*Blue Heron* dietary supplement provides an effective combination of natural dietary fibers, soothing herbs, and probiotics to restore optimal bowel function. The following list highlights the benefits of each of the ingredients in *Blue Heron*:

### **Flaxseed**

Flaxseed is a source of omega-3 fatty acids and lignans. It can absorb up to 8 times its weight in water and enhances intestinal peristalsis, thereby promoting healthy bowel function. Research suggests the essential fatty acids found in flaxseed also support the body's natural anti-inflammatory response.

### **Psyllium**

Psyllium is a superior detoxification and laxation fiber; a rich source of concentrated soluble fiber, psyllium has been shown to absorb up to 14 times its weight in water and has more reabsorption ability than any other bowel-supporting fiber. Psyllium husk supports healthy intestinal lubrication for ease in elimination. It also supports cardiovascular, endocrine, and immune health, additional health benefits that other detoxification fibers often lack.

### **Rice**

Rice bran is a rich source of gamma-oryzanol, which has been shown to have protective effects on stomach tissue. In a clinical trial, 78 percent of people receiving 300 mg of gamma-oryzanol per day rated it as "moderately" to "extremely" effective." Studies have also shown that bran promotes comfortable elimination.

### **Dried Plum**

Dried plum is a source of essential vitamins and minerals, dietary fibers, and a number of potent antioxidant compounds. In study, dried plum has been shown to provide protective effects for colon health.

### **Fenugreek**

Fenugreek is a demulcent herb, meaning it soothes the mucous membrane." Its seeds contain approximately 40 percent of mucilage fibers. Fenugreek has been studied for its protective effects on the gastrointestinal lining.

### **Slippery Elm**

Slippery elm bark has antioxidant effects and has been studied for its support of bowel health. The texture of slippery elm bark is mucilaginous, making it an excellent colon demulcent and emollient.

### **Marshmallow**

Marshmallow root has been studied for its support of colon mucosa. Because of its mucilaginous (moist, sticky) properties, marshmallow has long been used to soothe occasionally irritated mucosa] tissue, which lines the stomach and intestines; it also helps facilitate comfortable elimination. Marshmallow also stimulates immune system activity, specifically, phagocytosis.

### **Triphala**

Triphala is an ancient Ayurvedic herbal blend consisting of amla, belleric myrobalan, and chebulic myrobalan fruits. The combination has long been used to promote healthy digestion, aid in detoxification, and improve immune responses. One animal model study found that triphala helped prevent loose stools; administration increased stool weight and lengthened intestinal transit time. Triphala has also been shown to support healthy balance of a wide-range of gut microflora. In addition, triphala has been studied for its effect on immune function; supplementation enhances neutrophil (immune cell) function in response to stress.

### **Probiotics**

Probiotics are live, active microflora that are non-toxic and do not cause disease (non-pathogenic). Because probiotics do not permanently colonize in the body, they need to be ingested regularly for their health-promoting effects to persist. Probiotics have been shown to provide a wide-variety of benefits for the body's detoxification processes, digestive function, and immune responses."<sup>24</sup> By restoring healthy intestinal flora balance, probiotics help stimulate intestinal peristalsis, promote comfortable bowel movements, and reduce symptoms of gas, bloating and occasional constipation, and loose stools.

### **Papain**

Papain is a proteolytic, or protein-digesting enzyme; it catalyzes the hydrolysis of proteins and peptides with preferential cleavage at bonds containing arginine, lysine, and glycine.

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